



Sogogiyukgaejang

Spicy Beef Soup | 소고기육개장



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Sogogi-yukgaejang is a highly complex thermodynamic soup that transforms tough beef brisket into tender, gelatinized strands through prolonged wet-heat cooking (braising). By shredding the beef along the grain, the surface area is exponentially increased to absorb maximum flavor. A crucial biochemical step involves sautéing gochugaru (chili flakes) in a lipid base (sesame and cooking oil) to fully extract the fat-soluble capsaicin and fiery red capsanthin pigments. Combined with the fibrous texture of taro stems and the sulfurous sweetness of slow-cooked scallions, this dish induces a heat-displacement (sweating) effect, making it a historically revered restorative soup during the brutal summer dog days, and now a beloved comfort food year-round.

🕒 **Total:** 90 mins | **Prep:** 20 mins | **Cook:** 70 mins | 🔍 **Difficulty:** Moderate (Requires collagen hydrolysis and lipid extraction) | 🌶️ **Profile:** Deeply Savory, Fiery, and Hearty | 🍲 **Focus:** Lean Protein, Capsaicin Metabolism, & Hydration

Ingredients (3–4 servings)

- **Broth Extraction:** 400g beef brisket, 10–12 cups water, 150g Korean radish (cut into large chunks)
- **Hearty Vegetables:** 3 large scallions, 100g boiled taro stems (torandae), 100g boiled fernbrake (gosari, optional)
- **Lipid-Soluble Spice Base:** 3 tbsp gochugaru (chili flakes), 2 tbsp sesame oil, 1 tbsp cooking oil, 3 tbsp soup soy sauce (guk-ganjang), 2 tbsp minced garlic, a pinch of black pepper, coarse sea salt (to adjust final seasoning)

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

Equipment Large Heavy-Bottomed Pot, Cutting Board, Knife, Fine Mesh Strainer (or Cheesecloth)

Cooking Instructions

1. **Myoglobin Purging & Broth Extraction:** Soak the brisket in cold water for 30 minutes to purge excess water-soluble blood (myoglobin). In a large pot, combine the beef, radish, and water. Bring to a boil, skim the coagulated proteins off the top, and simmer over medium-low heat for 50 minutes. Remove the beef and radish. Strain the broth through a fine mesh and reserve.
2. **Surface Area Maximization (Shredding):** Once the beef has cooled slightly, physically shred the meat by hand along the muscle fibers into thin strands. This mechanical preparation vastly increases the surface area, allowing the spicy lipids to penetrate the meat completely. Slice the cooked

radish into bite-sized pieces.

3. **Vegetable Prep & Capsaicin Extraction:** Cut the scallions into 6cm lengths and slice them in half lengthwise. Cut the taro stems and fernbrake into similar lengths. In an empty pot, heat the sesame oil and cooking oil over low heat. Add the gochugaru and gently sauté. (This low-heat lipid extraction dissolves the fat-soluble capsaicin and red pigments, creating a profound, vibrant chili oil base without burning the flakes.)
4. **Flavor Binding & Thermodynamic Boiling:** Add the shredded beef, taro stems, fernbrake, scallions, minced garlic, and soup soy sauce to the chili oil. Toss and sauté briefly so the seasoned oil binds tightly to the fibers. Pour the reserved clear beef broth into the pot and turn the heat to high.
5. **Flavor Integration (Simmering):** Once it reaches a rolling boil, reduce the heat to medium and simmer for at least 20 minutes. As the scallions completely wilt and release their natural sugars into the emulsified spicy broth, adjust the final seasoning with coarse sea salt and serve.

Professional Culinary Tips

- **Thermodynamics of Brisket Collagen:** Brisket is heavily exercised muscle containing dense connective tissue. If cooked quickly, it remains unchewable. The 50-minute simmer is a scientific necessity to hydrolyze the tough collagen helices into soft gelatin, yielding strands that melt effortlessly in the mouth.
- **Maximizing Lipid-Soluble Capsaicin:** Merely dumping chili powder into boiling water results in a powdery, disconnected heat. Because capsaicin is lipophilic (fat-soluble), sautéing the gochugaru in oil first draws the spice and vibrant color out into the lipids, creating a unified, heavy-bodied broth that coats the palate.
- **Biochemical Detoxification of Taro Stems:** Raw taro stems contain needle-like calcium oxalate crystals that will aggressively sting your throat and tongue. You must use commercially pre-boiled taro stems or thoroughly boil and soak raw stems yourself to chemically dissolve and flush out these painful toxins before adding them to the soup.

