



Ogokbap

Steamed Five-grain Rice | 오곡밥



A traditional Korean five-grain rice prepared for Jeongwol Daeboreum (the first full moon of the Lunar New Year) to ward off bad luck and wish for health and prosperity. Featuring glutinous rice, red beans, black soybeans, sorghum, foxtail millet, and sweet chestnuts, it offers a delightfully chewy, nutty, and deeply satisfying experience.

 **Prep: 30 mins (plus soaking) | Cook: 40 mins |**  **Moderate |** 
Vegan |  **High Fiber**

Ingredients (8 servings)

- **Main Ingredients:** 5 cups glutinous rice (chapssal), 1 cup non-glutinous white rice, 1/2 cup red beans (adzuki), 1/2 cup black soybeans, 1/2 cup sorghum, a small portion of sticky foxtail millet (chajo), 20 fresh chestnuts (peeled)
- **Seasoning & Liquids:** 2 tbsp salt, reserved red bean boiling water, extra water as needed

Allergy Information

- **Contains:** Soy (Black soybeans)

Equipment

- Heavy-Bottomed Pot (or Pressure Rice Cooker), Strainer/Sieve, Mixing Bowl, Wooden Spatula

Cooking Instructions

1. **Prepping Beans & Grains:** Wash black soybeans thoroughly and soak in cold water overnight. Wash glutinous rice, non-glutinous white rice, sorghum, and foxtail millet separately, then drain each in a sieve.
2. **Boiling Red Beans & Chestnuts:** Wash red beans, place in a pot with water, bring to a boil for 3–5 minutes, then completely discard the first water to eliminate astringent saponins. Refill with fresh water and simmer until beans are tender but intact. Strain and **reserve the red bean cooking water**. Lightly blanch peeled chestnuts.
3. **Combining Grains & Setting Water:** In a large cooking pot, combine the soaked glutinous rice, white rice, boiled red beans, soaked black soybeans, and sorghum. Dissolve 2 tbsp salt into the reserved red bean water and pour it over the grains. Adjust liquid so total water is about 80–90% of a standard white rice level.
4. **Steaming & Finishing:** Bring the pot to a boil over medium-high heat. Once bubbling, scatter the foxtail millet and chestnuts over the top, then turn heat down to low. Cover and steam gently over low heat. Let rest for 10 minutes off heat, then fluff gently with a spatula to evenly combine all grains and chestnuts before serving.

💡 Cooking & Pairing Tips

- **Control Water Proportion:** Glutinous rice holds moisture easily, so use about 80–90% of the water you would normally use for regular white rice to achieve a firm, sticky, perfectly chewy texture without becoming soggy.
- **Red Bean Water for Color & Umami:** Using the reserved red bean boiling water to cook the rice imparts a beautiful reddish-purple tint and deepens the overall earthy flavor.
- **Perfect Food & Beverage Pairing:** Traditionally enjoyed with a variety of seasoned dried mountain herbs (*boreum-namu*) such as dried radish greens, aster, and dried eggplant. Pairs wonderfully with a warm cup of roasted burdock or corn silk tea.

Storage Instructions

- Ogokbap keeps extremely well thanks to its high glutinous rice content. Store leftovers in airtight containers in individual portions in the refrigerator for up to 3 days, or freeze for up to 1 month. Reheat in a microwave with a damp paper towel or steam on the stovetop to restore its chewy texture.

Nutrition Facts (Estimated)

- Total Content : Approx. 1,600g (8 servings total)
 - Calories : 2,400 kcal total (approx. 150 kcal per 100g / 300 kcal per 1 serving)
 - Sodium : 880mg (44%)
 - Total Carbohydrate : 510g (157%)
 - Sugar : 8g (8%)
 - Total Fat : 12g (18%)
 - Trans Fat : 0g
 - Saturated Fat : 2g (10%)
 - Cholesterol : 0mg (0%)
 - Protein : 64g (116%)
 - Calcium : 180mg (18%)
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Editor's Review

1. A Festival of Chewy Elasticity and Red Savory Richness

Lifting the lid releases steam steeped in the deep, nutty aroma of salted red bean water, immediately enrapturing the senses with a vibrant display of colorful grains. The lively, popping crunch of black beans and sorghum interweaves with the rich elasticity of glutinous rice and the gentle, fluffy sweetness of whole chestnuts. A subtle touch of salt dissolved in the red bean broth dramatically draws out the

natural sweetness of the grains, delivering an abundant and sensual culinary experience.

2. Textural Mastery Forged by Red Bean Broth Seasoning and Moisture Control

Ogokbap represents the pinnacle of traditional seasonal dining, where the distinct properties of multiple grains are precisely mastered to preserve flawless texture and form. Discarding the first red bean water to remove astringency and using the seasoned bean broth for cooking serves as brilliant culinary science, simultaneously securing rich color, seasoning, and umami. Restraining the water ratio to 80–90% to account for glutinous rice, alongside adding foxtail millet and chestnuts during the steaming phase, showcases an absolute mastery of step-by-step heat control that protects the integrity of each grain.

3. A Heartfelt Earthly Feast Wishing for Year-Long Peace and Abundance

Shared beneath the round moon of Jeongwol Daeboreum to ward off ill fortune and wish for good health, Ogokbap transcends a simple meal to embody a sacred tradition of communal well-being. Grains harvested from different soils converge within a single pot, forging a tight, cohesive warmth that proves the resilient vitality of life overcoming harsh winters. Swallowing a warm, chewy spoonful, we receive the steadfast warmth of the earth—a tender restoration that embraces the year ahead with peace and vitality.

