



Samgyetang

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A classic, deeply nourishing Korean ginseng chicken soup featuring a whole young chicken stuffed with glutinous rice, fresh ginseng, jujubes, garlic, chestnuts, and ginkgo nuts simmered to tender perfection in a rich, soothing broth.

 **Prep: 20 mins (plus soaking) | Cook: 1 hr |**  **Moderate |** 
Nourishing / Health Food |  **High Protein**

Ingredients (1 serving)

- **Main Ingredients:** 1 whole young chicken (poussin/spring chicken, approx. 600g), 2 roots fresh ginseng (*susam*), 1 cup glutinous rice (*chapssal*), 5 whole chestnuts (peeled), 5 dried jujubes (red dates), 1 whole head garlic, 10 ginkgo nuts
- **Seasoning & Liquids:** Salt, black pepper, water as needed (generous amount)

Allergy Information

- **Contains:** Chicken, Tree nuts (Chestnuts)

Equipment

- Large Stockpot, Kitchen Twine or Needle & Thread, Knife, Cutting Board, Frying Pan (for ginkgo nuts), Strainer

Cooking Instructions

1. **Prepping Chicken:** Split open or access the cavity of the young chicken, clean out all internal organs, wash thoroughly inside and out under cold running water, and drain completely.
2. **Soaking Rice & Prepping Ginseng:** Wash the glutinous rice cleanly and soak in water for at least 1 hour. Trim off the top sprout end (*noedu*) of the fresh ginseng roots and wash thoroughly.
3. **Prepping Nuts & Jujubes:** Peel the chestnuts and keep whole. Wash the dried jujubes. Lightly roast the ginkgo nuts in an oiled pan and peel off their papery inner skins.
4. **Stuffing & Securing Chicken:** Stuff the chicken cavity with the soaked glutinous rice, peeled chestnuts, jujubes, ginkgo nuts, and whole garlic cloves. Sew the opening closed with kitchen thread or bind tightly, then cross the chicken legs and tuck them into a small slit cut in the opposite thigh skin to secure the filling inside.
5. **Simmering & Serving:** Place the stuffed chicken and fresh ginseng roots into a large pot filled with a generous amount of water. Bring to a boil, then

cover and simmer over medium heat until the chicken meat becomes tender and the broth turns rich and milky-white. Transfer the chicken to a wide bowl, unbind or cut the thread, and serve hot with salt and black pepper for dipping the tender meat and seasoning the rich broth.

Cooking & Pairing Tips

- **Trim Ginseng Heads (*Noedu*):** The top head of fresh ginseng (*noedu*) can cause nausea or stomach discomfort if consumed raw or undercooked, so always trim it off before cooking.
- **Tightly Stuff and Cross Legs:** Securing the cavity tightly with kitchen thread or by crossing the legs through thigh slits keeps the glutinous rice inside so it cooks into a rich, flavorful porridge within the bird rather than spilling into the soup.
- **Perfect Food & Beverage Pairing:** Served traditionally on hot summer days (*Sambok*) as a restorative meal. Complements fresh kimchi (*geotjeori*), *kkakdugi* (cubed radish kimchi), or fresh green chili peppers dipped in ssamjang. Enjoy with a glass of Korean ginseng wine (*insamju*) or warm barley tea.

Storage Instructions

- Best enjoyed fresh and piping hot. Leftovers can be stored in an airtight container in the refrigerator for up to 1–2 days. Reheat on the stovetop over medium heat until bubbling hot, adding a splash of water if the rice has absorbed much of the broth.

Nutrition Facts (Estimated)

- Total Content : Approx. 1,000g (1 serving total)
 - Calories : 850 kcal total (approx. 85 kcal per 100g)
 - Sodium : 450mg (23%) [before added salt]
 - Total Carbohydrate : 82g (25%)
 - Sugar : 6g (6%)
 - Total Fat : 28g (52%)
 - Trans Fat : 0g
 - Saturated Fat : 8g (53%)
 - Cholesterol : 210mg (70%)
 - Protein : 68g (124%)
 - Calcium : 120mg (12%)
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Editor's Review

1. Sensual Nourishment Bursting from Milky Broth and Fragrant Ginseng

The moment the velvety, supple meat of the tender spring chicken yields across the tongue, a rich, slow-simmered broth steeped in the subtle bitterness of fresh ginseng envelops the palate with majestic elegance. Glutinous rice, saturated with sweet jujubes, rich chestnuts, and garlic from within the cavity, provides a warm, silky elasticity. Interwoven with the delicate nuttiness of ginkgo, it delivers an unpretentious yet deeply luxurious culinary experience that captivates with pure, unadulterated essence.

2. Essence of Restorative Dining Forged by Cavity Sealing and Thermal Infusion

Samgyetang stands as a masterpiece of Korean culinary art, relying on a sophisticated cavity-sealing technique that locks moisture and herbal aromas within the bird. Crossing the chicken's legs securely prevents filling loss while allowing rice starches to gently emulsify with ginseng saponins and jujube sweetness—a fundamental science that secures a gelatinous, rich body while preserving tender protein integrity. It represents a flawless balance where poultry collagen and medicinal earthiness converge.

3. Heartfelt Earthly Solace Restoring Exhausted Vitality

Enduring patient flames inside the pot, the young chicken and sacred herbs surrender their essences to yield a gentle vessel of restorative salvation. On days weighed down by seasonal shifts or physical fatigue, a steaming bowl of Samgyetang acts as a tender ritual of purification that quietly cradles a weary spirit. Savoring the succulent meat and rich, herbal broth washes away daily exhaustion, refilling the soul with an enduring and steadfast vitality.

