



Naejangtang

Offal Soup | 내장탕



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Naejangtang is a supreme biochemical challenge in Korean gastronomy, engineered to process the resilient smooth muscle and visceral lipids comprising the digestive tract of a massive herbivore (beef tripe and intestines). Unlike skeletal muscle, visceral tissue possesses an extremely dense connective matrix and holds residual microbial fermentation byproducts (skatole, ammonia). To combat this, the offal undergoes extreme mechanical and osmotic purging utilizing flour and coarse salt, followed by a harsh blanching phase to forcefully expel volatile odors. The purged organs are then subjected to over two hours of thermodynamic kinetic energy in a rolling beef bone broth, initiating profound thermal hydrolysis that collapses the tough smooth muscle into a yielding, chewy gelatin matrix. The rendered visceral lipids violently emulsify with the fermented peptides of traditional Doenjang and the fiery capsaicin of Korean chili paste. Finally, a massive botanical strike of perilla seed powder and perilla leaves completely overrides any residual animal scent, delivering an uncompromising, hyper-viscous restorative stew.

- 🕒 **Total:** 4 hrs | **Prep:** 1 hr (Osmotic/flour abrasion purging & blanching) | **Cook:** 3 hrs
- 🔍 **Difficulty:** Extreme (Requires absolute mastery of visceral odor masking and thermal denaturation of smooth muscle)
- 🌶️ **Profile:** Deeply Earthy, Hyper-Viscous, Fiery, and Visceral Umami
- 🍲 **Focus:** Smooth Muscle Thermal Hydrolysis, Skatole Chemical Masking, & Macro-Emulsification
- 🍷 **Pairing:** Chilled, high-proof traditional distilled Soju (40%+ ABV)

Ingredients (3–4 servings)

- **High-Density Smooth Muscle & Lipid Matrix:** 400g Beef Tripe (First stomach/Yang), 300g Beef Small Intestines (Gopchang) (Absolutely requires violent mechanical scrubbing with coarse salt and wheat flour to strip surface mucin)
- **Cellulose Sponge Matrix:** 300g Boiled Winter Cabbage (Eolgari-baechu) or Siraegi
- **Aqueous Umami Solvent:** 1.5L Beef Bone Broth or Brisket Broth
- **Peptide & Capsaicin Binder (Odor Mask):** 4 tbsp Gochugaru (Chili Flakes), 1 tbsp Gochujang, 2.5 tbsp Traditional Doenjang (crucial for binding skatole and oxidized lipids), 2 tbsp Soup Soy Sauce, 3 tbsp minced garlic, 1 tbsp minced ginger, 3 tbsp Soju or Rice Wine
- **Aromatic Colloidal Catalyst:** 3 tbsp Peeled Perilla Seed Powder, 10 Perilla Leaves (Kkaennip), 2 stalks Green Onion (diagonally sliced), 3 Cheongyang green chilies

Allergy Information Contains: Beef, Soy, Wheat (from Flour scrub residue, Doenjang, Soy Sauce)

Equipment Massive High Thermal Mass Cast Iron Pot or Stockpot, Earthenware Serving Pot (Ttukbaegi), Fine Skimmer, Cutting Board, Knife

Cooking Instructions

1. **Osmotic Purging & Mechanical Abrasion:** Dump 1 cup of wheat flour and 1/2 cup of coarse salt over the raw offal. Vigorously knead and scrub it like doing heavy laundry. The gluten network physically traps the biofilm and mucin (the source of off-odors), while osmotic pressure extracts impurities. Rinse meticulously under cold water until the water runs crystal clear.
2. **Initial Coagulation & Skatole Release:** Flash-boil the offal in a pot of water infused with Soju and a spoonful of Doenjang for 15 minutes. This intense heat causes volatile visceral aromatics to violently erupt. Discard the foul water entirely and scrub the coagulated proteins off the organs under cold water.
3. **Smooth Muscle Thermal Hydrolysis:** Place the purified offal in a large pot with the beef bone broth. Boil over medium heat for a minimum of 2 hours. This sustained thermodynamic energy is mandatory to break down the highly resistant smooth muscle collagen into yielding, chewy gelatin.
4. **Cellulose & Peptide Fusion:** Once the offal is tender, remove and slice it into bite-sized pieces. Return it to the broth along with the boiled cabbage and the entire capsaicin binder (chili flakes, Gochujang, Doenjang, garlic, ginger). Simmer aggressively for 40 minutes, forcing the porous cabbage cellulose to absorb the emulsified visceral lipids and spicy peptides.
5. **Colloidal Finish & Serving:** Transfer the thickened stew to a Ttukbaegi. As it reaches a rolling boil, bury the surface under perilla powder, green onions, chilies, and perilla leaves. Turn off the heat within 1 minute, allowing the volatile plant terpenes to encase the heavy animal broth, and serve immediately.

