



Nurungji

Scorched Rice | 누룽지



Nurungji is a traditional Korean snack and basic rice dish made by spreading cooked rice thinly across the bottom of a pot or pan and scorching it until golden brown, offering a wonderfully crispy and savory flavor.

 **Prep: 5 mins** | **Cook: 20 mins** |  **Easy** |  **Vegan** |  **Gluten-Free**

Ingredients (1-2 servings)

- **Main Ingredients:** 1 to 2 bowls of cold or freshly cooked rice
- **Others:** A bit of water (for wetting hands or a spatula)

Allergy Information

- **Contains:** None (Naturally allergen-free)

Equipment

- Pan, Spatula

Cooking Instructions

1. **Pan Preheating & Spreading Rice:** Heat a frying pan slightly over low heat. Place the rice in the pan, and using your hands or a spatula slightly dampened with water, press and spread the rice firmly and evenly into a thin layer.
2. **Removing Moisture on Low Heat:** Let the rice slowly simmer on low heat until the moisture evaporates and the grains tightly bind together.
3. **Flipping and Golden Frying:** Once the bottom turns a golden brown and naturally releases from the pan, flip it over and fry the other side until crispy.
4. **Cooling and Finishing:** Place the finished nurungji on a cooling rack or plate to let it cool for a moment. Once crispy, break it into bite-sized pieces to complete.

Cooking & Pairing Tips

- **Low and Slow Heat:** Cooking over high heat will burn the outside while leaving the inside soggy and imparting a bitter taste. Be sure to cook over low heat to gently evaporate moisture, bringing out a deep, savory flavor.
- **Versatile Use:** Crispy dried nurungji can be stored long-term in an airtight

container and enjoyed as a simple snack, boiled into *sungnyung* (scorched rice tea), or used in fried dishes and nurungji soups.

Storage Instructions

- Store thoroughly dried nurungji in an airtight container to maintain its crispiness for a long time.

Nutrition Facts (Estimated)

- Total Content : Approx. 200g (1-2 servings total)
 - Calories : 280 kcal total (approx. 140 kcal per 100g / 180 kcal per 1 serving)
 - Sodium : 5mg (0%)
 - Total Carbohydrate : 62g (19%)
 - Sugar : 0g (0%)
 - Total Fat : 0.5g (1%)
 - Trans Fat : 0g
 - Saturated Fat : 0g (0%)
 - Cholesterol : 0mg (0%)
 - Protein : 5g (10%)
 - Calcium : 10mg (1%)
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Editor's Review

1. Fine Dining Perspective: Thermal Dehydration and Starch Maillard

Caramelization: This dish represents a masterclass in minimalist thermal transformation, converting humble grains through low-temperature dehydration and gentle pyrolytic reactions. Compacting the rice with damp hands creates a cohesive, high-density starch matrix. Cooking over sustained, gentle heat systematically drives out free water molecules without scorching the exterior, allowing the starches and residual sugars to undergo uniform Maillard caramelization. This low-and-slow process locks in a glassy, brittle crunch while transforming simple carbohydrates into complex, nutty pyrazines without introducing burnt bitterness.

2. Sensory Exploration: A Symphony of Shattering Crunch and Toasted

Grain Warmth: Snapping a piece releases a sharp, resonant crackle, followed by an intoxicating aroma of deeply toasted grain. The first bite yields a dramatic, glass-like crunch that slowly gives way to a rich, comforting sweetness inherent to caramelized rice starches. When steeped in boiling water to create traditional *sungnyung*, the rigid crust softens into a silky, comforting tea-broth, offering a gentle, nutty warmth that soothes and cleanses the palate.

3. **Symbolic Praise: The Soul of the Hearth Born from Zero-Waste**

Wisdom: Deeply rooted in the traditional cast-iron pot (*gamasot*) cooking of Korea, Nurungji stands as a timeless symbol of resourceful culinary wisdom and domestic comfort. Born from a desire to cherish every single grain of rice, it bridges the gap between an everyday crispy snack and a sacred, restorative meal finale. It embodies the quiet warmth of home kitchens, turning modest leftovers into a soul-nourishing ritual of nostalgia and hospitality.

4. **Poetic Imagery: An Amber Sun Forged in Hearth and Flame:** Formed into a thin, rustic disc, Nurungji resembles a golden amber mosaic sculpted by the heat of the pan. Its surface glistens with a terra-cotta hue, where individual rice grains fuse together into a shimmering, toasted lattice. The gentle, roasted aroma rising from the cooling rack instantly transforms any space into a peaceful, nostalgic sanctuary of traditional home cooking.

5. **The Critic's Verdict: The Purest Expression of Grain Transformation:**

True culinary genius does not always require exotic ingredients or complex sauces; often, it lies in unlocking the hidden depth of a single staple through precise heat control. Nurungji stands as a brilliant masterclass in minimalist gastronomy, proving that with patience, discipline, and fire, humble rice can be elevated into a timeless, deeply satisfying, and soulful classic.

