KOREAN · LUNCH · DINNER

Dak-baeksuk (Korean Whole Poached Chicken Soup)

닭백숙

60 min · Serves 3 · 441 kcal a serve · Video 7:16 in Korean · 백종원 PAIK JONG WON

No dairy listed · No nuts listed

A whole chicken poached in a garlic, onion and ginger broth with blanched chives and green onion: about 49 g protein and 5 g net carbs a serve, with 1 g added sugar in the dipping sauce; rich in selenium and zinc.

Diet notes: Low carb (5 g net carbs) but not keto: 48% of the energy is from fat, and keto meals get about 60% or more; Gluten-free with a swap: Use tamari instead of soy sauce in the dipping sauce.

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Ingredients 16 · SERVES 3

- [ ] 1 whole **chicken** (about 2¼ lb), wing tips and tail fat trimmed, cavity cleaned
- [ ] 3¼ quarts **water** (part of the broth is poured over to serve)
- [ ] 2 stalks **daepa** (Korean large green onion), for the pot (strained out)
- [ ] 2 **onions**, for the pot (strained out)
- [ ] 10 **garlic** cloves, for the pot (strained out)
- [ ] 1 knob of **ginger**, for the pot (strained out)
- [ ] 3½ oz **buchu** (Korean garlic chives), cut into 4 inches lengths
- [ ] 3½ oz **daepa** (green onion), cut into 4 inches lengths
- [ ] 1 tbsp **coarse gochugaru** (Korean chilli flakes), soaked in 1 tbsp hot broth, for the sauce
- [ ] ½ tsp minced **garlic**, for the sauce
- [ ] ½ tsp minced **green onion** (white part), for the sauce
- [ ] ⅓ tsp **yeon-gyeoja** (Korean mustard paste), for the sauce
- [ ] 2 tbsp **jin-ganjang** (dark soy sauce), for the sauce
- [ ] 1 tbsp **vinegar**, for the sauce
- [ ] ½ tsp **sugar**, for the sauce
- [ ] **salt and pepper**, to serve

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Gluten, Soy, Mustard. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Make the dipping sauce first: mix the chilli flakes with an equal amount of hot water or broth, then stir 1 tbsp of it with the garlic, mustard, minced green onion, soy sauce, vinegar and sugar. 1:25
2. Trim the chicken: cut off the wing tips, open the cavity and pull away the fat by the tail, and rinse out everything left inside with your fingers under running water. 2:17
3. Put 3¼ quarts of water in a pot with the chicken, the 2 daepa, onions, garlic and whole ginger. Boil uncovered for 30–45 minutes, topping up with water as it reduces, and turn the chicken once. 3:03
4. When the breast meat is cooked and pulls apart easily, lift the chicken onto a serving plate; don't overcook it. 4:33
5. Strain the broth and discard the vegetables, which have given up their flavour. 4:46
6. Blanch the cut daepa and chives in some of the hot broth (use a separate portion for the chives if you want to keep the rest of the broth for later). 4:58
7. Pile the blanched greens on the chicken, pour hot broth over and serve with the dipping sauce, or simply salt and pepper. 5:45

> **Tip** Serves 3 (our estimate for one chicken). Koreans eat it in summer to restore energy; the leftover broth is often cooked with rice into porridge (dak-juk). Skip the skin for a leaner bowl.

The method is a summary in our words, in English — the video (in Korean) shows every step.

One serve gives you 1 OF 3 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
441 kcal 1,850 kJ	**49** g 97% of a day	**7.7** g 5 g net · 2.8 g sugars 3% of a day	**2.7** g 10% of a day	**23** g 6.4 g saturated 30% of a day	**1,130** mg 49% of a day

Energy from net carbs 5% · protein 46% · fat 49% — very low carb (under 10% of the energy from carbs)

High in (20%+ of a day) Vitamin K 124% · Selenium 75% · Vitamin B6 49% · Zinc 33% · Vitamin C 30% · Vitamin A 25% · Iron 22% · Vitamin B12 21%

Source of (10–19%) Magnesium 17% · Folate 17% · Potassium 15% · Omega-3 12% · Vitamin E 10%

Recipe and video: 백종원 PAIK JONG WON (@paik_jongwon) on YouTube — youtube.com/watch?v=7Ez066LV76U, published 8 July 2019. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/dak-baeksuk-korean-whole-poached-chicken