



Ojingeochaebokkeum

Stir-fried Dried Squid Strips | 오징어채볶음



<https://koreancuisine.net>

A popular Korean everyday side dish made by tossing dried squid strips in a sweet and spicy gochujang sauce.

 **Total:** 15 mins | **Prep:** 5 mins | **Cook:** 10 mins |  **Difficulty:** Easy | 
Profile: Spicy, Sweet, and Savory |  **Focus:** Dehydrated Protein Conditioning & Emulsion

Ingredients (2 servings)

- **Main Ingredients:** 200g dried squid strips (jinmichae), 1 tbsp mayonnaise (optional for tenderizing)
- **Seasoning Sauce:** 2 tbsp gochujang, 0.5 tbsp gochugaru, 1 tbsp soy sauce, 1 tbsp sugar, 1.5 tbsp oligosaccharide (or 1 tbsp agave syrup), 0.5 tbsp minced garlic, 1.5 tbsp cooking oil, 2 tbsp water, 1 tbsp sesame oil, a pinch of sesame seeds

Allergy Information Contains: Seafood (Squid), Soy, Wheat (from soy sauce)

Equipment Cutting Board, Knife, Skillet, Spatula

Cooking Instructions

1. **Ingredient Preparation:** Cut the dried squid strips into bite-sized lengths. Optionally, toss them with 1 tablespoon of mayonnaise for a softer texture.
2. **Formulating the Sauce:** In a bowl, combine gochujang, gochugaru, soy sauce, sugar, oligosaccharide, minced garlic, and water.
3. **Sauce Simmering:** Heat cooking oil in a skillet and simmer the mixed sauce over medium-low heat until it bubbles slightly.
4. **Squid Integration:** Once the sauce bubbles, **turn off the heat or lower it to minimum** before adding the squid strips to prevent hardening.
5. **Residual Heat Coating:** Rapidly toss the squid strips using residual warmth or low heat until evenly coated.
6. **Final Finishing:** Drizzle with sesame oil and sprinkle with sesame seeds.

Professional Culinary Tips

- **Mayonnaise Conditioning:** Pre-coating the dried squid with mayonnaise prevents it from turning rubbery under heat.
- **Heat Regulation:** Reducing or turning off the heat after simmering the

sauce avoids scorching the sugars and keeps the squid tender.

Nutrition Facts (Estimated)

Total Content : Approx. 100g (1 serving)

Calories : 280 kcal

– Sodium : 750mg

– Total Carbohydrate : 32.0g

– Sugar : 18.0g

– Total Fat : 10.0g

– Saturated Fat : 1.5g

– Cholesterol : 140.0mg

– Protein : 16.0g

– Calcium : 35.0mg

*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.

The Chewy Masterpiece of Korean Banchan: A Sweet-and-Spicy Symphony of Dried Squid and Gochujang Glaze

Ojingeochaе Bokkeum (Stir-fried Dried Squid Strips / Jinmichae Bokkeum) stands as the most beloved and addictive staple of Korean home-cooking gastronomy (*Banchan*), where chewy, sun-dried squid strips meet a bubbling, sweet-and-spicy gochujang reduction over a sizzling skillet. Transforming the dense, dehydrated texture of dried seafood into an unctuously tender and glossy masterpiece, this pantry classic achieves the ultimate harmony of texture and flavor.

As the red pepper paste and savory seasonings simmer and thicken in the pan, the rich aroma of caramelized chili and toasted sesame commands the dining table, instantly awakening the appetite. The resilient, satisfying chew of the seasoned squid yields effortlessly to the bite, releasing a deep marine umami that marries seamlessly with the bold, sweet-and-spicy glaze to coat every grain of warm white rice in comforting moisture.

True gastronomy does not rely solely on rare luxuries; it flourishes in the culinary wisdom of transforming modest pantry staples into a reliable source of daily nourishment and profound comfort. Savoring a glossy, savory strand of stir-fried squid over rice today is an honest and comforting ritual—filling the everyday table with unyielding satisfaction and grounding joy.

Editor's Review

1. An Unctuous Cadence of Chewy Marine Protein and Sticky Gochujang-Glazed Sweetness

The moment a gloss-drenched strand of stir-fried squid touches the palate, an immediate wave of savory depth and rounded sweetness awakens the taste buds. This is followed by the resilient, satisfying chew of the dehydrated protein matrix, while a final whisper of toasted sesame oil envelops the mouth in velvety warmth to orchestrate an endlessly comforting culinary experience.

2. Dehydrated Protein Softening Kinetics and Lipid-Glaze Emulsion Thermodynamics

Ojingeochaе Bokkeum represents an exacting study in culinary physics and food rheology. Simmering the dry squid strips in a reducing sugar-and-chili matrix induces controlled hydration and Maillard browning, creating a savory amber glaze that coats the structured fibrous protein network. Concurrently, added cooking oils or fats emulsify across the surface, establishing a moisture-barrier layer that prevents hardening upon cooling and guarantees an enduring, tender mouthfeel.

3. The Evergreen Staple of the Home Pantry and the Grounding Solace of Everyday Banchan

Found gracing family dinner tables and side-dish containers across the nation for generations, a modest plate of stir-fried squid strips serves as an enduring emotional haven against daily weariness. Savoring this honest, reliable staple washes away modern stress, granting a timeless sanctuary of stillness, maternal care, and grounded culinary happiness.

