



Ojingeotguk

Squid Soup | 오징엇국



<https://koreancuisine.net>

A masterclass in aqueous extraction and precise thermal control. This bracing, spicy soup combines the profound umami of soluble amino acids from cephalopod muscle with the refreshing, enzymatic sweetness of Korean radish. Simmering the radish first breaks down its rigid cell walls, infusing the broth, while the squid is subjected to a brief, high-heat boil to prevent protein denaturation and preserve its tender, snappy texture.

 **Total:** 25 mins | **Prep:** 10 mins | **Cook:** 15 mins |  **Difficulty:** Easy | 
Profile: Spicy, Refreshing, and Deeply Savory |  **Focus:** Taurine & Enzymatic Digestion

Ingredients (2 servings)

- **Main Ingredients:** 1 cleaned squid (approx. 250g), 200g Korean radish (mu), 3 scallions, 1 Cheongyang chili
- **Broth & Seasoning:** 5–6 cups anchovy-kelp broth, 1 tbsp soup soy sauce, 1 tbsp fish sauce, 1.5 tbsp gochugaru (Korean chili flakes), 1 tbsp minced garlic, a pinch of black pepper, salt to taste

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

Equipment Cutting Board, Knife, Deep Pot, Ladle

Cooking Instructions

1. **Ingredient Preparation:** Cut the radish into thin, bite-sized squares (nabak-sseolgi) to maximize surface area for extraction. Slice the cleaned squid into bite-sized pieces. Cut the scallions into 4–5cm lengths and thinly slice the chili.
2. **Radish Extraction (Pre-Boiling):** In a deep pot, bring the anchovy-kelp broth, sliced radish, and gochugaru to a boil over high heat. Simmer until the radish turns translucent, ensuring its natural sugars and refreshing enzymatic compounds are fully extracted into the liquid.
3. **Squid Integration & Thermal Control:** Once the radish is tender, add the squid, minced garlic, soup soy sauce, and fish sauce. Boil vigorously for only 3–4 minutes. Prolonged boiling causes the squid's muscle fibers to contract violently, turning it rubbery.
4. **Residual Heat Finishing:** Right before turning off the heat, add the scallions, chili, and black pepper. Allow the residual thermal energy to activate their volatile aromatics without degrading them. Adjust the final salinity with salt.

💡 Professional Culinary Tips

- **Thermodynamics of Radish Extraction:** Boiling the radish initially breaks down the cellulose structure, allowing its sweet, refreshing juices to permeate the broth. Adding the gochugaru at this early stage hydrates the chili flakes perfectly, emulsifying the vibrant red hue into the soup.
- **Preventing Protein Denaturation:** Cephalopod proteins tighten and expel moisture aggressively under sustained heat. Limiting the boiling time after the squid is introduced is critical; it ensures the meat remains tender while preserving its intrinsic marine flavors and soluble taurine.
- **Amino Acid Synergy:** Combining soup soy sauce with a touch of fermented fish sauce creates a compounding umami effect. The fermented amino acids bridge the gap between the vegetable sweetness and the seafood, elevating the broth's savory depth far beyond simple salinity.

Nutrition Facts (Estimated)

Total Content : Approx. 450g (1 serving)

Calories : 130 kcal

– Sodium : 850mg

– Total Carbohydrate : 12.0g

– Sugar : 3.0g

– Total Fat : 1.5g

– Saturated Fat : 0.3g

– Cholesterol : 180.0mg

– Protein : 18.0g

– Calcium : 45.0mg

*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 Crisp Sweetness of Radish and the Resilient Umami of Squid: A Refreshing Symphony of Spicy Broth and Soothing Comfort

Ojingeo-mu-guk (Squid and Radish Soup) stands as the most refreshing, clean, and profoundly comforting pinnacle of traditional Korean soup gastronomy, where cleanly squared radish (*mu*)—brimming with natural sweetness—simmer patiently alongside tender, resilient squid within a savory broth, heightened by the clean, fiery kick of red pepper powder, minced garlic, and fresh scallions. Eschewing the heavy, lingering richness of bone broths in favor of a clean,

bracing heat, this iconic soup transforms simple everyday bounty into a deeply restorative elixir that warms the core and clears the senses from the very first spoonful.

As the soup simmers gently in the pot, the clean, piquant aroma of red pepper flakes and crushed garlic calms the mind and awakens a wholesome, unadulterated appetite. The tender yet resilient chew of the squid blends seamlessly with the meltingly sweet, translucent bites of radish, coating every grain of white rice in rich moisture to achieve the ultimate pairing of rustic comfort and restorative clarity.

True gastronomy does not rely exclusively on ostentatious luxuries; it flourishes in the ancestral wisdom of uniting modest, everyday ingredients over gentle heat to comfort the body and restore inner peace. Savoring a steaming bowl of spicy squid and radish soup 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. A Refreshing Cadence of Clean Chili Heat, Sweet Radish Broth, and Snappy Squid Elasticity

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

2. Radish Diastase Enzyme Action, Taurine Extraction Kinetics, and Capsaicin Metabolic Stimulation

Ojingeo-mu-guk represents an exacting study in traditional culinary physics and nutritional biochemistry. The natural diastase enzymes present in the radish actively promote digestive comfort and soothe the gastrointestinal tract, while sustained simmering extracts high concentrations of bioavailable taurine and free amino acids from the squid into the aqueous matrix. Concurrently, capsaicin from the red pepper powder stimulates peripheral circulation and metabolic activity, establishing an optimal nutritional matrix that aids systemic recovery.

3. The Ultimate Sanctuary for Post-Recovery Relief and the Grounding Solace of Everyday Comfort

Found gracing family dining tables across the nation as a beloved everyday staple to soothe the stomach and clear the head, a modest bowl of spicy squid and radish soup serves as an enduring emotional haven against daily weariness. Revered for generations as an essential restorative anchor to refresh the palate and warm the core, enjoying this honest, reliable soup washes away modern stress, granting a timeless sanctuary of stillness, maternal care, and grounded culinary happiness.