💡 Professional Culinary Tips

- **Chemical Neutralization of Skatole and Ammonia:** Herbivore digestive tracts harbor trace amounts of skatole and ammonia. Failure to neutralize these compounds results in an inedible, biologically offensive dish. Mastery demands a 3-step protocol: osmotic/gluten physical scrubbing, chemical expulsion via Doenjang/alcohol blanching, and an overwhelming aromatic override using immense quantities of garlic allyl sulfides and perilla terpenes.
- **Thermodynamic Resistance of Smooth Muscle:** The smooth muscles comprising the stomach and intestines endure continuous peristaltic contractions, possessing connective tissue far stronger than skeletal muscle. Boiling it at 100°C for less than an hour yields unchewable rubber. It requires the kinetic energy of a 2+ hour thermal hydrolysis to thermodynamically denature the tissue into an exquisitely chewy, gelatinous state.

- **Hydrodynamics of Flour Abrasion:** Using flour to wash offal is not mere friction. When hydrated, the wheat proteins form a sticky gluten matrix that hydrodynamically ensnares the slimy mucin layer and microbial biofilm clinging to the offal walls, literally ripping the odor-causing compounds away during the rinsing phase.

Gastronomic Pairing

- **Biochemical Palate Cleansing:** When the heavy, rendered visceral fats, the thick capsaicin emulsion, and the sticky perilla colloid aggressively coat your oral mucosa, pair this extreme matrix with an ice-cold shot of **premium traditional distilled Soju (40%+ ABV)**. The intense, highly refined ethanol acts as a precision surgical solvent, violently shearing through the dense lipid barrier on your tongue. This flawless chemical intervention resets your olfactory and gustatory receptors, allowing you to experience the deep, visceral umami of the next bite at maximum resolution.

Nutrition Facts (Estimated)

Total Content : Approx. 750g (1 serving)

Calories : 580 kcal (Excluding rice)

- Sodium : 1,600mg (Elevated due to the massive Doenjang/Gochujang requirement for odor masking)
- Total Carbohydrate : 22.0g (Cabbage polysaccharides and Gochujang starch)
- Sugar : 4.0g
- Total Fat : 36.0g (Heavy visceral lipids, bone marrow fat, and botanical Omega-3 from perilla)
- Saturated Fat : 14.0g
- Cholesterol : 240.0mg (Exceptionally high due to concentrated organ meat)
- Protein : 42.0g (Smooth muscle protein and massive gelatin yields)
- Dietary Fiber : 8.0g

*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.

Origins and Food Culture of Offal Soup (Naejangtang)

1. Slaughterhouse By-Products and the Heritage of Livestock Market Taverns

- Originating in the frugal culinary wisdom of traditional Korean agrarian society: while prime muscle cuts and large bones from slaughtered cattle were reserved for royal banquets, ancestral rites, and aristocratic tables, the remaining heads, viscera, and intestines were granted to butcher communities (*baekjeong*) and working-class commoners who transformed them into deeply nourishing broths.
- During the late Joseon Dynasty, bustling open-air taverns surrounding regional cattle markets and slaughterhouses (such as Suwon, Anseong, and Daegu) kept giant cast-iron cauldrons boiling continuously with beef tripe, intestines, and dried greens seasoned with soybean and red pepper pastes, providing affordable, calorically dense sustenance for itinerant peddlers and cattle herders.
- Historically, Heo Jun's 1613 *Dongui Bogam* noted that ox stomach (*U-wi*, beef tripe) is "*warm in nature, sweet, and non-toxic; it tonifies the spleen and stomach (補脾胃), replenishes qi and blood, and resolves wasting-thirst and physical exhaustion,*" confirming its centuries-old reputation as an exceptional therapeutic medicinal food for the digestive tract.

2. The Mechanical Salt-and-Flour Rubbing Technique and Multi-Stage Simmering

- Because digestive organs harbor residual enzymes, surface mucilage, and strong musk, the culinary success of Naejangtang relies fundamentally on rigorous physical pre-treatment rather than masking sauces.
- Seasoned culinary artisans trim away excessive tallow, then generously coat the tripe and intestines in coarse solar salt and unbleached wheat flour, vigorously kneading the cuts to bind and scrub away microscopic impurities. The cleaned offal is parboiled in an aromatic bath of fermented paste, ginger, and scallion roots to volatilize lingering odors, thoroughly rinsed in cold water, and sliced before undergoing gentle hydrothermal simmering with bone stock, achieving a toothsome yet remarkably tender texture free of unpleasant gaminess.

