



Sundaetguk

Blood Sausage Soup | 순댓국



<https://koreancuisine.net>

A robust, collagen-rich broth extracted from slow-simmered pork bones, serving as the foundation for tender pork offal and Korean blood sausage (Sundae). This deeply restorative soup leverages the enzymatic power of salted shrimp (saeu-jeot) to aid in the digestion of rich lipids while exponentially boosting umami. The post-boil addition of garlic chives and perilla powder provides a crucial layer of volatile aromatics, cutting through the broth's heaviness and completing its gastronomic balance.

 **Total:** 15 mins (excluding broth prep) | **Prep:** 5 mins | **Cook:** 10 mins | 
Difficulty: Easy |  **Profile:** Rich, Hearty, and Deeply Savory |  **Focus:** Collagen, Protein & Enzymatic Synergy

Ingredients (2 servings)

- **Main Ingredients:** 800ml commercial pork bone broth, 200g Korean blood sausage (Sundae), 150g pork offal/head meat, 50g garlic chives (buchu), 1/2 scallion
- **Spicy Paste (Dadaegi) & Garnishes:** 2 tbsp gochugaru (chili flakes), 1 tbsp soup soy sauce, 1 tbsp minced garlic, 1 tbsp pork broth, a pinch of black pepper / 1 tbsp salted shrimp (saeu-jeot, or fish sauce), 2 tbsp perilla seed powder

Allergy Information Contains: Pork, Soy, Wheat (from soy sauce), Shellfish (from salted shrimp)

Equipment Ttukbaegi (Korean earthenware pot) or Deep Pot, Cutting Board, Knife, Ladle

Cooking Instructions

1. **Ingredient Preparation:** Cut the garlic chives into 4-5cm lengths and thinly slice the scallion. Slice the Sundae and pork offal into bite-sized pieces.
2. **Formulating Dadaegi (Spicy Paste):** In a small bowl, mix the gochugaru, soup soy sauce, minced garlic, 1 tbsp of broth, and black pepper. Let it rest to hydrate the chili flakes and stabilize the flavors.
3. **Heating Broth & Offal:** In the earthenware pot, combine the pork bone broth and the pork offal. Bring to a rolling boil over high heat to extract further richness from the meats.
4. **Sundae Integration & Thermal Control:** Once boiling vigorously, add the sliced Sundae and scallions. Boil for only 2–3 minutes. (Boiling Sundae for too long causes its casing to rupture and its starch/blood filling to disintegrate into the broth.)

5. **Finishing & Serving:** Remove the bubbling pot from the heat. Serve immediately, allowing diners to season their own bowls with salted shrimp, garlic chives, perilla powder, and the spicy paste using the residual heat.

Professional Culinary Tips

- **Preventing Thermal Breakdown of Sausage:** Sundae is tightly packed with glass noodles, aromatics, and pig's blood. Prolonged exposure to boiling temperatures induces thermal expansion and osmotic pressure, bursting the intestine casing. Introducing it at the very end ensures the sausage is warmed through without losing structural integrity.
- **Biochemical Function of Salted Shrimp:** Salted shrimp (saeu-jeot) is rich in protease and lipase enzymes. These enzymes chemically break down the heavy proteins and fats in the pork broth, making it easier to digest while contributing fermented amino acids that create an explosive umami profile.
- **Volatile Aroma Activation:** The pungent allicin in garlic chives and the nutty, volatile oils in perilla powder degrade rapidly upon sustained heating. Folding them into the earthenware pot at the dining table utilizes the broth's residual thermal energy to activate the aromatics perfectly without destroying them.

Nutrition Facts (Estimated)

Total Content : Approx. 550g (1 serving)

Calories : 580 kcal

– Sodium : 1,100mg

– Total Carbohydrate : 25.0g

– Sugar : 2.0g

– Total Fat : 38.0g

– Saturated Fat : 14.0g

– Cholesterol : 120.0mg

– Protein : 35.0g

– Calcium : 60.0mg

*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 Milky Warmth of Simmered Bone Broth and the Abundance of Sundae:
A Rustic Symphony of Working-Class Solace**

Sundaeguk (Korean Blood Sausage Soup) stands as the most robust, honest, and grounding pinnacle of traditional Korean soup-and-rice (*tangban*) gastronomy, where rich, milky pork bone broth—simmered patiently for hours—embraces plump, savory blood sausages stuffed with a medley of meats, glass noodles, and vegetables, alongside tender cuts of pork offal bubbling furiously within a rustic earthenware pot (*ttukbaegi*). The moment a spoon dips into the dense, opaque broth, it radiates a deep internal heat and unyielding vitality straight to the core.

The moment you dissolve the spicy paste (*daegi*) and pile high a mound of fresh, emerald-green chives into the steaming bowl, the soup undergoes a dramatic transformation into a vibrant, pulsing wave of flavor. The rich chew of the sundae casing and the tender succulence of the offal blend seamlessly with the creamy broth, delivering an endlessly satisfying textural rhythm that banishes exhaustion with every spoonful.

True gastronomy does not reside exclusively in elite banquets; it flourishes in the steam of marketplace alleyways and modest eateries where working-class exhaustion is met with the profound comfort of a steaming earthenware bowl. Setting before oneself a bubbling bowl of Sundaeguk and rolling a scoop of white rice into the broth today is an honest and empowering ritual—sweeping away the chill of daily routines and filling the spirit with unpretentious, enduring vitality.

Editor's Review

1. A Rich Sensory Cadence of Milky Bone Broth, Resilient Sundae, and Tender Offal Textures

The moment a warm spoonful of the milky broth touches the palate, an immediate wave of deeply extracted bone umami and rich, emulsified fat envelops the senses with comforting warmth. This is swiftly followed by the springy chew of the sundae casing, the tender succulence of mixed offal, and the sharp, refreshing crunch of chives—orchestrating an intensely satisfying, multi-layered rhythm of satisfaction.

2. Prolonged Bone Decoction Kinetics, Gelatin Extraction, and Chive Organosulfur Synergies

Sundaeguk represents an exacting study in traditional culinary physics and nutritional biochemistry. Hours of sustained simmering extract high concentrations of bioavailable collagen, gelatin, and soluble amino acids into the aqueous matrix, supporting systemic recovery. Concurrently, the generous addition of chives introduces potent organosulfur compounds like allicin, which accelerate protein digestion and stimulate metabolic circulation, establishing an optimal biochemical equilibrium.

3. The Steaming Alleyway Hearth and the Grounding Solace of Working-Class Warmth

Encountering a bubbling earthenware bowl of Sundaeguk amidst the bustling clatter of a traditional market or at the end of a grueling workday serves as an intimate emotional sanctuary against modern weariness. Revered for generations as the quintessential working-class comfort food to warm the core and restore

stamina, savoring this honest, savory broth washes away daily stress, granting a timeless sanctuary of stillness, collective warmth, and grounded vitality.

