



Siraegidoenjangguk

Dried Radish Leaf Soybean Paste Soup | 시래기된장국



<https://koreancuisine.net>

A traditional, nutrient-dense soup that focuses on the physical tenderization of dried radish greens (siraegi) and the osmotic infusion of fermented soybean paste (doenjang) prior to a slow, restorative simmer.

 **Total:** 40 mins (excluding siraegi prep) | **Prep:** 10 mins | **Cook:** 30 mins | 
Difficulty: Moderate |  **Profile:** Deep, Earthy, and Savory |  **Focus:** Dietary Fiber & Iron

Ingredients (2 servings)

- **Main Ingredients:** 200g boiled dried radish greens (siraegi), 1/2 scallion, 1 Cheongyang chili (optional)
- **Broth & Seasoning:** 5–6 cups anchovy-kelp broth, 2.5 tbsp doenjang (Korean soybean paste), 1 tbsp minced garlic, 0.5 tbsp gochugaru (optional), 1 tbsp perilla oil, a splash of soup soy sauce (or 0.5 tbsp tuna extract) for final seasoning

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

Equipment Cutting Board, Knife, Mixing Bowl, Deep Pot, Ladle

Cooking Instructions

1. **Ingredient Preparation:** Rinse the pre-boiled siraegi under cold water and gently squeeze out excess moisture. Peel off the thin, tough outer membrane from the stems to prevent a stringy texture. Cut the greens into 4–5cm lengths. Diagonally slice the scallion and chili.
2. **Osmotic Marination:** In a mixing bowl, combine the siraegi, doenjang, minced garlic, gochugaru, and perilla oil. Vigorously massage the mixture by hand. This mechanical action forces the umami from the paste and the lipid-soluble flavors of the oil deep into the fibrous plant tissue via osmotic pressure.
3. **Initial Sauté & Broth Addition:** Transfer the marinated siraegi to a pot and lightly sauté over medium-low heat for 1–2 minutes to activate the earthy aromas. Pour in the anchovy-kelp broth and bring to a boil over high heat.
4. **Thermodynamic Tenderization:** Once boiling, cover the pot and reduce the heat to medium-low. Simmer gently for 20–25 minutes. This prolonged thermal exposure breaks down the tough cellulose and allows the soluble fibers to integrate fully into the broth, creating a full-bodied texture.
5. **Final Finishing:** Add the sliced scallion and chili, simmering for an additional 2–3 minutes. Adjust the final salinity with a splash of soup soy sauce (or tuna

extract) if necessary, and turn off the heat immediately to preserve the volatile aromatics of the garnish.

💡 Professional Culinary Tips

- **Membrane Removal for Textural Refinement:** Stripping the transparent outer skin from the boiled radish greens is a crucial physical step. It eliminates unpleasant stringiness and drastically improves the permeability of the plant tissue, allowing the marinade to penetrate effectively.
- **Osmotic Infusion Mechanism:** Massaging the doenjang and perilla oil into the siraegi before boiling isn't merely for mixing; it utilizes osmotic pressure to replace the cellular water within the greens with fermented amino acids and rich lipids, fundamentally altering the flavor profile from the inside out.
- **Prolonged Thermal Extraction:** Unlike quick-boiling soups (e.g., fresh spinach soup), siraegi requires a sustained, gentle simmer. This long thermodynamic breakdown is necessary to extract soluble dietary fibers into the broth, which contributes to the soup's signature hearty, comforting viscosity.

Nutrition Facts (Estimated)

Total Content : Approx. 300g (1 serving)

Calories : 120 kcal

– Sodium : 850mg

– Total Carbohydrate : 14.0g

– Sugar : 2.0g

– Total Fat : 5.0g

– Saturated Fat : 0.8g

– Cholesterol : 0.0mg

– Protein : 6.0g

– Calcium : 180.0mg

*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 Rustic Resonance of Winter-Dried Greens and Deep Doenjang: A Soul-Soothing Symphony of Earthy Warmth

Siraegi Doenjang-guk stands as the most grounded, wholesome, and profoundly comforting pinnacle of traditional Korean rustic gastronomy, where sun-dried

radish greens (*siraegi*), having weathered the freezing winter winds, are lovingly massaged in earthy *doenjang* (fermented soybean paste) before simmering patiently in a rich anchovy broth within an earthenware pot. Eschewing flashy artifice in favor of humble, fiber-dense ingredients, this rustic soup transforms simple earth-grown bounty into a deeply restorative elixir that warms the core from the very first spoonful.

As the soup simmers gently, the nutty, robust aroma of aged soybeans and withered greens calms the mind and awakens a wholesome, unadulterated appetite. The tender yet resilient chew of the nutrient-dense radish greens melts seamlessly into the savory broth, coating every grain of white rice in rich moisture to achieve the ultimate pairing of rustic comfort.

True gastronomy does not rely on ostentatious luxuries; it flourishes in the ancestral wisdom of elevating humble, patient ingredients to nourish the body and restore inner peace. Savoring a steaming bowl of *siraegi* soybean paste soup today is an honest and grounding ritual—clearing away the rush of modern life and filling the spirit with unpretentious warmth, iron-rich vitality, and timeless solace.

Editor's Review

1. A Grounded Cadence of Earthy Doenjang Depth and the Resilient, Fiber-Rich Chew of Sun-Dried Radish Greens

The moment a warm spoonful of the savory soup touches the palate, an immediate wave of deep, aged doenjang umami and clean anchovy broth envelops the senses with comforting warmth. This is swiftly followed by the hearty, fiber-rich bite of the simmered radish greens, orchestrating an endlessly soothing, multi-layered culinary experience that brings absolute peace to the senses.

2. Pre-Seasoning Osmotic Penetration Kinetics and High-Density Dietary Fiber, Iron, and Vitamin Bioavailability

Siraegi Doenjang-guk represents an exacting study in traditional culinary physics and nutritional biochemistry. Massaging the dried radish greens directly with doenjang prior to simmering induces osmotic penetration, ensuring that savory seasoning molecules and rich flavor compounds are drawn deep into the dense fibrous matrix. Concurrently, this process preserves the exceptionally high concentrations of dietary fiber, bioavailable iron, and vitamins A and C native to sun-dried radish leaves, establishing an optimal nutritional matrix that supports digestive regularity and systemic vitality.

3. The Hearthside Warmth of Winter Kitchens and the Grounding Sanctuary of Rustic Comfort

Found gracing family dining tables across the nation as a beloved seasonal staple, a modest bowl of *siraegi* soybean paste soup serves as an enduring emotional haven against daily weariness. Revered for generations as an essential nutritional anchor to warm the core and soothe the stomach, enjoying this honest, reliable soup washes away modern stress, granting a timeless sanctuary of stillness, maternal care, and grounded culinary happiness.

