



# Sundubujjigae

Soft Bean Curd Stew | 순두부찌개



A comforting and fiery Korean soft tofu stew featuring silky uncured tofu simmered in a savory clam broth with tangy kimchi and a red chili oil base, topped with a raw egg yolk.

 **Prep: 15 mins** | **Cook: 15 mins** |  **Easy** |  **Spicy** |  **Comfort Food**

### Ingredients (2-3 servings)

- **Main Ingredients:** 600g soft tofu (*sundubu*), 200g Manila clams (*mosi-jogae*), 150g napa cabbage kimchi (*baechu-kimchi*), 1 egg
- **Vegetables & Aromatics:** 1/2 stalk green onion, 1 green chili pepper, 1 red chili pepper
- **Broth & Seasoning:** 3 cups water, 4 tbsp noodle soup soy base (*guksijangguk* / liquid seasoning base), 2 tbsp red pepper flakes (*gochugaru*), 1 tbsp minced garlic, cooking oil, salt to taste

### Allergy Information

- **Contains:** Shellfish (Manila clams), Eggs, Soy (Noodle soup base / Tofu), Wheat (if soup base contains wheat)

### Equipment

- Pot (or Earthenware Pot / *Ttukbaegi*), Strainer, Knife, Cutting Board, Ladle

### Cooking Instructions

1. **Boiling Clams & Preparing Broth:** Scrub the Manila clams clean and boil in lightly salted water. As soon as the clams open their shells, scoop them out and strain the cooking liquid through a fine sieve to reserve as the broth base.
2. **Prepping Ingredients:** Shake out inner seasonings from the kimchi and chop finely. Diagonally slice the green onion, green chili, and red chili peppers.
3. **Making Chili Oil & Sautéing Kimchi:** Heat cooking oil in a pot over low heat, add the red pepper flakes, and gently fry to create a red chili oil without burning. Add the chopped kimchi and minced garlic, stir-frying over medium heat until fragrant and softened.
4. **Pouring Broth & Adding Tofu:** Pour in the reserved clam broth and 4 tbsp of noodle soup base. Bring to a boil, then scoop the soft tofu into the pot spoonful by spoonful.
5. **Seasoning & Finishing:** Season with salt to taste. Add the reserved cooked clams, sliced green onions, and chili peppers. Crack an egg into the center and let it simmer for another minute before serving piping hot.

### 💡 Cooking & Pairing Tips

- **Low Heat for Chili Oil:** When frying red pepper flakes in oil, keep the heat low and stir constantly. Burning the chili flakes ruins the broth with a bitter, burnt taste.
- **Add Egg Right at the End:** Cracking the raw egg into the boiling stew right before taking it off the stove lets the residual heat poach the egg gently, creating a creamy texture when stirred into the broth.
- **Perfect Food & Beverage Pairing:** Best served bubbling hot in a Korean earthenware pot (*ttukbaegi*) alongside warm white rice, seasoned seaweed (*gim*), and various Korean side dishes (*banchan*). Enjoy with a glass of cold barley tea or chilled soju.

### Storage Instructions

- Best consumed immediately while hot. Leftovers can be refrigerated in an airtight container for up to 1–2 days. Reheat gently on the stovetop over
- medium heat until boiling.

### Nutrition Facts (Estimated)

- Total Content : Approx. 750g (2-3 servings total)
  - Calories : 420 kcal total (approx. 56 kcal per 100g / 140 kcal per 1 serving)
    - Sodium : 1,180mg (59%)
    - Total Carbohydrate : 18g (6%)
    - Sugar : 4g (4%)
    - Total Fat : 22g (34%)
    - Trans Fat : 0g
    - Saturated Fat : 3.5g (18%)
    - Cholesterol : 110mg (37%)
    - Protein : 38g (69%)
    - Calcium : 220mg (22%)
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### Editor's Review

#### 1. Sensual Density Bursting from Silky Curds and Fiery Chili Oil

The moment the silky, cloud-like soft tofu breaks gently across the tongue, the crisp umami of clam broth and the vibrant warmth of gently bloomed chili oil immediately command the palate. Tangy, finely diced kimchi and pungent garlic layer a sophisticated depth within the crimson broth, while the velvety richness of a freshly cracked egg yolk softly tempers the fiery edge. Wrapping the palate like warm silk with every spoonful, it delivers a deeply satisfying and sensual culinary

experience.

## **2. Stewing Aesthetics Forged by Low-Heat Bloom and Clam Extraction**

Sundubujjigae represents the height of Korean earthenware dining, harmonizing the richness of oil-bloomed spices with the clean freshness of seafood broth. Sautéing chili powder over low heat to extract a fragrant, uncharred chili oil—paired with straining the clam broth the instant the shells open—serves as essential culinary science securing a vibrant yet clean body. Spooning in moisture-rich soft tofu and allowing the yolk's fats to emulsify the spice demonstrates a brilliant technique that smoothly buffers bold flavors.

## **3. Gentle Solace Rising from a Bubbling Earthenware Pot**

At the end of an exhausting day, soft curds bubbling inside a red earthenware pot offer a tender embrace that quietly soothes a weary spirit. Hiding the gentle sweetness of humble soybeans beneath a fiery veil of chili oil, this comforting stew mirrors the resilient yet vulnerable heart of modern life. Swallowing a hot, soothing spoonful of smooth tofu and spicy broth, cold fatigue dissolves away, refilling us with the most authentic and comforting peace.

