

Sundubu-Jjigae

Ingredients

- 1 tablespoon vegetable oil
- 1/2 cup onion, sliced
- 2 cloves garlic, minced
- 1/2 cup kimchi, chopped (optional)
- 1/2 cup pork belly or beef, thinly sliced (or use seafood like clams or shrimp)
- 2 cups water or broth
- 2 tablespoons gochugaru (Korean red chili flakes)
- 1 tablespoon gochujang (Korean red chili paste)
- 1 tablespoon soy sauce
- 1 teaspoon sesame oil
- 1 package (about 14 ounces) sundubu (soft tofu)
- 1/2 cup green onions, chopped
- 1 egg (optional, for topping)
- Salt and pepper to taste

Instructions

1. Heat the vegetable oil in a large pot over medium heat. Add the sliced onion and minced garlic. Cook until the onion is translucent and fragrant.
2. If using kimchi, add it to the pot and cook for a few minutes. Add the pork belly or beef (or seafood) and cook until browned.
3. Add the water or broth, gochugaru, gochujang, soy sauce, and sesame oil. Stir well and bring the mixture to a boil.
4. Reduce the heat to low and let the stew simmer for about 10 minutes. Adjust seasoning with salt and pepper to taste.
5. Gently add the sundubu (soft tofu) to the pot. Break it into chunks if desired. Let the stew simmer for an additional 5 minutes, allowing the tofu to warm through.
6. If using, crack an egg into the stew and let it cook until the white is set but the yolk is still runny. Garnish with chopped green onions and serve hot in a stone pot with a side of steamed rice.