

2 heads baby napa cabbage (about 1 pound each)

3 tablespoons doenjang

2 tablespoons gochugaru

4 garlic cloves, minced

2 tablespoons soy sauce

1 tablespoon sesame oil

¾ cup bean sprouts

½ cup sliced zucchini

1 scallion, thinly sliced

1 Korean red chile pepper, thinly sliced

1 Anaheim chile pepper, thinly sliced

5 cups Beef Stock (page 197)

Haejangguk

해장국

HANGOVER STEW

After a long night of drinking, there are certain foods we retreat to that simply make us feel better. Some swear by Kraft mac and cheese (with dashes of Tabasco, obviously) or a box of Popeye's chicken and biscuits. In Korea, there is a soup made specifically for the occasion when you may have gone a little crazy with the Fernet shots. Haejangguk literally means "hangover soup" and works as a way to getting your body back to a level playing field. The broth is rich and unquestionably beefy, but not over-the-top spicy. It gets its character, though, from marinating vegetables for a few minutes with a doenjang-forward paste before just cooking them through.

The soup is typically made with chunks of oxtail meat and cubes of coagulated blood, but we've simplified things a bit here, focusing on the vegetables and beef broth. And a note to teetotalers or those smart enough to avoid a bone-crushing hangover: Haejangguk is for you too!

SERVES 4 TO 6

- 1 Fill a large pot with water and bring it to a boil over high heat. Fill a large bowl with ice water and set it nearby. Blanch both whole cabbages for 1 minute, then drain and drop them into the ice water to stop the cooking. Drain and cut each into 2-inch pieces.
- 2 In a large bowl, combine the doenjang, gochugaru, garlic, soy sauce and sesame oil. Add the blanched cabbage, bean sprouts, zucchini, scallion and chile peppers and mix well. Allow to marinate at room temperature for 15 minutes.
- 3 Transfer the contents of the mixing bowl back to the emptied blanching pot and add the stock. Bring to a boil over high heat, then lower to a simmer for 10 minutes. Serve.