



Sosijiyachaebokkeum

Stir-fried Sausage with Vegetables | 소시지야채볶음



A beloved Korean comfort dish featuring bite-sized Vienna sausages and crisp vegetables stir-fried in a tangy, sweet ketchup-based sauce. Affectionately known as *Soya* (소야), it is a staple side dish in school lunchboxes and a iconic bar snack (*anju*).

 **Prep: 10 mins** | **Cook: 10 mins** |  **Easy** |  **Kid-Friendly & Anju** | 
Side Dish (Banchan)

Ingredients (2-3 servings)

- **Main Ingredients:** 200g bite-sized Vienna sausages, 1/2 onion, 1/3 carrot, 1/2 bell pepper (red or green), 4–5 button mushrooms (optional)
- **Tangy Ketchup Sauce Base:** 3 tbsp tomato ketchup, 1 tbsp oyster sauce (or soy sauce), 1 tbsp rice syrup (*mulyeot*) or sugar, 1 tbsp mirin (cooking wine), 1 tsp minced garlic
- **Finishing Touches:** 1 tbsp cooking oil, 1 tbsp sesame oil, 1 tbsp toasted sesame seeds

Allergy Information

- **Contains:** Pork/Beef (Sausages), Soy (Oyster/Soy sauce), Wheat (Sausages, Oyster/Soy sauce), Sesame

Equipment

- Frying Pan or Wok, Knife, Cutting Board, Spatula, Small Mixing Bowl

Cooking Instructions

1. **Scoring & Prepping Sausages:** Make 2–3 diagonal crisscross slits on each Vienna sausage (or cut crosswise halfway up to create "octopus" legs). Blanch briefly in boiling water for 30 seconds to remove excess sodium and surface oils, then drain.
2. **Prepping Vegetables:** Cut the onion, carrot, bell peppers, and mushrooms into bite-sized square pieces matching the size of the sausages.
3. **Mixing the Sauce:** In a small bowl, combine 3 tbsp ketchup, 1 tbsp oyster sauce, 1 tbsp rice syrup, 1 tbsp mirin, and 1 tsp minced garlic. Stir until smooth.
4. **Stir-Frying Vegetables & Sausages:** Heat 1 tbsp cooking oil in a pan over medium-high heat. Add the carrots and onions first, stir-frying for 1–2 minutes until translucent. Add the blanched sausages, bell peppers, and mushrooms, stir-frying for another 2 minutes until the sausage cuts blossom open.

5. **Glazing & Finishing:** Turn heat down to medium-low, pour in the sauce mixture, and toss rapidly for 1–2 minutes until every piece is evenly coated and glossy. Turn off the heat, drizzle with sesame oil, sprinkle with toasted sesame seeds, and serve warm.

Cooking & Pairing Tips

- **Scoring & Quick Blanching:** Slitting the sausages lets the sauce penetrate deeply while blanching removes excess sodium and keeps the sausage casing plump and tender.
- **Control Sauce Heat:** Ketchup burns easily due to its sugar content; reduce heat to medium-low when adding the sauce so it glazes smoothly without scorching.
- **Perfect Food & Beverage Pairing:** Served as an everyday lunchbox side dish (*banchan*) alongside warm white rice, or enjoyed as a popular drinking snack (*anju*) paired with chilled lager beer or soft drinks.

Storage Instructions

- Store in an airtight container in the refrigerator for up to 3–4 days. Reheat briefly in a pan over medium heat with a tiny splash of water or microwave covered for 30–45 seconds.

Nutrition Facts (Estimated)

- Total Content : Approx. 380g (2-3 servings total)
 - Calories : 490 kcal total (approx. 129 kcal per 100g / 163 kcal per 1 serving)
 - Sodium : 820mg (41%)
 - Total Carbohydrate : 32g (10%)
 - Sugar : 18g (18%)
 - Total Fat : 32g (59%)
 - Trans Fat : 0g
 - Saturated Fat : 9.5g (63%)
 - Cholesterol : 45mg (15%)
 - Protein : 18g (33%)
 - Calcium : 40mg (4%)
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Editor's Review

1. A Sensual Explosion of Snapping Sausage Elasticity and Sweet-and-Tangy Glaze

The moment a delicately scored Vienna sausage yields between your teeth with a

satisfying pop, rich savory juices immediately bloom across the palate. Over the crisp, vibrant snap of flash-sautéed onions, carrots, and bell peppers, a lustrous, sweet-and-tangy ketchup sauce coats every surface, completing a lively and intuitive ensemble of flavors. The savory depth of meat protein interweaves seamlessly with the natural sweetness of vegetables, delivering an endlessly cheerful and engaging culinary experience.

2. Searing Aesthetics Forged by Scoring Mastery and High-Heat Emulsification

Sosijiyachaebokkeum represents a triumph of intuitive pan-frying, harmonizing the savory richness of cured meat with the crisp moisture of fresh vegetables. Intricately scoring the sausages allows hot oil and tangy sauce to permeate deep into the meat, while quick stir-frying over high heat serves as essential culinary science that safeguards the veggies' natural crunch. The way the sauce's bright acidity emulsifies with frying oil creates a velvety glaze that clings effortlessly to every bite.

3. Nostalgic Solace Encountered Within a Heartwarming, Familiar Classic

From the fond memories of childhood school lunches to the cozy comfort of an evening side dish, a colorful plate of stir-fried sausages holds a timeless warmth that spans generations. Facing this familiar, unpretentious dish amid a world of overcomplicated flavors becomes a tender ritual of purification that fills the spirit with grounded comfort. Savoring each juicy bite offers a steadfast sanctuary of joy and gentle restoration at the end of a long day.

