



Ojingeoduruchigi

Stir-fried Squid | 오징어두루치기



<https://koreancuisine.net>

Ojingeo-duruchigi is a culinary hybrid that exists perfectly between a dry stir-fry (bokkeum) and a stew (jjigae). It utilizes the osmotic extraction of vegetable juices combined with a small amount of broth to create a highly concentrated, bubbling sauce. The squid is introduced into this boiling, spicy emulsion for a minimal duration. This precise thermodynamic control prevents the cephalopod proteins from seizing, ensuring a tender texture bathed in a rich, reduced sauce.

 **Total:** 20 mins | **Prep:** 10 mins | **Cook:** 10 mins |  **Difficulty:** Moderate | 
Profile: Spicy, Sweet, and Richly Savory |  **Focus:** High Protein & Rapid Thermal Control

Ingredients (2 servings)

- **Main Ingredients:** 1 cleaned squid (approx. 250g–300g), 1/2 zucchini, 1/2 onion, 1 scallion, 1–2 Cheongyang chilies
- **Broth:** 1/2 cup anchovy-kelp broth (or water) (100ml)
- **Seasoning Paste:** 3 tbsp gochugaru (Korean chili flakes), 2 tbsp soy sauce, 1 tbsp gochujang, 1.5 tbsp minced garlic, 1 tbsp sugar (or agave syrup), 1 tbsp mirin (cooking wine), 1 tbsp sesame oil, a pinch of black pepper, a pinch of crushed sesame seeds

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

Equipment Cutting Board, Knife, Mixing Bowl, Wide Deep Pan or Wok, Spatula

Cooking Instructions

1. **Ingredient Prep (Structural Integrity):** Remove the innards and wash the squid. Score the inside in a crisscross pattern and cut into bite-sized pieces. Cut the zucchini into thick half-moons and the onion into thick slices so they can withstand the braising process without disintegrating. Diagonally slice the scallion and chilies.
2. **Paste Formulation:** In a bowl, combine all the seasoning ingredients except the sesame oil and sesame seeds. Mix well to let the flavors meld.
3. **Osmosis & Broth Base Extraction:** Lightly oil a deep pan and sauté the onion and zucchini over medium-high heat. Once the exterior softens, add half of the formulated paste and the 1/2 cup of broth. Bring to a boil. This process breaks down the vegetable cell walls via osmosis, creating the signature thick, bubbling duruchigi sauce.
4. **Squid Integration & Thermal Control:** When the broth is at a rolling boil

and the vegetables are 70% cooked, add the scored squid and the remaining seasoning paste. Maintain high heat and toss rapidly for only 2–3 minutes—just until the squid turns opaque and the scored patterns curl open.

5. **Residual Heat Finishing:** Immediately turn off the heat. Add the sliced scallion, chilies, sesame oil, and sesame seeds. Use the pan's residual heat to activate the volatile aromatics and fold them into the sauce.

Professional Culinary Tips

- **Physicochemistry of Duruchigi Broth:** Unlike a standard stir-fry, duruchigi intentionally utilizes the cellular water released from vegetables, merging it with a highly seasoned liquid. This reduction creates a viscous emulsion that perfectly clings to the squid and is ideal for mixing with rice.
- **Structural Control of Vegetables:** Slicing the zucchini and onion too thinly will cause their cellular structure to collapse completely during the boiling phase, turning the sauce into a muddy purée. Thick cuts provide necessary thermodynamic durability.
- **Preventing Protein Syneresis:** If squid is boiled for more than 3 minutes, its myofibrillar proteins violently contract, expelling internal moisture (syneresis) and resulting in a rubbery texture. Establishing the boiling liquid base first and introducing the squid at the very end is the absolute rule for preserving its tender bite.

Nutrition Facts (Estimated)

Total Content : Approx. 350g (1 serving)

Calories : 240 kcal

– Sodium : 980mg

– Total Carbohydrate : 22.0g

– Sugar : 10.0g

– Total Fat : 6.0g

– Saturated Fat : 1.0g

– Cholesterol : 220.0mg

– Protein : 26.0g

– Calcium : 50.0mg

*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 Saucy Crimson Harmony of Tender Squid and Sweet Garden Vegetables: A Soul-Soothing Symphony of Duruchigi

Ojingeo-duruchigi stands as the savory, saucy, and deeply comforting pinnacle of Korean everyday gastronomy, where fresh squid, sweet zucchini, and onions simmer together in a semi-stewed, stir-fried style—straddling the line between a dry stir-fry and a rich soup beneath a blanket of piquant red pepper powder and crushed garlic. Eschewing the dryness of traditional stir-fries, the creation of a rich, reduced broth infused with the natural moisture of vegetables and the bold kick of chili achieves an extraordinary balance of saucy richness and clean heat.

As the dish simmers gently in the pan, the piquant, aromatic perfume of garlic and chili flakes commands the dining room, instantly awakening the appetite. The resilient, satisfying chew of the squid blends seamlessly with the meltingly sweet bites of simmered zucchini and translucent onions, coating every grain of white rice in luscious, spicy moisture and fulfilling the ultimate craving for comfort food.

True gastronomy does not rely exclusively on ostentatious luxuries; it flourishes in the ancestral wisdom of uniting modest, everyday ingredients in a savory, reduction-style broth to comfort the body and restore inner peace. Savoring a steaming plate of spicy stir-fried squid with rich broth today is an honest and grounding ritual—clearing away the rush of modern life and filling the spirit with unpretentious warmth, spicy vitality, and timeless solace.

Editor's Review

1. An Exhilarating Cadence of Piquant Chili Heat, Chewy Squid Resilience, and Saucy Vegetable Sweetness

The moment a warm spoonful of the saucy, spicy dish touches the palate, an immediate wave of clean chili heat and deep, sweet vegetable umami envelops the senses with invigorating depth. This is swiftly followed by the snappy, satisfying chew of the tender squid and the meltingly soft texture of the simmered zucchini and onions, orchestrating an endlessly soothing, multi-layered culinary experience that brings absolute peace to the senses.

2. Semi-Stewed Duruchigi Moisture-Reduction Kinetics and Capsaicin-Allicin Metabolic Synergy

Ojingeo-duruchigi represents an exacting study in traditional culinary physics and nutritional biochemistry. The semi-stewed method allows the natural moisture of the vegetables to merge with red pepper powder and garlic, creating a cohesive, reduced broth that buffers the squid proteins against toughness. Concurrently, capsaicin from the chili and organosulfur compounds from the garlic stimulate peripheral circulation and metabolic activity, establishing an optimal nutritional matrix that aids systemic recovery.

3. The Warm Sanctuary of Evening Pub Gatherings and the Grounding

Solace of Comforting Broth Conviviality

Found gracing casual dining tables and neighborhood pubs across the nation as a beloved everyday staple to accompany drinks or satisfy evening hunger, a modest plate of saucy spicy squid serves as an enduring emotional haven against daily weariness. Revered for generations as an essential restorative anchor to warm the core and comfort the soul, enjoying this honest, reliable dish washes away modern stress, granting a timeless sanctuary of stillness, maternal care, and grounded culinary happiness.

