



# Murojingeobulgogi

Squid Bulgogi | 물오징어불고기



<https://koreancuisine.net>

A remarkably vibrant Korean seafood dish featuring fresh squid stir-fried in a sweet and spicy Gochujang sauce. Rich in high-quality protein and fatigue-fighting taurine, this dish offers an immediate energy boost. The culinary excellence of this dish lies in the precise preparation of the ingredients and strict temperature control. Intricately scoring the squid and cooking it rapidly over high heat ensures that the meat does not toughen, allowing the rich, fiery sauce to cling deeply into every crevice while retaining the squid's exceptionally tender yet bouncy texture.

 **Total: 25 mins** | **Prep: 15 mins** | **Cook: 10 mins** |  **Moderate** |   
**Spicy & Sensually Bouncy** |  **Revitalizing Seafood Dish**

### Ingredients (2 servings)

- **Main Ingredients:** 1–2 fresh squid (approx. 350-400g), 1/2 onion, 1 scallion, 1 green chili, 1 red chili
- **Spicy Marinade:** 2 tbsp *Gochujang* (Korean red chili paste), 2 tbsp *Gochugaru* (Korean red chili flakes), 1.5 tbsp soy sauce, 1 tbsp minced garlic, 1 tbsp sugar, 1 tbsp plum extract (or corn syrup), 1 tbsp cooking wine (Mirin or *Cheongju*), 1 tbsp sesame oil, a pinch of black pepper

### Substitutes & Notes

- **Squid** → Cuttlefish or Calamari. (These marine alternatives perfectly preserve the essential taurine content, umami profile, and structural integrity required for scoring and high-heat stir-frying).

### Allergy Information

- **Contains:** Mollusk (Squid), Soy, Wheat (from soy sauce and Gochujang)  
(*Vegetarian/Vegan-friendly if substituting squid for King Oyster mushrooms*)

### Equipment

- Knife, Cutting Board, Mixing Bowl, Heavy-bottomed Skillet or Wok, Spatula

### Cooking Instructions

1. **Scoring the Squid:** Clean the squid thoroughly, removing the viscera, eyes, and beak. Halve the mantle (body) to lay it flat. Identify the **inner surface** (the side where the organs were attached). Holding your knife at a slight angle, carefully score a tight crisscross pattern into the flesh without cutting all the way through. Slice into bite-sized pieces.
2. **Prepping Vegetables:** Slice the onion uniformly and cut the scallion and chilies diagonally to increase the surface area for the sauce to adhere.

3. **Coating with Marinade:** In a mixing bowl, combine the *Gochujang*, *Gochugaru*, soy sauce, minced garlic, sugar, plum extract, cooking wine, and black pepper. Toss the scored squid and vegetables in the marinade until evenly coated. (To prevent the squid from releasing its moisture, mix right before cooking rather than marinating for a long time).
4. **High-Heat Stir-frying:** Preheat a heavy skillet or wok over high heat. Add a small amount of oil, followed immediately by the marinated squid and vegetables. Stir-fry rapidly. Within 3-4 minutes, the scored squid will curl outward into intricate "pinecone" shapes and turn opaque white.
5. **Finishing:** Once the squid is cooked through and the sauce has reduced and clung to the ingredients, immediately turn off the heat. Stir in the sesame oil and garnish with toasted sesame seeds.

### Professional Culinary Tips

- **The Purpose of Scoring:** The crisscross pattern etched into the squid's inner mantle is not merely decorative. It physically interrupts the muscle fibers that tightly contract under heat, preventing a rubbery texture. Furthermore, it exponentially increases the surface area, allowing the thick Gochujang glaze to anchor itself deeply into the meat.
- **The High-Heat Rule:** Squid is rich in water-soluble amino acids like taurine, which are responsible for its savory umami flavor. Prolonged cooking over low heat will cause the squid to leach out these valuable juices and become tough. A rapid, high-heat stir-fry acts as a seal, retaining the moisture within the protein matrix and preserving a tender, bouncy bite.

