



Yujahwachae

Citrus Punch | 유자화채



<https://koreancuisine.net>

A breathtakingly elegant and refreshing traditional Korean punch. Finely julienned strips of fragrant *Yuja* (citron) peel and crisp Korean pear are bathed in a perfectly balanced, ice-cold honey water infused with fresh *Yuja* juice. When served, it is beautifully garnished with vibrant ruby-red pomegranate seeds and floating pine nuts. The result is a stunning harmony of floral citrus notes, a satisfyingly crisp texture, and a gentle sweetness that completely revitalizes the palate.

 **Total: 45 mins (incl. 30 mins chilling) | Prep: 15 mins | Cook: 0 mins |**
 **Moderate |**  **Floral, Sweet & Crisp |**  **Elegant Traditional Dessert**

Ingredients (4-5 servings)

- **Main Ingredients:** 1 fresh *Yuja* (Korean citron), 1/2 Korean pear (*Bae*), 4 cups cold water
- **Sweetener & Garnish:** 4–5 tbsp honey (adjust to taste), 2 tbsp fresh pomegranate seeds, 1 tbsp pine nuts
- **For Cleaning:** Baking soda or coarse salt

Substitutes & Notes

- **Fresh Yuja** → Meyer lemon (Since fresh *Yuja* can be difficult to find outside of Asia, Meyer lemons are the best alternative for offering a similarly floral and slightly sweet citrus peel).
- **Korean pear** → Asian pear or Bosc pear.
- **Honey** → Agave nectar, maple syrup, or simple syrup for a fully vegan option.

Allergy Information

- **Contains:** Pine nuts
- **Warning:** If using honey, do not serve to infants under 1 year old due to the risk of botulism. (*Fully Vegan & Vegetarian-friendly if using syrup*)

Equipment

- Knife, Cutting Board, Large Mixing Bowl, Fine-mesh Strainer, Citrus Juicer (optional)

Cooking Instructions

1. **Cleaning & Juicing the Yuja:** Because you will be eating the peel, thoroughly scrub the *Yuja* with baking soda or coarse salt under running

water. Cut the fruit in half and squeeze out all the juice. Pass the juice through a fine-mesh strainer to catch and discard the seeds. Set the clear juice aside.

2. **Julienning the Peel:** Take the squeezed *Yuja* halves and use a knife to carefully shave off and discard the thick, spongy white pith on the inside (this part is quite bitter). Finely julienne the remaining yellow zest into very thin matchsticks (about 1–2mm thick).
3. **Prepping the Pear:** Peel the Korean pear and julienne it into thin matchsticks, matching the size and length of the *Yuja* peels.
4. **Making the Honey Broth & Chilling:** In a large bowl, whisk the honey into 4 cups of cold water until completely dissolved. Stir in the reserved fresh *Yuja* juice. Add the julienned *Yuja* peel and pear into the sweet broth. Let it chill in the refrigerator for about 30 minutes to allow the citrus essential oils to beautifully infuse the liquid.
5. **Serving:** Give the punch a gentle stir and ladle it into serving bowls, ensuring everyone gets plenty of pear and *Yuja* strips. Garnish with a sprinkle of pomegranate seeds and pine nuts for a gorgeous, jewel-like presentation. Serve icy cold.

Cooking & Pairing Tips / Health Benefits

- **The Secret is in the Pith:** The soft white inner layer of citrus peel carries a strong, astringent bitterness. Taking an extra minute to carefully shave it off before slicing the yellow zest guarantees a clean, vibrant, and perfectly sweet punch.
- **Let It Mingle:** While you can eat it right away, letting the bowl sit in the fridge for 30 minutes to an hour works magic. The floral aroma from the *Yuja* zest slowly seeps into the honey water, dramatically elevating the flavor profile.
- **The Pomegranate Magic:** The pomegranate seeds are not just there for their striking ruby-red aesthetics! Their juicy, tart pop creates a delightful textural contrast against the crisp pear and crunchy pine nuts.

Nutrition Facts (Estimated)

Total Content : Approx. 250ml (1 serving, incl. garnishes)

Calories : 85 kcal

– Sodium : 2mg

– Total Carbohydrate : 21.0g

– Sugar : 18.0g

– Total Fat : 0.5g

– Saturated Fat : 0.0g

– Cholesterol : 0.0mg

– Protein : 0.2g

– Calcium : 8.0mg

*Daily Values are based on a 2,000 calorie diet and standard Korean nutritional reference values

**Nutritional values are calculated based on the original ingredients, not substitutes

A Radiant Lyricism of Golden Citron and Ruby Jewels: The Royal Court's Chilled Masterpiece

Yujawhachae (Citron Fruit Punch) stands as the dazzling zenith of traditional Korean royal dessert gastronomy (*Eumcheongnyu*), where vibrant golden yuzu—nourished by coastal sunshine and sea breezes—meets crisp Asian pear and ruby pomegranate arils in a chilled expanse of honeyed water. Unlike decoctions that rely on fire to extract essence, this cold-infused punch preserves the raw freshness, vivid colors, and aromatic vibrancy of each fruit through immaculate knife work, presenting an edible visual masterpiece.

Delicately julienned strips of yellow citron peel and crisp white pear float effortlessly through the translucent honey broth, while the fresh citron pulp infuses the liquid with a vibrant, natural tang. Crowned with ruby-like pomegranate seeds and floating ivory pine nuts, the punch transcends ordinary refreshment to become a harmonious sensory symphony bridging sight, scent, and taste.

True gastronomy does not mask nature with heavy artifice; it flourishes when the raw colors and purest fragrances of the harvest are thoughtfully woven together to purify the senses. Partaking in a chilled bowl of Yujawhachae adorned with delicate ice flakes is an aristocratic ritual of renewal—awakening sluggish senses and infusing the soul with pristine, sun-drenched vitality.

Editor's Review

1. A Luminous Sensory Cadence of Crisp Pear Ribbons, Piquant Citron Zest, and Popping Pomegranate Jewels

The moment the chilled, honeyed nectar touches the lips, a delicate floral sweetness married with crisp citrus acidity instantly awakens the palate. Scooping up a spoonful releases an extraordinary textural rhythm: the brisk crunch of julienned pear, the gentle chew and aromatic bitterness of thinly sliced citron peel, the tart burst of pomegranate seeds, and the buttery finish of pine nuts—orchestrating an endlessly refreshing, multi-dimensional sensory thrill.

2. Non-Thermal Volatile Preservation and Osmotic Organic Acid–Honey Equilibrium

Yujawhachae represents an exacting study in cold culinary thermodynamics, deliberately bypassing heat to safeguard delicate ascorbic acid (Vitamin C) and volatile monoterpenes like limonene and linalool. Finely julienning the outer flavedo layer ruptures micro-oil glands, allowing aromatic essential oils to disperse gracefully across the aqueous honey solution. Concurrently, the natural fructose from the pear, anthocyanins from the pomegranate, and citric acid from the yuzu achieve an optimal osmotic equilibrium that delivers structural harmony and balanced sweetness without harsh acidity.

3. Royal Hospitality in Fine Porcelain and the Grounding Solace of Summer Serenity

Presented with shaved ice at the conclusion of Joseon Dynasty royal banquets or elegant gatherings for honored guests, a bowl of Yujawhachae embodies the height of Korean hospitality and seasonal wellness. Gazing upon the vivid harmony of floating colors while savoring the chilled fruit nectar washes away modern fatigue, granting a timeless sanctuary of refined grace, emotional rejuvenation, and lucid tranquility.

