



Maeundakbalbokkeum

Spicy Stir-fried Chicken's Feet | 매운닭발볶음



<https://koreancuisine.net>

A fiery, intensely flavorful, and gelatinous Korean delicacy featuring chicken feet (*dakbal*). The chicken feet are first boiled with fragrant aromatics like ginger, garlic, and bay leaves to remove any gamey odors and tenderize the tough tissues. They are then stir-fried over high heat in an unapologetically spicy and sweet glaze made from gochujang, copious amounts of red pepper flakes, and rice syrup. Renowned for its incredibly chewy texture and rich collagen content, it is a cult-favorite late-night drinking snack (*anju*), especially popular in Korea as a beauty food.

🕒 **Total: 40 mins** | **Prep: 10 mins** | **Cook: 30 mins** | 🔍 **Moderate** | 🌶️ **Extra Spicy & Chewy** | 🍷 **Cult-Favorite Anju**

Ingredients (2-3 servings)

- **Main Ingredients:** 500g chicken feet (*dakbal*, bone-in or boneless, thoroughly cleaned), 1.5 tbsp cooking oil
- **Parboiling Aromatics (Boiling Pot):** 3 slices fresh ginger, 3 whole garlic cloves, 1 stalk green onion, 2-3 dried bay leaves, 1 tbsp whole black peppercorns, 2 tbsp cooking wine (*cheongju* or mirin)
- **Spicy Glaze (Yangnyeom):** 3 tbsp Korean red pepper flakes (*gochugaru*), 2 tbsp gochujang (Korean chili paste), 2 tbsp soy sauce, 1.5 tbsp sugar, 2 tbsp rice syrup (*mulyeot*) or corn syrup, 2 tbsp minced garlic, 1 tbsp cooking wine (*cheongju*), 1/4 tsp black pepper
- **Finishing Touches:** 1 tbsp toasted sesame oil, 1 tsp toasted sesame seeds, 1 stalk green onion (finely chopped)

💡 Substitutes & Notes

- **Rice syrup** (*it kdn*) → Honey or agave nectar.
- **Cooking wine** (*bgdnf it*) → Dry white wine (For alcohol-free: apple juice or ginger water).
- **Gluten-Free** → Tamari instead of soy sauce, and ensure your Gochujang is certified GF.

Allergy Information

- **Contains:** Poultry (Chicken), Soy (Gochujang, Soy sauce), Wheat (Gochujang, Soy sauce), Sesame

Equipment

- Large Stockpot (for boiling), Colander, Wide Frying Pan or Wok, Kitchen Tongs, Spatula, Mixing Bowl

Cooking Instructions

1. **Cleaning:** Wash the chicken feet vigorously under cold running water, rubbing them with a handful of coarse salt to remove any impurities. Rinse thoroughly.
2. **Parboiling (Deodorizing & Tenderizing):** Place the cleaned chicken feet in a large pot and cover with enough water to submerge them. Add the ginger, whole garlic, green onion, bay leaves, peppercorns, and 2 tbsp of cooking wine. Bring to a rolling boil over high heat, then lower to medium and boil for 15–20 minutes.
3. **Shocking the Chicken Feet:** Drain the boiled chicken feet and immediately rinse them under ice-cold running water. This crucial step shocks the skin, removing excess fat and ensuring a superbly bouncy, chewy texture. Drain well.
4. **Mixing the Spicy Glaze:** In a bowl, combine the *gochugaru*, *gochujang*, soy sauce, sugar, rice syrup, minced garlic, cooking wine, and black pepper.
5. **High-Heat Stir-Frying:** Heat 1.5 tbsp of cooking oil in a wide frying pan or wok over medium-high heat. Add the boiled chicken feet and the spicy sauce mixture. Toss and stir-fry briskly for 5–7 minutes until the sauce caramelizes, thickens, and tightly coats the chicken feet with a sticky, fiery lacquer.
6. **Finishing & Serving:** Turn off the heat. Drizzle with toasted sesame oil, and toss in the chopped green onions and sesame seeds. Serve immediately while piping hot.

