



Ojingeosundae

Stuffed Squid | 오징어순대



A traditional Korean delicacy featuring fresh squid tubes stuffed with a savory mixture of minced beef, shiitake mushrooms, mung bean sprouts, and onions, then gently steamed to perfection. The chewy texture of the squid combines with the soft, flavorful filling, making it ideal for meals, entertaining guests, festive occasions, or as a savory drinking snack (*anju*) served with a tangy dipping sauce.

 **Prep: 25 mins** | **Cook: 20 mins** |  **Moderate** |  **High Protein** | 
Festive / Snack

Ingredients (2 servings / 2 whole squids)

- **Main Ingredients:** 2 fresh whole squids, 200g minced beef
- **Filling Ingredients:** 200g mung bean sprouts (sukju-namul), 5 shiitake mushrooms, 1 onion
- **Filling Seasoning:** 1/3 tsp salt, 3 tbsp minced green onion, 1 tbsp minced garlic, 1 tbsp crushed sesame seeds, a pinch of black pepper, a drizzle of sesame oil
- **Dipping Sauce (Cho-ganjang / Soy Seasoning):** Soy sauce as needed, a dash of minced green onion, minced garlic, crushed sesame seeds, red pepper flakes (gochugaru), sesame oil
- **Other:** Skewers (toothpicks or bamboo skewers)

Allergy Information

- **Contains:** Beef, Soy (Soy sauce), Sesame

Equipment

- Steamer, Knife, Cutting Board, Mixing Bowls, Cheesecloth (Cotton Cloth), Toothpicks or Skewers

Cooking Instructions

1. **Squid Prep & Moisture Removal:** Gently pull the tentacles away from the squid tubes with your hand to remove the internal organs. Clean out the inside of the tubes thoroughly, then pat completely dry with paper towels.
2. **Prepping Sprouts & Onion:** Blanch the mung bean sprouts briefly in salted boiling water to eliminate raw odors, then chop finely. Finely chop the onion. Place both chopped sprouts and onion in a cheesecloth and squeeze out as much excess moisture as possible.
3. **Prepping Mushrooms & Beef:** Remove stems from shiitake mushrooms and chop finely. Ensure the minced beef is loose and free of clumps.
4. **Kneading the Filling:** In a large mixing bowl, combine minced beef, chopped mushrooms, squeezed sprouts, and onion. Add 1 tbsp minced garlic, 3 tbsp minced green onion, 1/3 tsp salt, black pepper, 1 tbsp crushed sesame

seeds, and sesame oil. Knead firmly until the mixture becomes sticky and well combined.

5. **Stuffing & Securing:** Gently stuff the prepared filling into the squid tubes. Fill only **70–80%** full, as the squid will shrink during cooking. Thread a toothpick or skewer across the open end to secure the opening so the filling does not leak.
6. **Steaming & Slicing:** Place the stuffed squid tubes and separated tentacles in a pre-steamed steamer. Cover and steam over medium-high heat for about 20 minutes. Let them cool down slightly for 5–10 minutes, then slice evenly into 7–8 mm thick rounds and serve with the dipping sauce.

Cooking & Pairing Tips

- **Fill to 70–80% Capacity:** Squid tubes shrink significantly when heated. Stuffing beyond 80% will cause the squid to burst or push the filling out during steaming.
- **Thorough Moisture Extraction:** Squeezing excess water out of the mung bean sprouts and onions with cheesecloth is crucial; excess liquid makes the filling soggy and causes slices to fall apart.
- **Cool Before Slicing:** Slicing stuffed squid while piping hot will crumble the filling. Allowing it to rest and cool for 5 to 10 minutes lets the proteins set for clean, neat round slices.
- **Perfect Food & Beverage Pairing:** Pairs wonderfully with a soy-vinegar-chili dipping sauce or a refreshing side dish like *Mu-saengchae* (spicy radish salad). To drink, it matches remarkably well with chilled *Makgeolli* (Korean rice wine) or clear rice wine (*Cheongju*).

Storage Instructions

- Stuffed squid is best enjoyed warm right after steaming and slicing. Store leftovers in an airtight container in the refrigerator for up to 1–2 days. Reheat by dipping sliced rounds into beaten egg and pan-frying over low-medium heat for a delicious *Ojingeosundae-jeon*.

Nutrition Facts (Estimated)

- Total Content : Approx. 650g (2 squids / 2 servings total)
- Calories : 680 kcal total (approx. 104 kcal per 100g / 340 kcal per 1 serving)
 - Sodium : 820mg (41%)
 - Total Carbohydrate : 22g (7%)
 - Sugar : 5g (5%)
 - Total Fat : 24g (37%)
 - Trans Fat : 0g
 - Saturated Fat : 6g (30%)
 - Cholesterol : 310mg (103%)
 - Protein : 92g (167%)

– Calcium : 110mg (11%)

Editor's Review

1. Chewy Ocean Elasticity and the Tender Explosion of Savory Filling

The moment you bite into a hot, steaming slice of Ojingeosundae, the lively elasticity of the squid body—retaining the crisp spirit of the East Sea—thrillingly awakens the palate. Immediately, the rich umami of tightly packed beef, the deep aroma of shiitake mushrooms, and the gentle moisture of bean sprouts and onions burst forth in unison. Subtle whispers of sesame oil and crushed seeds blend seamlessly with the clean savoriness of the squid, delivering a sensual culinary satisfaction that deepens with every chew.

2. Aesthetics of the Cross-Section Forged by Moisture Control and the 80% Rule

Ojingeosundae represents the pinnacle of traditional Korean seafood dining, built on precise calculations of thermal protein contraction and moisture control. Squeezing out vegetable moisture with cheesecloth to prevent sogginess and leaving 20% of the squid body empty to accommodate heat shrinkage are brilliant culinary techniques preventing structural collapse. Sliced into neat, thick rounds after cooling, the cross-section exhibits a jewel-like visual harmony where savory beef and tender vegetables form a perfectly cohesive seal.

3. A Tender Ocean Sanctuary Emptied to Be Filled with Warmth

The squid, willingly emptying its inner core, softly embraces the land's beef and vegetables to be reborn as a complete microcosm. The transformation of a creature from the cold sea into a comforting dish—infused with human care inside a hot steamer—mirrors a gentle embrace that fills the voids of our daily lives. Dipping a slice into tangy seasoned soy sauce, we are gifted the warmest, most reassuring comfort that gently melts away the chill of an exhausting world.

