



Sigeumchinamul

Spinach Salad | 시금치나물



A quintessential Korean side dish (*banchan*) made with blanched spinach gently tossed with garlic, scallions, salt, and nutty sesame oil. Simple, clean, and highly nutritious, making it an everyday staple on the Korean dining table.

 **Prep: 5 mins** | **Cook: 3 mins** |  **Easy** |  **Vegan** |  **High Fiber**

Ingredients (2 servings)

- **Main Ingredient:** 200g fresh spinach
- **Seasoning:** 1 tsp minced green onion (scallion), 2 tsp minced garlic, salt to taste, toasted sesame seeds, sesame oil

Allergy Information

- **Contains:** Sesame

Equipment

- Pot, Strainer/Colander, Mixing Bowl, Knife, Cutting Board

Cooking Instructions

1. **Prepping & Blanching Spinach:** Trim off yellowing leaves and tough roots from the spinach. Bring a pot of water with a pinch of salt to a rolling boil, drop in the spinach, and blanch briefly for 30 to 45 seconds until wilted.
2. **Rinsing & Squeezing Moisture:** Immediately plunge the blanched spinach into cold running water (or ice water) to stop the cooking process and preserve its vivid green color. Gently squeeze out excess water with your hands, then slice into 5 cm bite-sized lengths.
3. **Seasoning & Tossing:** In a mixing bowl, combine the spinach with 1 tsp minced green onion, 2 tsp minced garlic, and salt to taste. Toss gently (*jomul-jomul*) to coat evenly. Finish with a sprinkle of toasted sesame seeds and a generous drizzle of sesame oil before serving.

Cooking & Pairing Tips

- **Flash Blanching & Shocking:** Blanching spinach for less than a minute locks in vibrant chlorophyll and prevents sogginess. Plunging it into cold water right after halts overcooking.
- **Gentle Water Squeezing:** Squeeze firmly enough so excess moisture won't dilute the seasonings, but avoid wringing out too aggressively to keep the tender leaves intact.
- **Perfect Food & Beverage Pairing:** An indispensable component in

Bibimbap, *Gimbap*, or served as an essential side dish (*banchan*) alongside warm white rice and *Doenjang Jjigae* (soybean paste stew). Enjoy with roasted corn silk or barley tea.

Storage Instructions

- Store in an airtight container in the refrigerator for up to 3–4 days. Best enjoyed chilled or at room temperature.

Nutrition Facts (Estimated)

- Total Content : Approx. 220g (2 servings total)
 - Calories : 90 kcal total (approx. 41 kcal per 100g / 45 kcal per 1 serving)
 - Sodium : 380mg (19%)
 - Total Carbohydrate : 6g (2%)
 - Sugar : 1g (1%)
 - Total Fat : 6g (9%)
 - Trans Fat : 0g
 - Saturated Fat : 0.8g (4%)
 - Cholesterol : 0mg (0%)
 - Protein : 5g (9%)
 - Calcium : 180mg (18%)
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Editor's Review

1. Delicate Green Elasticity and the Subtle Brilliance of Toasted Sesame Oil

The moment the tender, vibrant green stems of blanched spinach touch the tongue, their supple yet resilient bite softly awakens the senses. As the rich, aromatic warmth of toasted sesame oil and the subtle punch of garlic weave around a clean touch of salt, tiny sesame seeds pop between your teeth, completing a quiet yet densely satisfying symphony of delicate textures. Unadorned by loud flavors, the intrinsic sweet freshness of the vegetable reveals a understated, deeply sensual sophistication.

2. Thermal Shock Science and Textural Balance Forged by Delicate Pressure

Sigeumchinamul represents a classic masterclass in Korean side dish preparation, relying on precise thermal shock and intuitive hand pressure. Briefly blanching the spinach in salted water followed by an immediate cold rinse serves as the core technique, locking in vivid chlorophyll hues while preventing tissue collapse. Squeezing out moisture to an exact balance without crushing the delicate fibers, then tossing with minimal salt and oil, demonstrates a restrained mastery that honors the natural integrity of the green without drowning it in heavy condiments.

3. Everyday Earthly Comfort Grounded in Warmth and Simplicity

Leaves of emerald vitality, bearing the earth's unpretentious nourishment, transform through gentle care into the most steadfast anchor of the daily Korean table. Free from aggressive sauces, this humble side dish carries the quiet, affectionate warmth of home-cooked dining that has sustained generations. Savoring a bite of sigeumchinamul offers a grounded, reassuring moment of peace—reconnecting us to the simple, enduring comforts of home.

