



Kkwarigochochumyeolchibokkeum

Stir-fried Shishito Peppers and Dried Anchovies | 파리고추멸치볶음



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This classic side dish is a study in contrasting textures and independent thermodynamic treatments. The high-moisture shishito peppers and dehydrated anchovies are processed separately before integration. Flash-frying the peppers preserves their cellular crunch and vibrant chlorophyll. Slowly roasting the anchovies in lipids drives off volatile, fishy trimethylamine compounds while establishing a crisp exterior, which is then glazed with a hypertonic soy-sugar matrix.

 **Total:** 20 mins | **Prep:** 10 mins | **Cook:** 10 mins |  **Difficulty:** Easy | 
Profile: Sweet, Savory, and Mildly Peppery |  **Focus:** Calcium Density & Texture Contrast

Ingredients (4 servings)

- **Main Ingredients:** 200g shishito peppers (kkwarigochu), 100g medium dried anchovies (heads and guts removed), 10g thread scallions (silpa)
- **Seasoning:** 3 tbsp soy sauce, 2 tsp sugar (or agave syrup/oligosaccharide), 0.5 tbsp minced garlic, 3–4 tbsp cooking oil, a pinch of salt, a pinch of toasted sesame seeds, a pinch of thread chili (silgochu, optional)

Allergy Information Contains: Fish (Anchovies), Soy, Wheat (from soy sauce)

Equipment Cutting Board, Knife, Wide Skillet or Wok, Spatula

Cooking Instructions

1. **Ingredient Prep:** Wash the shishito peppers and remove the stems. Dry thoroughly to prevent oil splatter. (For larger peppers, poke them with a toothpick or halve them to allow flavor penetration.) Ensure the anchovies are cleaned of their bitter guts and heads. Cut the thread scallions into 3cm lengths.
2. **Thermal Coating of Peppers (Chlorophyll Preservation):** Heat a small amount of oil in a skillet over medium-high heat. Flash-fry the peppers just until their skin blisters and turns vibrant green. Season lightly with salt, then remove them from the pan and set aside. (This prevents moisture loss and discoloration.)
3. **Lipid Roasting & Glazing:** Add the remaining oil to the pan and toast the anchovies over low heat. This slow roasting evaporates residual moisture and crisps the exterior. Once golden and fragrant, add the soy sauce, sugar, and minced garlic. Stir rapidly to create a sticky, caramelized glaze.
4. **Integration & Residual Heat:** Once the anchovies are fully coated and the glaze reduces, turn the heat off or to its lowest setting. Return the peppers to

the pan along with the scallions, thread chili, and sesame seeds. Toss gently using the residual heat to harmonize the flavors without ruining the textures.

Professional Culinary Tips

- **Mechanism of Sequential Cooking:** If the moist peppers and dry anchovies are cooked together from the start, the anchovies act as sponges, absorbing the osmotic water released by the peppers. This results in a soggy, overly fishy dish. Cooking them separately is absolute protocol for textural integrity.
- **Lipid-Based Deodorization:** Toasting the anchovies in oil is not merely for texture; it is a chemical necessity. The heat and lipids forcefully volatilize trimethylamine (TMA)—the compound responsible for the unpleasant fishy odor—leaving behind pure, roasted umami.
- **Chlorophyll Thermodynamics:** Prolonged exposure to heat and acidic environments (like soy sauce) degrades bright green chlorophyll into dull, olive-brown pheophytin. Flash-frying the peppers in oil creates a protective barrier, and adding them only at the very end ensures they remain visually striking and crisp.

Nutrition Facts (Estimated)

Total Content : Approx. 70g (1 serving)

Calories : 125 kcal

– Sodium : 680mg

– Total Carbohydrate : 8.0g

– Sugar : 4.0g

– Total Fat : 7.0g

– Saturated Fat : 1.0g

– Cholesterol : 45.0mg

– Protein : 9.0g

– Calcium : 220.0mg

*Daily Values are based on a 2,000 calorie diet and standard Korean nutritional reference values

**Nutritional values are calculated based on original ingredients; substitutions may alter specific macronutrients.

The Savory Harmony of Crisp Anchovies and Piquant Shishito Peppers: A Masterpiece of Korean Everyday Side-Dish Gastronomy

Gwarichu-myeolchi-bokkeum (Stir-fried Anchovies with Shishito Peppers) stands as the beloved and quintessential masterpiece of Korean everyday side-dish (*mitbanchan*) gastronomy, where savory, calcium-rich anchovies and crisp, vibrant shishito peppers unite in a sizzling skillet. By carefully pre-sautéing the peppers to preserve their bright green color and snappy crunch before combining them with anchovies caramelized in a balanced soy-sugar glaze, this meticulous culinary technique achieves an extraordinary harmony of umami, subtle heat, and satisfying texture.

As the savory soy glaze simmers over the hot iron pan alongside nutty anchovies and fragrant peppers, a cloud of caramelized aroma commands the dining room, instantly awakening the appetite. The interplay between the crunchy, calcium-dense anchovies and the fresh, snapping bite of the shishito peppers creates an effortless culinary rhythm that turns a humble bowl of rice into a feast of texture and flavor.

True gastronomy does not rely exclusively on elite luxuries; it flourishes in the culinary wisdom of elevating everyday ingredients to satisfy the weary soul's hunger with profound warmth. Savoring a glossy, savory morsel of stir-fried anchovies and peppers over warm rice today is an honest and comforting ritual—putting down the burdens of a complex world and filling the spirit with unpretentious, grounding vitality.

Editor's Review

1. An Exhilarating Cadence of Savory Soy Umami, Crisp Pepper Snap, and Nutty Sesame Finish

The moment a gloss-drenched morsel of anchovy and pepper touches the palate, an immediate wave of salty-sweet depth awakens the taste buds. This is swiftly followed by the crunchy, savory richness of the roasted anchovies and the refreshing, mild piquancy of the shishito peppers, orchestrating an endlessly comforting, multi-layered culinary experience that brings absolute balance to the meal.

2. Separate Pre-Searing Kinetics and Maillard Glaze Optimization Mechanics

Gwarichu-myeolchi-bokkeum represents an exacting study in culinary physics and ingredient-specific moisture control. Flash-searing the shishito peppers in oil initially locks in vibrant chlorophyll and cellular firmness, preventing sogginess. Simultaneously, slow-roasting the anchovies drives off volatile amines while a balanced soy-sugar-garlic reduction coats them in an umami-rich caramel glaze, establishing an optimal nutritional and flavor matrix that stores well and satisfies deeply.

3. The Ubiquitous Lunchbox Staple and Grounding Table Companion

Found gracing family dining tables and traditional lunchboxes across the nation as an indispensable everyday staple, a modest plate of stir-fried anchovies and peppers serves as an enduring emotional haven against daily weariness. Revered

for generations as a reliable source of calcium and savory comfort, enjoying this honest, staple side dish washes away modern stress, granting a timeless sanctuary of stillness, maternal care, and grounded culinary happiness.