Cooking & Pairing Tips / Health Benefits

- **Texture & Flavor Expectation:** Chicken feet consist almost entirely of skin, cartilage, and tendons. They offer a highly gelatinous, bouncy, and chewy (*jjolgit-jjolgit*) texture. This unique mouthfeel is a beloved hallmark of the dish, heavily contrasting with the typical meatiness of standard poultry cuts.
- **Aromatics are Key:** Boiling the feet with strong aromatics like bay leaves and ginger is non-negotiable. It completely neutralizes any unpleasant poultry odors before the spicy sauce is applied.
- **The "Fire-Extinguishing" Pairing:** *Maeun-dakbal* is notoriously, sweat-inducingly spicy. It is almost always served with a steaming, fluffy bowl of Korean steamed egg (*Gyeran-jjim*) and DIY rice balls (*Jumeokbap*—rice mixed with seaweed flakes, sesame oil, and mayo). The mild egg and carbs help coat the stomach and soothe the burning palate.
- **Beauty & Health (Collagen):** The abundant connective tissues make this dish a powerhouse of dietary collagen, contributing to its fame as a favored late-night treat for skin health.

Nutrition Facts (Estimated)

Total Content : Approx. 250g (1 serving)

Calories : 285 kcal

– Sodium : 850mg

– Total Carbohydrate : 18.5g

– Sugar : 9.5g

– Total Fat : 14.2g

– Saturated Fat : 3.5g

– Cholesterol : 85.0mg

– Protein : 21.0g

– Calcium : 88.0mg

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

The Sensuality of Collagen Forged in Crimson Flame: A Nocturnal Aesthetic of Bone and Flesh

Spicy Stir-fried Chicken's Feet (*Maeundakbalbokkeum*) is a dazzling crystallization of Korean late-night street gastronomy, where untamed primal textures collide with meticulous culinary finesse. Concealing an incredibly high density of collagen beneath a rugged exterior, the chicken feet must first pass through a rolling boil infused with aromatics like bay leaves, ginger, and green onions to entirely shed any unpleasant volatile odors. Only when plunged into a mesmerizing, crimson magma of gochujang, chili flakes, and starch syrup over high heat does the tough tissue awaken into a sensual, sticky gelatin.

The act of stripping the meat from the delicate bones, leaving lips stained red, provides a cathartic immersion that goes far beyond mere consumption. The sweet, glossy coating gently tempers the fiery kick of capsaicin, while a springy resistance playfully pushes back against the teeth—demonstrating an extreme gastronomic pleasure unparalleled by any conventional cut of meat.

True gastronomy is not bound by formal table manners; it is achieved when one surrenders entirely to the most primal physical properties of an ingredient. Breathing heavily over this spicy, chewy plate tonight is a dynamic, restorative nocturnal ritual—literally burning away the rigid stress of modern life.

Editor's Review

1. A Primal Impact of Clinging Viscosity, Searing Capsaicin, and Masticatory Joy

The moment a heavily glazed, ruby-red chicken foot reaches the palate, its sensually sticky texture clings to the lips, accompanied by a fierce heat that intensely strikes the sensory nerves. The instinctive joy of gnawing and separating the joints is enveloped by the mellow sweetness of starch syrup, soothing the almost numbing spice to orchestrate an explosive, multi-layered rhythm of pure pleasure.

2. Collagen Hydrolysis and Aromatic Blanching Driving Textural Thermodynamics

Maeundakbalbokkeum represents a precise thermodynamic mastery over tough connective tissues. The primary boiling stage utilizes aromatics like garlic, green onions, and bay leaves to extract volatile fowl odors. During this process, the high-concentration collagen—boasting approximately 17g of protein per 100g—is softened into soluble gelatin. When flash-fried, this leaching gelatin acts as a natural emulsifier with the moisture and oils of the chili marinade, creating a flawlessly clinging, glossy glaze without the need for synthetic thickeners.

3. Cathartic Release and Unpretentious Camaraderie in the Glow of a Street Pub

Resting warmly on a casual table as diners wipe sweat from their brows while gnawing on spicy chicken feet, this dish serves as a magnificent sensory catharsis that liberates suppressed emotions. Discarding all formalities to eat

with one's hands while downing a cold drink washes away the day's fatigue,
granting a timeless sanctuary of cheerful vitality and honest, grounded relief.