3. Yangpyeong Haejangguk, Majang-dong Meat Market, and the Ultimate Hangover Comfort

- During the rapid industrialization of the 1970s and 1980s, Naejangtang reached its zenith through specialized dining bastions like the butcher alleys of Seoul's Majang-dong Meat Market and the iconic riverside taverns of Yangpyeong, Gyeonggi Province.
- Evolving from simple ox blood soup (*Seonji-guk*) into luxurious variations loaded with honeycomb tripe and assorted viscera, "Yang-Seonji Haejangguk" and spicy Naejangtang became the premier restorative haven for dawn market vendors, long-haul drivers, and weary urban workers. Remaining an enduring symbol of grit, generous communal hospitality, and digestive comfort, it stands as an immortal monument to authentic Korean nose-to-tail gastronomic heritage.

The Primal Amino Extraction of Simmered Bovine Offal, the Elastic Resilience of Rumen and Honeycomb Tripe, and the Fiery Dynamic of Fermented Chili Broth: A Refined Portrait of Naejangtang

Naejangtang (Korean Beef Offal Stew) stands as the dynamic, unapologetically visceral, and biologically dense summit of Korea's whole-animal composite (*tangban*) gastronomy. Transcending the conventional prestige of prime skeletal cuts, this creation celebrates the uninhibited culinary potential of the entire bovine digestive anatomy. Centered upon a diverse assembly of select organs—the muscular rumen (*yang* or mountain chain tripe), the geometrically patterned reticulum (*beoljip-yang* or honeycomb tripe), the layered omasum (*cheon-yeop*), the abomasum (*hongchang* or reed tripe), alongside the lipid-rich small intestine (*gopchang*), large intestine (*daechang*), and springy cardiac muscle (*yeomtong*)—the process begins with rigorous mechanical purification. Scoured vigorously with coarse solar salt and wheat flour to strip away mucosal slimes, bile residues, and digestive fluids, the organs are steeped in cold spring water to leach deep-tissue hemoglobin. Following a preliminary rolling blanch in boiling water infused with whole garlic, ginger, scallions, refined rice wine, and traditional soybean paste (*doenjang*) to purge surface coagulants and volatile off-notes, the structural viscera are transferred to a massive iron cauldron. Simmered over alternating vigorous and gentle convective heat alongside winter radish, onions, and allium roots until the dense connective sheets relax, the meats are carved into bite-sized ribbons and arrayed inside a heavy earthenware pot (*ttukbaegi*). Enriched with tender braised greens (*siraegi* or *ugeoji*), crisp soybean sprouts, an assertive seasoning paste of sun-dried red chili powder (*gochugaru*), aged *doenjang*, minced garlic, and fresh ginger, the soup is brought to a violent, bubbling boil and crowned tableside with roasted perilla powder, chili oil, and scallions, delivering absolute thermodynamic harmony between primal organ vitality and refined Korean seasoning craft.

Confronting the boiling cauldron tableside as terracotta-colored bubbles froth vigorously around variegated cuts of beef tripe and intestines releases an immediate, deeply comforting olfactory charge: the rich, savory perfume of slow-extracted bovine marrow and viscera mingles seamlessly with the deep, bready savor of fermented *doenjang*, the toasted nuttiness of crushed perilla seeds, the sharp spark of chili oil, and the sweet, sulfurous warmth of simmering alliums. Taking the first sip delivers a luxurious revelation across the oral mucosa: the velvety broth, dense with dissolved visceral gelatin, rendered lipid emulsions, and vegetable juices, coats oral membranes with zero greasy heaviness. Gliding effortlessly down the esophagus, it dispels lingering fatigue and alcohol toxicity, infusing an empty stomach with deep, restorative heat. Grasping a piece of rumen or honeycomb tripe reveals an extraordinary structural chew: having

relaxed along its smooth muscle fibers, the tripe resists tooth pressure with a clean, springy bounce (*taenggeul*) before releasing concentrated savory juices. Concurrently, the simmered small intestine (*gopchang*) parts under mastication to discharge its rich, velvety core of unctuous digestive lipids. The braised radish greens and soybean sprouts supply a succulent, auditory crunch that balances the broth's richness, while dipping the tender offal into a tangy mustard-soy sauce awakens the palate with zesty acidity. Steeping warm white rice into the bubbling crimson stock and topping each spoonful with a crisp cube of aged radish kimchi (*kkakdugi*) completes an unforgettable ritual of physical rejuvenation, structural indulgence, and profound gastronomic catharsis.

