



Ojingeomulhoe

Cold Raw Squid Soup | 오징어물회



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Ojingeo-mulhoe is a thermodynamic cold soup that uses a near-freezing, highly acidic broth to induce rapid thermal shock in the cephalopod's muscle fibers. Finely julienned live or ultra-fresh squid maximizes the surface area, allowing the hypertonic cho-gochujang broth and the osmotic juices of the fresh vegetables to cling perfectly. The result is an icy, bracingly refreshing balance of acidity and sweetness that neutralizes the summer heat while delivering an impossibly bouncy, snappy texture.

 **Total:** 15 mins | **Prep:** 15 mins | **Cook:** 0 mins (Raw) |  **Difficulty:** Moderate (Requires sharp knife skills and broth balancing) |  **Profile:** Icy, Tart, and Snappy |  **Focus:** Taurine, Lean Protein, & Thermal Shock

Ingredients (2 servings)

- **Main Ingredients:** 1 live or ultra-fresh sashimi-grade squid (approx. 200g), 1/2 cucumber, 1/4 onion, 30g carrot, 1–2 green chilies
- **Cryogenic Aqueous Medium:** 2 cups (400ml) ice water (or commercial cold noodle broth), ice cubes
- **Hypertonic Seasoning Base:** 3 tbsp gochujang, 1 tbsp gochugaru, 3–4 tbsp vinegar, 2 tbsp sugar (or agave syrup), 1 tbsp minced garlic, 1 tbsp plum extract (maesil-cheong), 1 tbsp sesame seeds

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

Equipment Highly sharpened Sashimi or Chef's Knife, Sanitized Cutting Board, Large Mixing Bowls, Plastic Wrap

Cooking Instructions

1. **Myofibrillar Julienne:** Remove the innards and the tough outer skin of the squid completely. Slice the body horizontally against the grain into ultra-fine, noodle-like strips. This maximizes the surface area for the broth to adhere. Cover with plastic wrap and chill immediately in the refrigerator.
2. **Vegetable Osmotic Prep:** Julienne the cucumber, onion, carrot, and chilies to a uniform thickness matching the squid. Soak the onion in cold water for 5 minutes to leach out the pungent allyl sulfides, then drain thoroughly.
3. **Acid-Base Formulation:** In a large bowl, vigorously whisk together the gochujang, gochugaru, vinegar, sugar, minced garlic, and plum extract to create a thick, hypertonic seasoning paste.
4. **Broth Integration & Cryogenic Chill:** Pour 400ml of ice water into the paste and whisk until fully dissolved. Add ice cubes to plummet the temperature of the broth to near 0°C.

5. **Assembly & Thermal Shock:** Construct a bed of the julienned vegetables in chilled bowls and mound the raw squid on top. Pour the hyper-chilled broth over the dish just before serving and garnish with sesame seeds. The extreme cold snaps the squid proteins into a perfectly chewy texture upon contact.

Professional Culinary Tips

- **Thermodynamics of Protein Contraction:** Raw squid can feel limp at room temperature. The moment it plunges into the near-freezing acidic broth, the thermal shock forces the myofibrillar proteins to contract violently, yielding an exceptionally bouncy, snappy texture that is the hallmark of great Mulhoe.
- **Acetic Acid & The Ceviche Effect:** The heavy use of vinegar acts chemically to slightly denature the exterior of the squid proteins, mimicking the cooking process of a ceviche. This highly acidic environment also completely neutralizes any trace of volatile trimethylamine (TMA) and suppresses microbial activity.
- **Geometric Importance of the Julienne:** Cephalopod muscle is incredibly dense. Cutting it into fine, noodle-like strips physically breaks the tough fibers and exponentially increases the surface area. This ensures the squid intertwines seamlessly with the crunchy vegetables and absorbs maximum flavor from the icy broth.

Nutrition Facts (Estimated)

Total Content : Approx. 450g (1 serving, including broth)

Calories : 180 kcal

- Sodium : 1,100mg
- Total Carbohydrate : 22.0g
- Sugar : 12.0g
- Total Fat : 1.5g
- Saturated Fat : 0.2g
- Cholesterol : 150.0mg
- Protein : 18.0g
- Calcium : 40.0mg

*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 Translucent Jewel of the Coastal Tides: A Lyrical Masterpiece of Icy Squid Mulhoe and Summer Refreshment

Ojingeo-mulhoe (Cold Squid and Raw Fish Soup) stands as the crisp, refreshing, and deeply exhilarating pinnacle of Korean summer seafood gastronomy, where live, translucent squid is finely shredded and tossed alongside crisp garden vegetables—crunchy cucumber, sweet onion, vibrant carrot, and sharp chili—in a tangy gochujang dressing before being submerged in an ice-cold, crystal broth. Born to combat the scorching heat of dog-day summers, this iconic cold soup turns the raw bounce of fresh seafood into an absolute sanctuary of flavor and chill.

The moment a generous spoonful of the icy, translucent broth carrying the shredded squid and garden vegetables touches the palate, an immediate wave of vibrant gochujang depth and refreshing acidity awakens the taste buds with invigorating punch. This is swiftly followed by the springy, resilient chew of the fresh squid and the clean snap of the crisp vegetables, creating a multi-dimensional sensory rhythm that banishes oppressive heat. The natural sweetness of the seafood, tightened by the numbing chill of floating ice crystals, harmonizes with the bold savory glaze to deliver an unforgettable sensory experience.

True gastronomy does not rely exclusively on intense heat; it flourishes in the culinary wisdom of harmonizing icy natural freshness with restorative spices to revive depleted vitality. Savoring a chilled bowl of Squid Mulhoe adorned with floating ice crystals today is an invigorating and elegant ritual—clearing away oppressive summer fatigue and infusing the soul with crisp, sun-cleansed maritime vitality.

Editor's Review

1. An Exhilarating Cadence of Tangy Gochujang Broth, Snappy Squid Resilience, and Crisp Vegetable Crunch

The moment the ice-cold, translucent broth of Ojingeo-mulhoe coats the palate, an immediate wave of vibrant gochujang depth and refreshing acidity awakens the taste buds with invigorating punch. This is swiftly followed by the springy, resilient chew of the shredded fresh squid and the crisp snap of cucumber, onion, and carrot, orchestrating an endlessly refreshing, multi-layered sensory thrill that eliminates any trace of summer lethargy.

2. Low-Temperature Ice-Broth Thermodynamics and Squid Taurine-Glycine Metabolic Stimulation Kinetics

Ojingeo-mulhoe represents an exacting study in marine food physics and temperature-controlled biochemistry. The low-temperature ice-broth matrix preserves and tightens the structural elasticity of raw cephalopod myofibrillar proteins, ensuring an optimal snap, while capsaicin stimulates peripheral circulation. Concurrently, abundant taurine and essential amino acids released from the fresh squid establish an optimal nutritional matrix for systemic recovery and electrolyte balance during hot weather.

3. The Coastal Summer Refuge and the Grounding Sanctuary of Icy Culinary Comfort

Found gracing coastal ports and summer dining tables across the nation as a cherished regional anchor to beat the heat, a modest bowl of cold squid and raw fish soup serves as an enduring emotional haven against daily weariness.

Revered for generations as an essential restorative tonic that cools the core and awakens the appetite, enjoying this honest, refreshing dish washes away modern stress, granting a timeless sanctuary of stillness, coastal heritage, and grounded culinary happiness.

