



Sagolugeojihaejangguk

Korean Cabbage Hangover Soup | 사골우거지해장국



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Sagol-ugeoji-haejang-guk is the quintessential, nationally beloved Korean hangover remedy—a profoundly deep thermodynamic emulsion of beef leg bone broth (sagol) combined with biochemically softened outer cabbage leaves (ugeoji). Prolonged boiling extracts the collagen, marrow, and minerals from the bones, creating a milky, rich suspension. The tough, cellulose-heavy outer cabbage leaves are tenderized and aggressively marinated in fermented soybean paste (doenjang) and chili. This fibrous mass acts as a physiological sponge, binding to intestinal toxins, while the amino acids from the doenjang directly stimulate the liver's detoxification of acetaldehyde, curing the hangover from within.

 **Total:** 4–6 hrs (includes broth extraction) | **Prep:** 30 mins | **Cook:** 3+ hrs | 
Difficulty: Moderate (Requires patience for bone emulsification) |  **Profile:**
Deeply Earthy, Savory, and Spicy |  **Focus:** Emulsification, Dietary Fiber, & Biochemical Detoxification

Ingredients (4 servings)

- **Bone Broth Emulsion Base:** 1kg beef leg bones (sagol), 4–5L water (plus ample cold water for purging)
- **Aromatics (Masking Agents):** 2 scallion roots, 1/2 onion, 10 cloves garlic, 1 tsp whole black peppercorns
- **Fibrous Vegetables:** 500g boiled outer cabbage leaves (ugeoji), 2 scallions (sliced diagonally)
- **Hypertonic Marinade:** 4 tbsp doenjang (soybean paste), 3 tbsp gochugaru (chili flakes), 2 tbsp soup soy sauce (guk-ganjang), 2 tbsp minced garlic, coarse sea salt (to taste), a pinch of black pepper

Allergy Information Contains: Beef, Soy, Wheat (from doenjang, soy sauce)

Equipment Very Large Heavy-Bottomed Stockpot, Cutting Board, Knife, Mixing Bowl, Fine Mesh Skimmer

Cooking Instructions

1. **Myoglobin Purging:** Submerge the cut beef bones in cold water for at least 3 to 4 hours to extract the water-soluble myoglobin (blood) from deep within the marrow. Change the water 2–3 times. Failure to purge the blood will result in a highly oxidized, foul-smelling broth.
2. **Collagen Hydrolysis & Emulsification:** Blanch the purged bones in boiling water for 10 minutes, then discard the murky water and scrub the bones clean. In a large stockpot, combine the clean bones, 4–5L of fresh water, and the aromatics. Bring to a boil, then reduce to a simmer and cook for 4 hours or more. The turbulent heat breaks down the bone marrow fat and collagen,

emulsifying them into a rich, milky-white broth.

3. **Physical Softening of Cellulose:** Boil the raw outer cabbage leaves in lightly salted water until tender, then rinse in cold water and squeeze completely dry. Tear the boiled leaves lengthwise, then cut them into 4–5cm lengths.
4. **Flavor Binding (Osmosis):** In a mixing bowl, aggressively massage the cabbage leaves with the doenjang, gochugaru, soup soy sauce, and minced garlic. This physical manipulation forces the hypertonic seasoning deep into the dense, fibrous cellular structure of the cabbage.
5. **Thermodynamic Simmering:** Strain about 2–2.5L of the opaque, milky bone broth into a clean pot. Add the seasoned cabbage mixture and bring to a vigorous boil over high heat.
6. **Detoxification Integration:** Once boiling, add the sliced scallions. Reduce the heat and simmer gently for at least 20 minutes until the cabbage leaves are meltingly soft. Adjust the final seasoning with coarse sea salt and serve piping hot.

Professional Culinary Tips

- **Physics of the Sagol Emulsion:** Boiling heavy leg bones for hours extracts minerals, marrow lipids, and dense collagen. Because oil and water repel each other, the violent convection of the boiling water is necessary to shear the fat into microscopic droplets. The dissolved collagen (gelatin) acts as an emulsifier, coating these droplets and suspending them in the water, resulting in the signature opaque, heavy-bodied broth.
- **Biochemical Value of Ugeoji (Outer Leaves):** The chlorophyll-rich outer leaves of Napa cabbage are packed with a notoriously tough cellulose structure. However, prolonged boiling with the enzymes in fermented soybean paste breaks down the cellular pectin. The resulting mass is extremely high in insoluble dietary fiber, which acts as a mechanical broom for the digestive tract, sweeping out toxins.
- **Mechanisms of the "Haejang" (Hangover Cure):** The intense physical discomfort of a hangover is caused by acetaldehyde, a toxic byproduct of alcohol metabolism, which severely irritates the stomach lining. The colloidal proteins and lipids in the bone broth physically coat and soothe the stomach wall. Concurrently, amino acids like methionine from the fermented doenjang act as biochemical catalysts, accelerating the liver's ability to break down and flush out the toxins.