Nutrition Facts (Estimated)

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

Calories : 310 kcal

– Sodium : 1,250mg

– Total Carbohydrate : 12.0g

– Sugar : 4.0g

– Total Fat : 16.0g

– Saturated Fat : 4.0g

– Cholesterol : 70.0mg

– Protein : 28.0g

– Dietary Fiber : 5.0g

*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 Searing Symphony of Fiery Crimson Chili Oil, Shredded Brisket Umami, and Sweet Scallion Warmth: A Lyrical Masterpiece of Sogogi Yukgaejang and Restorative Soul Food

Sogogi Yukgaejang (Spicy Shredded Beef and Vegetable Soup) stands as the majestic, fiery, and deeply restorative pinnacle of Korean soup gastronomy, where rich, connective-tissue-dense beef brisket is simmered slowly in boiling cauldrons until meltingly tender, meticulously hand-shredded along its grain, and stewed alongside refreshing radish, earthy taro stems, and generous bundles of sweet scallions in a deep crimson, chili-oil-infused broth. Rooted in the ancestral tradition of *Sambok* (the dog days of summer) as an essential restorative tonic designed to combat sweltering heat through invigorating perspiration (*iyeo-chiyeol*), this iconic masterpiece has transcended seasons to become a beloved year-round soul food that fills the dining room with vibrant warmth and soulful vitality.

The moment a steaming spoonful of the crimson broth touches the palate, an electrifying wave of warming chili heat and concentrated beef umami cascades across the taste buds. The hand-shredded ribbons of brisket, saturated with seasoned broth, yield effortlessly across the tongue without resistance. This gossamer tenderness harmonizes brilliantly with the melting sweetness of slow-simmered scallions and the earthy, fibrous chew of taro stems. Mixing a bowl of warm, freshly steamed white rice into the bubbling broth induces a cleansing wave of gentle perspiration, delivering an unpretentious, soul-warming solace that banishes physical and mental fatigue.

True gastronomy does not rely exclusively on delicate luxuries; it flourishes in the transformative wisdom of patient heat, coaxing deep gelatin from tough muscle cuts and utilizing fiery spices to release internal heat and restore metabolic harmony. Savoring an aromatic, bubbling bowl of spicy shredded beef soup today is an elegant and sacred ritual—clearing away modern 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 Fiery Chili-Oil Depth, Tender Shredded Brisket Resilience, and Sweet Scallion Harmony

The moment a piping-hot spoonful of Sogogi Yukgaejang coats the palate, an immediate burst of aromatic red chili oil and rich, long-simmered beef broth awakens the senses with invigorating punch. This bold strike is swiftly balanced by the remarkably tender chew of the hand-shredded brisket, the luscious melting sweetness of slow-cooked green onions, and the rustic snap of taro stems, orchestrating an endlessly satisfying, multi-layered sensory thrill that makes it the ultimate companion to warm rice.

2. Slow-Simmer Collagen Gelatinization Kinetics and Capsaicin-Allicin Thermogenic Perspiration Mechanics

Sogogi Yukgaejang represents an exacting study in meat structural physics and botanical biochemistry. Prolonged gentle boiling of tough beef brisket hydrolyzes insoluble collagen fibers into bioavailable gelatin, ensuring an ultra-tender mouthfeel while imparting luxurious viscosity to the broth. Concurrently, capsaicin from the chili flakes stimulates thermogenesis and peripheral perspiration to promote natural thermoregulation, while the organosulfur compound allicin and natural fructans from abundant scallions eliminate residual meat gaminess and accelerate metabolic recovery, establishing an optimal biochemical equilibrium.

3. The Sambok Summer Restoration Heritage and the Grounding Sanctuary of Year-Round Soul Food

Found commanding center stage at historic market soup counters, festive family feasts, and neighborhood taverns nationwide as the undisputed herald of stamina and restorative comfort, a modest bowl of spicy shredded beef soup serves as an enduring emotional haven against daily weariness. Revered for generations as an essential staple that invigorates the core and restores vitality through shared, sweat-inducing spoonfuls, enjoying this honest, nutrient-dense delicacy washes away modern stress, granting a timeless sanctuary of stillness, culinary heritage, and grounded happiness.