The enduring majesty of Naejangtang lies in its working-class heritage—rooted in the bustling cattle markets (*usijang*) and municipal abattoir districts of Majang-dong, Doksan-dong, Daegu, and Naju during the late Joseon Dynasty and the 20th-century industrial era. While elite banquet tables favored prime skeletal beef, itinerant market laborers and butchers transformed discarded offal and connective tissues into an iconic centerpiece of collective sustenance through exhaustive cleaning and patient boiling. Uniting animal vitality with the microbial alchemy of fermented soybean paste and fiery red pepper, a steaming cauldron of beef offal stew remains an irreplaceable monument of zero-waste gastronomic stewardship, working-class resilience, and brilliant Korean culinary craftsmanship.

Editor's Review

1. A Dynamic Harmony of Springy Tripe Viscoelasticity, Melting Intestinal Lipid Emulsion, Spongy Braised Greens, and Velvety Colloidal Broth Lubrication

The structural architecture inside the vessel delivers an extraordinary, tactile choreography between dense mammalian smooth muscle fibers, fibroelastic connective tissue sheets, dispersed neutral lipids, and hydrated vegetable cell walls. The muscular walls of the bovine rumen and reticulum, softened through sustained hydrothermal cooking, exhibit a buoyant, elastic chew that pushes back against the teeth with a resilient spring before yielding cleanly. Framing this chew, the small intestine (*gopchang*) collapses under mastication, releasing its inner lipid core into a rich, buttery emulsion that coats the palate in luxurious velvet. The slow-braised *siraegi* and flash-wilted soybean sprouts supply an auditory, porous crunch that absorbs the savory stock like an organic sponge, while the dissolved gelatin and micro-milled perilla seed particles form a frictionless lubricating fluid layer, ensuring an impeccably balanced, non-fatiguing mouthfeel from the first steaming sip to the last.

2. Gastrointestinal Smooth Muscle Actomyosin Syneresis Mitigation (85-90°C), Type I/III Collagen Gelatinization, IMP-Glutamate Nucleotide Synergy, and Wheat Flour Adsorption / Organosulfur Deodorization Kinetics

Naejangtang represents an exacting study in ruminant digestive histology, macromolecular thermodynamics, and flavor volatile mitigation. The muscular layers of the rumen, reticulum, and intestines are densely reinforced with insoluble Type I and Type III collagen, alongside elastic fibers. Sustaining a

gentle convective simmering window between 85°C and 90°C cleaves the triple-helical hydrogen bonds of these collagen matrices into water-soluble gelatin polypeptides; crucially, keeping temperatures below aggressive boiling prevents excessive thermal contraction of smooth muscle actomyosin, mitigating cellular moisture expulsion (syneresis) and preventing the meat from turning tough and rubbery. Broth savor is driven by a powerful biochemical synergy: muscle-derived 5'-inosine monophosphate (5'-IMP) from the offal converges with the free glutamic acid (Glutamate) leached from aged *doenjang* and the asparagine of soybean sprouts, triggering an exponential activation across human oral T1R1/T1R3 umami heterodimers. In the pre-treatment phase, the high-surface-area starch and gluten networks of wheat flour physically adsorb and strip away mucosal bile salts, residual mucins, and lipid oxidation aldehydes. During boiling, the colloidal soy peptides of *doenjang* chemically sequester basic fishy amines (trimethylamine, piperidine), while allicin from garlic, gingerols from ginger, and alkylpyrazines from roasted perilla seed powder chemically bind and mask trace volatile fatty acids (butyric, valeric acids) and scatole, yielding a pristine, deeply comforting aromatic profile.

3. The Cattle Market (Usijang) Lineage, Industrial Laborer Sustenance, and the Sovereign Summit of Zero-Waste Tangban Gastronomy

Transforming anatomically challenging butchery remnants into an iconic restorative through meticulous sanitation and the mastery of fire and water, Naejangtang represents the pinnacle of whole-carcass utilization in Korean food history. Evolving from the rough-and-tumble sustenance of market laborers and abattoir workers into a beloved national restorative that revitalizes fatigued urban diners, this bubbling crimson classic captures the enduring resilience of the Korean working-class spirit, standing as an unshakeable sanctuary of domestic comfort, nutritional ingenuity, and brilliant culinary artistry.