### Nutrition Facts (Estimated)

Total Content : Approx. 250g (1 serving)  
Calories : 245 kcal  
– Sodium : 820mg  
– Total Carbohydrate : 18.0g  
– Sugar : 11.0g  
– Total Fat : 7.0g  
– Saturated Fat : 1.5g  
– Cholesterol : 250.0mg  
– Protein : 28.0g  
– Calcium : 30.0mg

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

\*\*Nutritional values are calculated based on the original ingredients, not substitutes

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## **The Oceanic Vitality of Searing Flames: A Dynamic Symphony of Scored Squid and Crimson Spice**

Mul-ojingeo Bulgogi (Spicy Stir-fried Fresh Squid) stands as the dynamic and breathtaking masterpiece of Korean seafood gastronomy, where the pristine elasticity of fresh squid—harvested from deep coastal waters—meets the blistering heat of a searing skillet. Concealing exquisite craftsmanship within, the delicate diagonal lattice incisions scored along the inner mantle gently tame the violent thermal contraction of the cephalopod's dense muscle fibers, transforming potentially tough tissue into a succulent canvas that locks in every drop of sweet-and-spicy gochujang glaze.

As the marinated squid hits the blazing pan, the scored ribbons curl gracefully like blossoming petals, capturing the glossy red pepper glaze within their textured folds and commanding the dining room with an intoxicating aroma. The first bite delivers a delightfully springy bounce that yields effortlessly to the tooth, releasing a torrent of savory moisture. The squid's abundant reserves of fatigue-banishing taurine and rich free amino acids merge seamlessly with the crisp heat of red pepper capsaicin, orchestrating an invigorating and deeply satisfying wave of flavor.

True gastronomy does not rely on heavy saturated fats; it flourishes in ancestral wisdom that unites pure marine protein with intense heat to revitalize depleted vitality and restore internal balance. Savoring a steaming, glossy piece of spicy stir-fried squid over a bowl of freshly cooked white rice today is an exhilarating and comforting ritual—banishing daily exhaustion and replenishing the spirit with unyielding oceanic energy and heartwarming solace.

### **Editor's Review**

#### **1. A Dynamic Sensory Rhythm of Sweet-and-Spicy Gochujang Glaze, Snappy Elasticity, and Tender Meat Succulence**

The moment a sauce-drenched piece of scored squid coats the palate, the vibrant strike of gochujang spice paired with a rounded savory sweetness delivers an electric awakening to the senses. This initial burst is swiftly followed by the playful resilience of fresh mantle tissue, which gives way tenderly without chewiness thanks to the lattice incisions. As the natural umami and delicate sweetness of the squid flood the mouth, it creates an endlessly refreshing, multi-layered rhythm of comfort and culinary satisfaction.

#### **2. Myofibrillar Thermal Contraction Kinetics, Surface Area Expansion, and Taurine Retention Thermodynamics**

Mul-ojingeo Bulgogi represents an exacting study in high-heat culinary physics and seafood biochemistry. Diagonal scoring across the inner circular muscle layers mechanically disrupts the collagenous sheath, preventing curl deformation

and excessive moisture expulsion during rapid protein denaturation. This expanded surface area accelerates caramelization and Maillard interactions with the marinade sugars. Furthermore, flash stir-frying retains water-soluble taurine, betaine, and glycine within the cellular matrix, preserving key hepatic and metabolic benefits while maintaining a lean, ultra-digestible protein structure.

### **3. The Crimson Solace of the Evening Hearth and the Grounding Sanctuary of Oceanic Rejuvenation**

Encountering a sizzling platter of spicy stir-fried squid amidst the cheerful clatter of an evening table serves as an intimate emotional sanctuary against modern exhaustion. Celebrated for generations as an indispensable source of stamina and metabolic warmth, enjoying this honest, savory seafood dish washes away daily stress, granting a timeless refuge of physical replenishment, culinary joy, and grounded vitality.

