



Ureokmaeutang

Spicy Rockfish Stew | 우럭매운탕



A quintessential Korean spicy seafood stew featuring firm, savory rockfish and sweet Manila clams simmered in a rich, fiery broth. Enhanced with tofu, zucchini, fresh chilies, and aromatic ginger, it delivers a deeply satisfying, crisp, and invigorating flavor.

 **Prep: 20 mins** | **Cook: 25 mins** |  **Moderate** |  **Spicy** |  **High Protein**

Ingredients (2 servings)

- **Main Ingredients:** 1 whole rockfish (ureok), 4–5 Manila clams (mosi-jogae), 1/2 block tofu
- **Vegetables:** 1/2 zucchini (ahobak, sliced into square flat pieces), 1 stalk green garlic (or scallion), 2 green chili peppers, 2 red chili peppers
- **Broth & Seasoning:** 2 tbsp gochujang (chili paste), 1 tbsp red pepper flakes (gochugaru), 1 tbsp minced garlic, 1 thumb-sized piece ginger (minced), water as needed (approx. 4–5 cups), salt or soup soy sauce (guk-ganjang) to taste

Allergy Information

- **Contains:** Fish (Rockfish), Shellfish (Clams), Soy (Gochujang, Tofu, Soup soy sauce)

Equipment

- Large Pot, Knife, Cutting Board, Ladle/Spoon, Strainer

Cooking Instructions

1. **Prepping the Rockfish:** Thoroughly scale the rockfish and trim off the fins and gills. Slice open the belly to remove the viscera, wash cleanly under cold running water, and cut into 3 to 4 thick chunks.
2. **Purging Clams & Prepping Vegetables:** Wash the Manila clams and purge in lightly salted water to remove sand, then drain. Slice the zucchini into flat square pieces, slice the green garlic and chili peppers diagonally, and slice the tofu into thick slabs.
3. **Boiling Broth & Adding Clams:** In a pot, pour in water and whisk in 2 tbsp gochujang and 1 tbsp red pepper flakes until dissolved. Bring to a rolling boil over medium-high heat, then add the purged Manila clams.
4. **Adding Fish & Aromatics:** Neatly arrange the prepped rockfish chunks, zucchini, tofu, and sliced chili peppers in the boiling broth. Stir in 1 tbsp minced garlic and minced ginger to eliminate fishy odors and build deep umami.
5. **Skimming Foam & Finishing:** Continuously skim off any floating white foam and impurities for a clean broth. Stir in the sliced green garlic at the very

end, taste the broth, and adjust seasoning with a pinch of salt or soup soy sauce before serving hot.

Cooking & Pairing Tips

- **Never Discard the Fish Head:** Rockfish heads and bones contain abundant gelatin and deep savory flavors that yield a thick, rich broth. Be sure to cook the head along with the fish body chunks.
- **Meticulous Foam Skimming:** Skimming off the foam that rises during boiling is key to eliminating astringency and keeping the broth crystal-clear, crisp, and refreshing.
- **Perfect Food & Beverage Pairing:** Serves as an ultimate main dish alongside hot white rice and various side dishes (*banchan*). It is also legendary as a drinking dish (*anju*), pairing exceptionally well with chilled soju, traditional clear rice wine (*cheongju*), or crisp lager beer.

Storage Instructions

- Store leftover stew in an airtight container in the refrigerator for up to 1–2 days. Reheat on the stovetop over medium heat until bubbling hot. Fish meat may break apart if reheated multiple times, so handle gently.

Nutrition Facts (Estimated)

- Total Content : Approx. 800g (2 servings total)
 - Calories : 480 kcal total (approx. 60 kcal per 100g / 240 kcal per 1 serving)
 - Sodium : 1,100mg (55%)
 - Total Carbohydrate : 18g (6%)
 - Sugar : 5g (5%)
 - Total Fat : 14g (22%)
 - Trans Fat : 0g
 - Saturated Fat : 2.5g (13%)
 - Cholesterol : 120mg (40%)
 - Protein : 65g (118%)
 - Calcium : 160mg (16%)
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Editor's Review

1. Firm Flesh and the Sensual Edge of Spicy Crimson Seas

The moment the firm, bouncy flesh of the rockfish touches the tongue, its distinct, rich juices and ocean umami burst forth with every bite to command the palate. Over a heavy, spicy crimson broth of gochujang and chili powder, the crisp

freshness of clams spreads, while minced ginger and pungent peppers sharply awaken a dormant appetite. Plush tofu, sweet zucchini, and green garlic interplay seamlessly, delivering an intensely dense and sensual pleasure with every single spoonful.

2. Essence of Broth Forged by Rich Fish Bone Extraction and Pure Skimming

Ureokmaeuntang stands as the epitome of Korean seafood stews, highlighting the culinary science of extracting richness from fish heads and bones alongside relentless broth purification. Simmering the head and frame yields a deep, savory body, while meticulously skimming off floating foam serves as the essential technique eliminating heaviness to isolate pure, sea-fresh clarity. The restrained use of ginger and garlic to cut fishiness while harnessing clam umami proves a peak mastery of flavor integration.

3. Fiery Solace Calming the Rough Waves of Life

The resilient rockfish, once navigating deep ocean currents, endures the hot flames to finally be reborn into a bowl of profound solace. When cold winds blow or turbulent thoughts weigh heavy, this bubbling red stew works magic, silencing the chaotic noise of the world with its steadfast warmth. Emptying this fiery bowl while breaking a light sweat grants an invigorating restoration, refilling the spirit with a clear, uncompromising vitality to face tomorrow.

