



Patjuk

Red Bean Porridge | 팥죽



A wholesome and deeply comforting traditional Korean red bean porridge made with velvety red bean broth, tender non-glutinous rice, and chewy glutinous rice cake balls (saeal-sim).

 **Prep: 20 mins** | **Cook: 60 mins** |  **Moderate** |  **Vegan** |  **High Fiber**

Ingredients (2-3 servings)

- **Main Ingredients:** 2 cups red beans, 1 cup non-glutinous white rice (soaked for 30+ mins), 10 cups water
- **Rice Cake Balls (Saeal-sim):** 1/2 cup glutinous rice flour, 1.5 tbsp warm salted water
- **Seasoning:** A pinch of salt (to taste)

Allergy Information

- **Contains:** None (Naturally allergen-free)

Equipment

- Pot, Fine Sieve (or Mesh Strainer), Mixing Bowl, Slotted Spoon, Wooden Spatula

Cooking Instructions

1. **First Boil Discard:** Wash the red beans thoroughly. Place in a pot with ample water, bring to a rolling boil for 3–5 minutes, then completely discard the first water and rinse the beans to eliminate astringent saponins.
2. **Simmering & Extracting Paste:** Return the red beans to the pot with 10 cups of fresh water and simmer over medium-low heat for 40–50 minutes until soft. Press the beans through a fine sieve into a bowl to separate the smooth red bean liquid and sediment from the skins.
3. **Making Rice Cake Balls (Saeal-sim):** Combine the glutinous rice flour with warm salted water and knead into a smooth dough. Roll into small, 2 cm (3/4-inch) round balls. Cook in boiling water until they float to the top, then immediately transfer to cold water and drain to keep them chewy.
4. **Simmering Rice in Red Bean Broth:** In a pot, combine the extracted red bean broth and soaked white rice. Simmer over medium-low heat, stirring continuously with a wooden spatula to prevent the bottom from scorching,

until the rice grains expand and soften completely.

5. **Adding Saeal-sim & Finishing:** Once the porridge reaches a velvety consistency, gently fold in the cooked rice cake balls and season lightly with salt. Simmer over low heat for a few minutes while stirring gently to let the flavors meld before serving.

Cooking & Pairing Tips

- **Essential First Boil Discard:** Discarding the initial boil water removes astringent saponins, ensuring a clean, rich, and stomach-soothing red bean flavor without bitterness.
- **Cold Shock for Rice Cake Balls:** Rinsing the blanched glutinous rice balls in cold water firms up their outer coating, preventing them from sticking together or dissolving into the warm porridge.
- **Perfect Food & Beverage Pairing:** Pairs traditionally with tangy *dongchimi* (radish water kimchi) or fresh kimchi (*geotjeori*). Enjoy with a warm cup of roasted barley tea or jujube tea.

Storage Instructions

- Store leftovers in an airtight container in the refrigerator for up to 1–2 days. Reheat over low heat on the stovetop with a splash of water, stirring continuously to restore its smooth texture.

Nutrition Facts (Estimated)

- Total Content : Approx. 800g (2-3 servings total)
- Calories : 720 kcal total (approx. 90 kcal per 100g / 240 kcal per 1 serving)
 - Sodium : 320mg (16%)
 - Total Carbohydrate : 150g (46%)
 - Sugar : 4g (4%)
 - Total Fat : 3g (5%)
 - Trans Fat : 0g
 - Saturated Fat : 0.5g (3%)
 - Cholesterol : 0mg (0%)
 - Protein : 22g (40%)
 - Calcium : 110mg (11%)

Editor's Review

1. Silky Red Bean Paste and the Allure of Chewy Rice Balls

The finely strained red bean paste gently wraps around the tip of the tongue, offering a silk-like smoothness. Amidst the gentle satiety provided by the softly bloomed rice grains, the glutinous rice balls—rinsed in cold water to achieve a firm bounce—burst with a deliciously chewy sensation. A subtle, deep nuttiness inherent to red beans is elevated by a restrained pinch of salt, reaching a peak of heavy, comforting flavor even without added sweetness.

2. Harmony Forged by Refined Paste and Precise Hot-Water Dough

Patjuk begins with a pure purification process, generously discarding the first boiled water to eliminate astringent flavors. The technique of kneading glutinous rice flour with hot salted water and plunging the shaped balls into cold water serves as a clever mechanism to preserve their firm, bouncy texture even within the hot porridge. The delicate temperature control—stirring the pot to bloom the rice to perfect viscosity and gently letting it steam over low heat—is the essence of traditional Korean dining, maximizing completeness purely through the intrinsic depth of ingredients rather than harsh seasonings.

3. Pure Solace Met Within the Warmth of Winter Days

As the deep crimson red bean liquid completely surrenders itself to embrace the round rice balls and white grains, a warm sanctuary that melts away the chill of the season is created inside the pot. Mirroring its ancient symbolism of warding off misfortune and bringing peace, a bowl stirred with care gently soothes our inner turmoil exhausted by the world's harsh winds. This hot spoonful—humble yet never superficial—is a tender culinary salvation that rests a noisy mind in quietude and refills it with newfound warmth.

