

SOFT TOFU STEW RECIPE

SUNDUBU JJIGAE 순두부찌개

INGREDIENTS

1/4 c. Korean hot pepper flakes
1 Tbsp. canola oil
1 tsp. toasted sesame oil
4 oz. pork belly or beef brisket
(chopped)
6 garlic cloves (minced)
1/2 c. Napa Cabbage Kimchi (chopped)
1 med. onion (chopped)
2 c. chicken stock
8 to 11 oz. soft tofu
2 large eggs
2 scallions (chopped)

VARIATIONS

Exclude meat & use vegetable stock for a vegetarian version.

Recipe calls for soft tofu but silken can also be used. In a pinch, I've even used medium tofu. The amount can be varied based on your preference. A tube is 11 oz, a block is 16 oz. If you use a tube of tofu it will break up as it's squeezed into the stew. When using a block of tofu I prefer to slice it into bite-size squares.

Can be cooked in a medium-heavy pan but I love the Korean earthenware pots because you can cook & eat the stew from the same pot. It also keeps the stew warm while eating.

DIRECTIONS

Mix hot pepper flakes with canola oil in small bowl.

Heat a 1.5 qt. earthenware pot over medium-high heat for a few minutes. Add sesame oil, meat & garlic. Stir with a wooden spoon and cook approx. 2-3 minutes. If using pork cook till no longer pink.

Add kimchi & onion, stirring until onion turns translucent. Approx. 7 minutes.

Add 2 Tbsp. hot pepper flake mixture and mix well.

Add chicken stock and turn the heat down to medium. Cook to bubbling—approx. 10-15 minutes.

Add tofu into bubbling stew. Use wooden spoon to break tofu into smaller pieces if desired. Cook until stew bubbles again.

Drizzle the remaining hot pepper flake mixture over stew if you like "spicy." Add less if you want it milder. If spiciness is a concern start with less and add more as needed. Using the full amount is similar to the "regular or normal" spiciness level of a Korean restaurant tofu stew.

Crack eggs into stew leaving space between. Add scallions and cook until egg whites are set and yolks are still runny (or however you prefer). Serve immediately.

If serving in an earthenware pot you can let each person crack their own egg into the stew.

This recipe is enough for two servings.

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