

Doenjang-Jjigae

Fullest

February 9, 2023

Updated March 5, 2023

1 Intro

Serves: 4 people

Cooking time: 30 minutes

I've made doenjang-jjigae[1] many times before, but I'm combining it with instant pot[2] usage this time. This twist on the recipe cuts down roughly 45m-1h of active cooking time (constant stirring, etc.) to 30 minutes of mostly passive cooking, not including prep.

The stew, if re-heated to a simmer daily, should last a few days but probably not longer than a week. I've never let it sit around for more than 4-5 days, so not tested beyond that shelf life. If the stew starts looking dry after preserving it this way for a few days, add a cup of water.

2 Ingredients List

- 5 cups water
- 10 anchovies
- 2 potatoes
- 2 zucchinis
- 2 onions
- 8 garlic cloves, minced
- 1/2 cup of fermented soybean paste (doenjang)
- 1 package of medium-firm tofu

3 Tools used

- Knife
- Cutting board
- Disposable teabag
- Instant Pot
- Wooden Spoon
- Ladle

4 Cooking Method

- Add Water to Instant Pot
- Put Anchovies into a looseleaf teabag - this will be used to fish them out later without creating a mess
- Chop Potatoes, Onions, Garlic, and Zucchini
- Add Anchovy bag, Potatoes, Onions, Garlic, and Zucchini to Instant Pot
- Cook on high pressure for 5 minutes + 5 minute natural release
- Remove Anchovy bag from the broth and Discard
- Saute on High on the Instant Pot and wait for it to simmer
- Chop Tofu into bite-sized chunks, approx 1.5 cm cubes
- Add Tofu to the instant pot
- Boil for 3 minutes

5 Serving Method

Serve with rice, according to your preference. My preference is to keep the rice in a separate bowl, but you can also serve with a bowl of this stew and adding rice on top.

References

- [1] Maangchi. Fermented soybean paste stew. <https://www.maangchi.com/recipe/doenjang-jjigae>, 2016. Accessed: February 9, 2023.
- [2] Amy + Jacky. Instant pot fish stock (anchovy stock). <https://www.pressurecookrecipes.com/instant-pot-fish-stock>, 2016. Accessed: February 9, 2023.