Nutrition Facts (Estimated)

Total Content : Approx. 500g (1 serving, excluding bone weight, including broth)

Calories : 260 kcal

– Sodium : 1,300mg

– Total Carbohydrate : 16.0g

- Sugar : 4.0g
- Total Fat : 12.0g (Includes rendered lipids from bone marrow)
- Saturated Fat : 4.5g
- Cholesterol : 25.0mg
- Protein : 20.0g
- Calcium : 280.0mg (High calcium extracted from sagol)
- Dietary Fiber : 7.0g

*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 Rich, Milky Essence of Simmered Ox Bones and the Earthy Comfort of Sun-Dried Cabbage: A Lyrical Masterpiece of Sagol Ugeoji Haejangguk and Universal Hangover Solace

Sagol Ugeoji Haejangguk (Spicy Ox Bone and Cabbage Hangover Soup) stands as the quintessential, deeply nourishing, and ubiquitously beloved pinnacle of Korean everyday soup gastronomy, where ox leg bones (*sagol*) are simmered patiently in rolling cauldrons until transformed into a velvety, marrow-rich milky broth, combined with tender rehydrated outer cabbage leaves (*ugeoji*), rustic fermented soybean paste (*doenjang*), sharp chili flakes, and crushed garlic into an invigorating, fiery soup. Transcending regional boundaries to become an indispensable nationwide comfort staple, this iconic dish fills the dining space with a deeply fragrant, savory steam that instantly revitalizes the body and warms the soul from the very first spoonful.

The moment a piping-hot spoonful of the spicy, bone-infused broth touches the palate, an immediate wave of deep marrow umami and mellow fermented soybean richness cascades across the senses, followed by the cleansing kick of warming chili heat. The slow-simmered cabbage leaves, tender enough to dissolve effortlessly across the tongue, release soothing vegetable juices that harmonize with the rich broth. Blending a warm bowl of freshly steamed rice into the bubbling earthen pot induces a gentle, restorative perspiration that banishes lingering fatigue and brings profound gastrointestinal relief.

True gastronomy does not depend on rare, ostentatious luxuries; it flourishes in the ancestral wisdom of extracting deep nourishment from humble bones and hardy outer greens over patient heat to support the daily vitality of everyday people. Savoring an aromatic, bubbling bowl of spicy ox bone and cabbage soup today is an elegant and sacred ritual—clearing away yesterday's exhaustion through a wave of bracing warmth and filling the spirit with unpretentious nourishment, cultural heritage, and timeless solace.

Editor's Review

1. An Exhilarating Cadence of Rich Ox Bone Umami, Meltingly Tender Cabbage Leaves, and Balanced Doenjang Spice

The moment a piping-hot spoonful of Sagol Ugeoji Haejangguk coats the palate, an immediate burst of rich bone marrow depth, savory fermented doenjang, and piquant red chili awakens the senses with invigorating punch. This robust foundation is swiftly balanced by the luscious, melting tenderness of the slow-cooked cabbage greens and the sharp, clean finish of garlic and scallions, orchestrating an endlessly satisfying, multi-layered sensory thrill that makes it the ultimate companion to warm rice.

2. Ox Bone Collagen-Marrow Hydrolysis Kinetics and Cabbage Potassium Electrolyte Bioavailability Mechanics

Sagol Ugeoji Haejangguk represents an exacting study in skeletal tissue biochemistry and botanical nutrition synergy. Extended gentle boiling of ox leg bones hydrolyzes dense connective collagen and marrow into bioavailable gelatin, creating a viscous liquid matrix that soothes and coats the gastric mucosal lining. Concurrently, the dietary fiber and chlorophyll within the *ugeoji* actively assist gastrointestinal clearance, while abundant potassium and capsaicin replenish depleted electrolytes and stimulate peripheral circulation for rapid systemic hangover recovery.

3. The Ubiquitous 24-Hour Earthen Pot Counter and the Grounding Sanctuary of Everyday Hospitality

Found gracing 24-hour neighborhood eateries and bustling roadside diners across the nation as the undisputed emblem of approachable restorative comfort, a modest bowl of spicy ox bone and cabbage soup serves as an enduring emotional haven against daily exhaustion. Revered for generations as an essential comfort staple that restores vitality through shared, soul-warming spoonfuls, enjoying this honest, nutrient-dense delicacy washes away modern stress, granting a timeless sanctuary of stillness, culinary heritage, and grounded happiness.

