



Ojingeodeopbap

Spicy Stir-fried Squid with Rice | 오징어뽕밥



A luxurious Chinese-style seafood rice bowl featuring tender cuttlefish, shrimp, rehydrated sea cucumber, pork, and crisp vegetables stir-fried over high heat and smothered in a thick, glossy, savory-spicy gravy over warm rice.

 **Prep: 20 mins** | **Cook: 15 mins** |  **Moderate** |  **Mild-Spicy** |  **High Protein**

Ingredients (1-2 servings)

- **Seafood & Meat:** 1 cuttlefish (or squid), 5 shrimp, 1/2 rehydrated sea cucumber, 50g pork (thinly sliced)
- **Vegetables & Aromatics:** 2 heads bok choy, 1/2 canned bamboo shoot, 2 shiitake mushrooms, 1/2 stalk green onion, 1 red chili pepper, 1 thumb-sized ginger
- **Sauce & Liquids:** 1 tbsp soy sauce, 1 tbsp mirin (cooking wine), 2/3 cup broth (chicken or vegetable stock), starch water (1 tbsp cornstarch + 1 tbsp water), cooking oil, sesame oil, a pinch of salt, a pinch of black pepper, 1 bowl warm cooked white rice

Allergy Information

- **Contains:** Shellfish (Shrimp), Mollusks (Cuttlefish, Sea Cucumber), Pork, Soy (Soy sauce), Wheat (Soy sauce), Sesame

Equipment

- Wok (or Large Frying Pan), Pot (for blanching), Knife, Cutting Board, Strainer

Cooking Instructions

1. **Seafood Prep:** Score the inner side of the cuttlefish in a crisscross pattern and slice into bite-sized pieces. Devein the shrimp and blanch briefly in boiling water. Wash the rehydrated sea cucumber cleanly and slice diagonally.
2. **Meat & Veggie Prep:** Thinly slice the pork. Slice the bamboo shoots, shiitake mushrooms, green onion, and red chili pepper into bite-sized diagonal pieces. Finely julienne the ginger. Blanch the bok choy in boiling water briefly and cut into 5–6 cm lengths.
3. **Sautéing Aromatics, Meat & Seafood:** Heat cooking oil in a wok over high heat. Add the julienned ginger and red chili pepper to release aromatics. Add the sliced pork and stir-fry with a splash of soy sauce and mirin. Add the cuttlefish, shrimp, and sea cucumber, stir-frying rapidly over high heat.
4. **Adding Veggies & Broth:** Add the shiitake mushrooms, bamboo shoots, green onion, and bok choy to the wok and stir-fry briefly. Pour in 2/3 cup of hot broth and bring to a rapid boil.
5. **Seasoning, Thickening & Serving:** Season with soy sauce, mirin, salt, and black pepper. Slowly drizzle in the starch water while stirring gently until a

thick, glossy sauce forms. Turn off the heat, drizzle with sesame oil, and ladle generously over a bowl of warm cooked white rice.

Cooking & Pairing Tips

- **High-Heat Fast Stir-Frying:** Seafood becomes rubbery if overcooked. Stir-frying rapidly over high heat ensures the cuttlefish and shrimp remain plump and tender while keeping the vegetables crisp.
- **Gradual Starch Thickening:** Drizzle the starch water in small amounts while stirring continuously to prevent clumping and achieve a silky, restaurant-quality gravy.
- **Perfect Food & Beverage Pairing:** Pairs wonderfully with a warm bowl of egg drop soup (*Gyeran-guk*) or clear dumpling soup. To drink, enjoy with a cold Tsingtao beer or Chinese kaoliang liquor (Gao Liang Jiu).

Storage Instructions

- Best enjoyed fresh. Leftover stir-fry topping can be stored separately in an airtight container in the refrigerator for up to 1 day. Reheat in a pan over medium heat with a splash of water or broth before serving over fresh rice.

Nutrition Facts (Estimated)

- Total Content : Approx. 550g (1-2 servings)
 - Calories : 580 kcal total (approx. 105 kcal per 100g / 290 kcal per 1 serving)
 - Sodium : 980mg (49%)
 - Total Carbohydrate : 68g (21%)
 - Sugar : 4g (4%)
 - Total Fat : 18g (33%)
 - Trans Fat : 0g
 - Saturated Fat : 3.5g (18%)
 - Cholesterol : 210mg (70%)
 - Protein : 38g (69%)
 - Calcium : 90mg (9%)
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Editor's Review

1. Plump Cuttlefish Elasticity and the Sensual Burst of Glossy Chinese Sauce

As the thick flesh of the wok-tossed cuttlefish—intricately scored—meets the palate, the rich, savory sauce seeping into its grooves delivers a delightfully substantial weight. Over a multi-layered texture created by crisp shrimp, tender sea

cucumber, and savory pork, the subtle wok hei unleashed by ginger and red chili completely captures the senses. When the lustrous sauce, bound gracefully by cornstarch, densely coats every grain of white rice, the overflowing richness demonstrates the true essence of refined Chinese-style dining.

2. Silky Aesthetics Forged by High-Heat Wok Mastery and Viscosity Control

This Ojingeodeopbap represents the pinnacle of Chinese-style seafood dining, uniting high-heat speed with precise moisture control. Scoring the cuttlefish to prevent toughness while flash-frying over intense flames, paired with swirling in a starch slurry to trap moisture and umami before the dish turns watery, serves as an advanced technique of viscosity control. Preserving the distinct texture of each ingredient while emulsifying the broth into a thick, cohesive sauce showcases remarkable culinary finesse.

3. A Hearty Bowl of Solace Where Land and Sea Converge

Ocean treasures—cuttlefish, shrimp, and sea cucumber—join pork, bok choy, and bamboo shoots from the land inside a blazing wok to forge a rich and harmonious union. Ingredients that once held distinct identities converge into a single complete feast through the comforting medium of a glossy sauce. Crowned generously over steaming white rice, this sumptuous bowl acts as a grand yet authentic banquet of warmth, gently rewarding us at the end of a long day.

