



Maeunjokbal

Spicy Braised Pigs' Feet | 매운족발



A fiery and addictive Korean night-market and *anju* favorite featuring succulent braised pig's trotters (*jokbal*) sliced into bite-sized pieces, generously tossed in an intensely spicy and sweet red pepper glaze made with gochujang, gochugaru, soy sauce, garlic, and rice syrup, and flash-grilled over charcoal, in a wok, or blowtorched. The high heat caramelizes the rich glaze and infuses an intoxicating smoky aroma (*bul-hyang*), perfectly accentuating the chewy, collagen-rich gelatinous skin and tender meat.

 **Prep: 15 mins** | **Cook: 10 mins** |  **Easy** |  **Smoky & Fiery K-BBQ** |  **Rich Collagen & Chewy**

Ingredients (2-3 servings)

- **Main Ingredients:** 500g cooked/braised pork trotters (*jokbal*, deboned and cut into bite-sized chunks or mini bone pieces), 1/2 onion (sliced), 1 stalk green onion (chopped), 1 Cheongyang green chili pepper (sliced)
- **Fiery Spicy Glaze (*Bul-yangnyeom*):** 2.5 tbsp gochujang (chili paste), 2 tbsp gochugaru (chili flakes, fine or coarse), 2 tbsp soy sauce, 2 tbsp rice syrup (*mulyeot*) or corn syrup, 1 tbsp brown sugar or honey, 1.5 tbsp minced garlic, 1/2 tsp minced ginger, 1 tbsp mirin (cooking wine), 1 tbsp toasted sesame oil, 1/4 tsp black pepper, 1 tsp capsaicin hot sauce (optional for extreme heat)
- **Garnish & Accompaniments:** 1 tbsp toasted sesame seeds, 1 stalk finely sliced green onion, fresh perilla leaves (*kkaet-nip*), pickled radish paper (*ssam-mu*)
- **Optional Cooling Sides:** Steamed egg (*Gyeran-jjim*), tuna-mayo seaweed rice balls (*Jumeokbap*), or shredded mozzarella cheese

Allergy Information

- **Contains:** Pork, Soy (Gochujang, Soy sauce), Wheat (Gochujang, Soy sauce), Sesame (*Dairy if served with melted cheese*)

Equipment

- Wok or Heavy Cast-Iron Skillet, Kitchen Blowtorch (optional for extra smokiness / *bul-hyang*), Tongs, Wooden Spatula, Mixing Bowl

Cooking Instructions

1. **Prepping the Jokbal:** Cut cooked braised pork trotters into bite-sized cubes (about 3–4 cm), keeping a good balance of tender meat and chewy gelatinous skin on each piece.
2. **Mixing the Fiery Glaze:** In a bowl, whisk together gochujang, gochugaru,

soy sauce, rice syrup, brown sugar, minced garlic, minced ginger, mirin, sesame oil, and black pepper until thick, smooth, and glossy.

3. **Coating & Wok-Searing:** Heat 1 tablespoon of cooking oil in a wok or heavy skillet over medium-high heat. Add the jokbal pieces and sliced onions, stir-frying for 2–3 minutes until heated through and lightly sizzling.
4. **Glazing & High-Heat Caramelization:** Pour the spicy glaze over the meat. Stir-fry rapidly over high heat for 2–3 minutes, tossing constantly so the thick sauce coats every piece and begins to caramelize into sticky, glossy edges without burning.
5. **Infusing Flame Aroma (*Bul-hyang*) & Serving:** If using a kitchen blowtorch, torch the surface of the jokbal pieces on high heat for 30–60 seconds to create appetizing charred edges and a deep smoky finish. Transfer to a platter, garnish with sliced green onions and toasted sesame seeds, and serve sizzling hot.

Cooking & Pairing Tips

- **The Secret to Authentic "Bul-hyang" (Flame Aroma):** Flash-searing over high heat in a wok or searing the top with a kitchen blowtorch caramelizes the sugars in the glaze, replicating the irresistible smoky flavor of Korean night-market grill carts.
- **Chewy Collagen Texture:** Pork trotters are naturally packed with collagen. Flash-grilling softens the gelatin just enough to make it melt-in-the-mouth tender on the inside while retaining a signature bouncy chew (*jjolgital*) on the outside.
- **Essential Cooling Sidekicks:** Because *maeun-jokbal* is notoriously spicy, it is traditionally served alongside soothing side dishes like fluffy Korean steamed egg (*Gyeran-jjim*), seaweed rice balls (*Jumeokbap*), and cold pickled radish (*ssam-mu*).
- **Perfect Food & Beverage Pairing:** An iconic late-night drinking food (*yasik / anju*). Pairs exceptionally well with chilled Korean soju, ice-cold lager beer, or traditional sweet rice wine (*Makgeolli*).

Storage Instructions

- Best enjoyed piping hot immediately after cooking. Leftovers can be stored in an airtight container in the refrigerator for up to 2 days. Reheat in a skillet over medium-low heat with a splash of water, or microwave for 45–60 seconds until the collagen softens again.

Nutrition Facts (Estimated)

- Total Content : Approx. 550g (2-3 servings total)
- Calories : 1,020 kcal total (approx. 185 kcal per 100g / 340 kcal per 1 serving)
 - Sodium : 1,120mg (56%)
 - Total Carbohydrate : 32g (10%)

- Sugar : 20g (20%)
 - Total Fat : 58g (107%)
 - Trans Fat : 0g
 - Saturated Fat : 19g (127%)
 - Cholesterol : 210mg (70%)
 - Protein : 92g (167%)
 - Calcium : 70mg (7%)
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Editor's Review

1. A Sensual Fusion of Chewy Collagen, Fire-Spicy Glaze, and Smoky Charcoal Char

The moment the tenderly braised, chewy jokbal—brushed generously with a fiery, sweet-and-spicy gochujang glaze and seared to a smoky char—hits the palate, an intense wave of bold heat and rich savory depth floods the senses. The brilliant contrast between the gelatinous, springy skin and the addictive, smoky spice delivers an endlessly satisfying and dynamic gastronomic experience.

2. Culinary Mastery Forged by Long-Braising Tenderization and Direct-Flame Glazing

Spicy jokbal stands as a masterclass in modern pork grilling, utilizing hours of tender braising to soften collagen fibers before applying repeated coats of spiced glaze under controlled high heat to achieve a clean, glossy caramelization. Managing thermal intensity to lock in internal succulence without scorching represents fundamental culinary science that achieves peak textural harmony.

3. Heartwarming Solace and Fiery Relief Found in Bustling Evening Alleys

Glowing under the warm lights of a bustling evening eatery, a plate of fiery, smoky spicy jokbal acts as a comforting remedy for daily weariness, melting away stress and filling the spirit with unpretentious warmth. Savoring this bold, flavor-packed delicacy washes away exhaustion, granting an authentic sanctuary of peace and emotional recovery.

