KOREAN CUISINE

Seonjitguk

Beef Blood Soup | 선짓국



https://koreancuisine.net

A deeply rich, spicy Korean soup made with slow-simmered ox bone broth, springy coagulated beef blood (*seonji*), crisp soybean sprouts, and savory Napa cabbage greens (*ugeoji*). Renowned as a hearty hangover remedy and nourishing comfort food.

⏱️ **Prep: 20 mins (plus soaking) | Cook: 1–2 hrs |** 🍳 **Moderate |** 🌶️ **Spicy |** 🥩 **High Iron & Protein**

Ingredients (4 servings)

- **Main Ingredients:** 3 cups coagulated/fresh beef blood (*seonji*), 400g ox bones (marrow or mixed ox bones), 100g dried/blanched Napa cabbage greens (*ugeoji*), 50g soybean sprouts (*kongnamul*), 1 stalk green onion
- **Seasoning & Broth Flavoring:** 2 tbsp Korean soybean paste (*doenjang*), 3 tbsp red pepper flakes (*gochugaru*), 1 tbsp minced garlic, salt to taste, black pepper to taste
- **Broth:** 5 cups water (for boiling ox bones)

Allergy Information

- **Contains:** Beef, Soy (*Doenjang*)

Equipment

- Stockpot, Strainer/Sieve, Mixing Bowl, Knife, Cutting Board, Ladle

Cooking Instructions

1. **Simmering Ox Bone Broth:** Soak the ox bones in cold water for at least 1 hour to purge blood. Place in a large pot with 5 cups of water and simmer over medium heat until a rich, milky broth forms.
2. **Prepping & Parboiling Beef Blood:** Gently rinse fresh beef blood over a strainer with lightly salted water. Drop into boiling water and simmer gently over medium-low heat until fully coagulated and firm, then drain.
3. **Seasoning Broth & Prepping Greens:** Remove bones from the broth. Dissolve 2 tbsp soybean paste (*doenjang*) through a fine sieve into the broth and bring to a simmer. Cut blanched cabbage greens (*ugeoji*) into bite-sized pieces and toss with 1 tbsp minced garlic, 3 tbsp red pepper flakes (*gochugaru*), and black pepper. Trim the soybean sprouts, and slice green onions into long pieces matching the sprouts.
4. **Adding Vegetables:** Add the seasoned cabbage greens and soybean sprouts to the boiling broth. Simmer until vegetables are tender, then stir in the green onions.

5. **Adding Beef Blood & Finishing:** Slice the coagulated beef blood into bite-sized pieces and add to the pot. Simmer gently over medium-low heat to allow flavors to meld, then season with salt to taste before serving hot.

💡 Cooking & Pairing Tips

- **Gentle Heat for Smooth Blood Texture:** Parboil and simmer beef blood over gentle medium-low heat. High heat creates air pockets inside the blood cubes, resulting in a tough, rubbery texture rather than a smooth, springy bite.
- **Pre-Seasoning Ugeoji:** Tossing the cabbage greens with red pepper flakes and garlic before adding them to the soup allows the seasonings to deeply penetrate the greens, ensuring a richer flavor in every bite.
- **Perfect Food & Beverage Pairing:** Serves as a legendary Korean hangover cure (*haejangguk*) alongside warm white rice, well-ripened *kkakdugi* (cubed radish kimchi), and chopped hot green chilies. Pairs wonderfully with chilled soju or a warm cup of barley tea.

Storage Instructions

- Store leftover soup in an airtight container in the refrigerator for up to 2–3 days. Reheat on the stovetop over medium heat until bubbling hot. The flavor deepens and tastes even better the second day!

Nutrition Facts (Estimated)

- Total Content : Approx. 1,400g (4 servings total)
- Calories : 680 kcal total (approx. 48 kcal per 100g / 170 kcal per 1 serving)
  – Sodium : 1,120mg (56%)
  – Total Carbohydrate : 18g (6%)
  – Sugar : 4g (4%)
  – Total Fat : 16g (25%)
  – Trans Fat : 0g
  – Saturated Fat : 5g (33%)
  – Cholesterol : 180mg (60%)
  – Protein : 110g (200%)
  – Calcium : 150mg (15%)

Editor's Review

1. Springy Ox Blood and Deep Bone Broth's Rich Sensual Depth

The moment you bite into a piece of poached ox blood, its velvety, bubble-free elasticity softly envelops the palate with comforting texture. A heavy, rich body takes shape as savory soybean paste and spicy chili powder infuse deep into the slow-simmered bone broth, while tender, seasoned greens and crisp bean sprouts build dynamic layers of texture. Pungent whispers of garlic and green onion elevate the broth's restorative clarity, delivering a sophisticated and deeply satisfying culinary experience.

2. Culinary Precision Forged by Gentle Simmering and Seasoned Greens
Seonjitguk represents the pinnacle of Korean soup dining, showcasing delicate heat control and pre-marinated flavor integration. Gentle simmering over low-medium heat prevents internal air pockets from forming, safeguarding the signature springy texture of the coagulated blood. Pre-seasoning the tender cabbage greens with garlic and chili powder before stewing serves as a brilliant technique, allowing the vegetables to absorb umami deeply and harmonize seamlessly with the savory broth.

3. Soulful Salvation Rising from a Hearty Crimson Bowl
Harvests of the land, rich bone marrow extraction, and nutrient-dense ox blood converge inside a bubbling pot to form a complete, comforting microcosm. On days chilled by physical fatigue or the heavy weariness of life, a steaming bowl of this crimson soup acts as a tender ritual of purification that gently restores a troubled mind. Emptying the rich broth and velvety ingredients fills the spirit with grounded warmth, granting an authentic sanctuary of recovery.



Copyright ⓒ 2024 All rights reserved by DLF Co., Ltd.