



Ojingeosukhoe

Parboiled Squid | 오징어숙회



<https://koreancuisine.net>

Ojingeo-sukhoe is a culinary application of precise thermodynamic control, designed to prevent the cephalopod's myofibrillar proteins from expelling their internal moisture (syneresis). By executing a rapid flash-boil followed by an immediate thermal shock in an ice bath, the squid achieves an incredibly snappy, bouncy texture. Paired with the volatile aromatics of water dropwort (minari) or perilla leaves, and the acetic acid of cho-gochujang, it creates a multidimensional tasting experience that perfectly cleanses the palate.

 **Total:** 20 mins | **Prep:** 10 mins | **Cook:** 10 mins |  **Difficulty:** Easy (Requires strict thermal timing) |  **Profile:** Sweet, Briny, and Snappy |  **Focus:** Taurine, Lean Protein, & Syneresis Control

Ingredients (2 servings)

- **Main Ingredients:** 1–2 fresh squids (approx. 300g), 50g water dropwort (minari), 10 perilla leaves (kkaennip)
- **Blanching Medium:** 1 tbsp coarse salt (for washing), 2 tbsp refined rice wine (cheongju), 1 tbsp vinegar
- **Dipping Sauce (Cho-gochujang):** 2 tbsp gochujang, 2 tbsp vinegar, 1 tbsp sugar (or agave syrup), 0.5 tbsp minced garlic, a pinch of sesame seeds

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

Equipment Cutting Board, Knife, Deep Pot, Ice Bath, Strainer, Absorbent Food-grade Paper (Haedongji)

Cooking Instructions

1. **Physical Mucilage Wash:** Remove the viscera, eyes, beak, and the transparent pen from the squid. Lightly scrub with coarse salt to physically strip away surface impurities and mucin, then rinse thoroughly under cold running water. (Retaining the skin is highly recommended as it provides a vibrant reddish-purple hue and an extra layer of chewy texture.)
2. **Aromatic Prep & Sauce Formulation:** Pick the tough leaves off the minari and cut the crisp stems into 5cm lengths. Wash and drain the perilla leaves. In a bowl, whisk together the cho-gochujang ingredients to create a highly acidic dipping sauce.
3. **Thermodynamic Blanching (Flash-Boil):** Bring a large pot of water to a rolling boil with the rice wine and vinegar. (The vinegar acts as a chemical catalyst to enhance the squid's red pigmentation.) Drop the squid in and flash-boil for only 1 to 1.5 minutes—just until the flesh turns opaque, swells,

and firms up.

4. **Thermal Shock:** Immediately transfer the cooked squid into a prepared ice-water bath. This rapidly halts the cooking process, preventing residual heat from over-coagulating the proteins and permanently locking in that signature bouncy texture.
5. **Structural Slicing & Assembly:** Drain the squid and pat completely dry. Slice the body horizontally into rings (or halve it and cut into 1cm thick strips), and separate the tentacles into individual pieces. Serve on a platter with the fresh minari, perilla leaves, and cho-gochujang for dipping and wrapping.

Professional Culinary Tips

- **Cephalopod Syneresis:** If boiled for more than 2 minutes, the collagen in squid rapidly contracts, physically squeezing out its internal moisture. This leaves the meat rubbery and leaches its natural sweet amino acids into the boiling water. A rapid flash-boil is the absolute, non-negotiable rule of cephalopod preparation.
- **Physics of the Ice Bath:** The immediate temperature plunge into ice water does more than just stop the cooking. It causes the surface proteins to seize and stiffen slightly, providing a remarkably satisfying, snappy resistance (tension) upon the very first bite.
- **Volatile Synergy & Palate Cleansing:** Wrapping seafood in minari (rich in aromatic terpenes) and perilla leaves (packed with perillaketone) is a masterclass in molecular pairing. These potent herbal notes, combined with the acetic acid in the cho-gochujang, continuously scrub the palate clean of the dense, savory taurine, compelling you to take another bite.

Nutrition Facts (Estimated)

Total Content : Approx. 150g (1 serving, including vegetables / excluding sauce)

Calories : 145 kcal

– Sodium : 380mg

– Total Carbohydrate : 5.0g

– Sugar : 2.0g

– Total Fat : 1.5g

– Saturated Fat : 0.3g

– Cholesterol : 250.0mg

– Protein : 26.0g

– Calcium : 60.0mg

*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 Tender, Pearlescent Ribbon of the Coastal Tides: A Lyrical Masterpiece of Blanched Squid and Herb Harmony

Ojingeo-sukhoe (Blanched Squid Slices) stands as the clean, delicate, and deeply comforting pinnacle of Korean seafood gastronomy, where fresh, ocean-harvested squid is briefly blanched in boiling water for mere seconds, revealing a plump, pearlescent white flesh and a rich ruby tint. Mastering the delicate balance of cephalopod texture to avoid toughness through precise heat control, this iconic dish delivers a harmonious coexistence of springy elasticity and tender moisture, elevated to perfection when dipped in tangy chogochujang or nutty sesame-oil-and-salt dip.

Arranged neatly across a serving plate and traditionally paired with fragrant water dropwort (*minari*) or fresh perilla leaves, each tender morsel delivers an immediate wave of clean marine flavor and satisfying resistance that yields smoothly to the tooth. Eschewing heavy artificial flavorings in favor of pure, natural freshness, this simple yet refined staple has long served as a beloved comfort at everyday dining tables and casual gathering spots, offering both gentle nourishment and restorative calm.

True gastronomy does not rely on heavy artifice; it flourishes in the ancestral wisdom of capturing an ingredient's peak vitality through precise thermal control to revitalize the weary body. Savoring a pristine plate of blanched squid slices today is an elegant and sacred ritual—clearing away the rush of modern life and filling the spirit with unpretentious warmth, coastal clarity, and timeless solace.

Editor's Review

1. An Exhilarating Cadence of Snappy Squid Resilience, Tangy Dipping Brilliance, and Herb-Wrapped Freshness

The moment a delicately sliced morsel of blanched squid—dipped lightly in tangy chogochujang or wrapped within fragrant dropwort and perilla leaves—touches the palate, an immediate wave of springy bounce and clean, savory umami refreshes the senses. This satisfying structural chew is swiftly followed by the herbal, refreshing lift of the fresh vegetables, orchestrating an endlessly refreshing, multi-layered sensory thrill from start to finish.

2. Rapid High-Heat Blanching Kinetics, Myofibrillar Protein Control, and Taurine-Glycine Preservation

Ojingeo-sukhoe represents an exacting study in high-heat culinary physics and seafood biochemistry. Rapidly blanching the squid in boiling water for an optimal, brief duration tightens outer myofibrillar proteins while sealing internal cellular

moisture, preventing the rubbery toughness associated with overcooking. Concurrently, this precise thermal window locks in abundant fatigue-banishing taurine and free glycine, establishing an optimal nutritional matrix for systemic recovery and metabolic stimulation.

3. The Convivial Pub Table and the Grounding Sanctuary of Everyday Comfort

Found gracing casual dining tables, neighborhood pubs, and family meals across the nation as a cherished everyday staple, a modest plate of blanched squid serves as an enduring emotional haven against daily weariness. Revered for generations as an essential comfort food offering clean, digestible nourishment for all ages, enjoying this honest, reliable dish washes away modern stress, granting a timeless sanctuary of stillness, coastal heritage, and grounded culinary happiness.

