KOREAN · LUNCH · DINNER

Kimchi Jjigae (Kimchi Stew with Pork and Tofu)

55 min · Serves 4 · 232 kcal a serve · Video 12:01 · Maangchi

No dairy listed · No nuts listed

Sour kimchi, pork and tofu give about 17 g protein and 3.5 g fibre for 231 kcal a serve, plus over a third of a day's iron. It is salty (about 1.3 g sodium a serve), so pair it with plain rice and unsalted sides.

Diet notes: Gluten-free with a swap: Use a gluten-free gochujang to keep it gluten-free.

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Ingredients 12 · SERVES 4

- [ ] **Kimchi**: 1 lb well-fermented sour napa cabbage kimchi, cut bite-size
- [ ] ¼ cup **kimchi brine**
- [ ] ½ lb **pork shoulder** with its skin (or pork belly), sliced
- [ ] ½ package (about 7 oz) **medium-firm or firm tofu**, sliced ½ inch thick
- [ ] 1 medium **onion**, thinly sliced (about 1 cup)
- [ ] 3 **green onions** (2 sliced for the stew, 1 chopped to finish)
- [ ] 1 tsp **kosher salt**
- [ ] 2 tsp **sugar**
- [ ] 2 tsp **gochugaru** (Korean hot pepper flakes)
- [ ] 1 tbsp **gochujang** (hot pepper paste)
- [ ] 1 tsp **toasted sesame oil**
- [ ] 2 cups **anchovy stock** (7 large dried anchovies, ⅓ cup sliced radish, green onion roots and a 4 × 5 inch piece of kelp boiled in 4 cups water, strained)

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

Allergens found in the listed ingredients: Gluten, Fish, Sesame, Soy. 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. For the stock, pull the heads and dark guts off 7 large dried anchovies. Put them in a saucepan with ⅓ cup thinly sliced radish, the green onion roots, the kelp and 4 cups cold water. Boil 20 minutes on medium-high, then 5 minutes on low, and strain. 0:55
2. Cut the sour kimchi into bite-size pieces and slice the pork, onion and 2 of the green onions. 2:28
3. In a shallow pot, combine the kimchi, ¼ cup kimchi brine, pork, onion and sliced green onion. Add the salt, sugar, gochugaru and gochujang, drizzle with the sesame oil and pour in 2 cups of the stock. 6:43
4. Cover and cook on medium-high for 10 minutes. Uncover, stir the gochujang through, lay the tofu slices on top, cover again and cook on medium for 10–15 minutes until the pork is tender. 8:50
5. Sprinkle with the last green onion, chopped, and serve bubbling hot with rice. 10:21

> **Tip** Use old, sour kimchi (Maangchi's was about 3 weeks fermented). No dried anchovies? Use chicken or beef broth, or water. Maangchi's written recipe says 2–3 serves; in the video she shares it between 4 with rice.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
232 kcal	17 g	13 g	3.6 g	14 g	1,310 mg
970 kJ	33% of a day	9.7 g net · 6.5 g sugars	13% of a day	4 g saturated	57% of a day
		5% of a day		17% of a day	

Energy from net carbs 17% · protein 29% · fat 54% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Vitamin K 68% · Iron 39% · Selenium 36% · Vitamin B6 28% · Folate 23% · Zinc 22%

Source of (10–19%) Calcium 19% · Vitamin B12 14% · Omega-3 14% · Potassium 13% · Magnesium 13%

⚠ One serve has about 57% of a day's sodium — less salt, stock or sauce (or reduced-salt versions) brings it down.

Recipe and video: Maangchi (@Maangchi) on YouTube — youtube.com/watch?v=rJgb92JWMCE, published 30 September 2015. 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/kimchi-jjigae-pork-tofu