KOREAN · DINNER · LUNCH

Bossam (Korean Boiled Pork Belly) with Kimchi

75 min · Serves 4 · 883 kcal a serve · Video 10:02 · Chef Chris Cho

No dairy listed · No nuts listed

Pork belly simmered with aromatics and eaten with kimchi: under 1 g net carbs and about 35 g protein a serve, over 80% of the energy from fat, and rich in vitamin B12 and selenium.

Diet notes: Keto (0.8 g net carbs a serve); Gluten-free with a swap: Doenjang and soju are only in the boiling water; use a gluten-free doenjang if you are very sensitive.

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Ingredients 13 · SERVES 4

- [ ] 2 lb **pork belly**, in thick pieces, weighed raw
- [ ] ½ **onion**, for the boiling water (discarded, not eaten)
- [ ] 5 oz **Korean radish**, for the boiling water (discarded, not eaten)
- [ ] 3 oz **ginger**, for the boiling water (discarded, not eaten)
- [ ] 2 **scallions**, for the boiling water (discarded, not eaten)
- [ ] 10 cloves **garlic**, for the boiling water (discarded, not eaten)
- [ ] 7 **bay leaves**, for the boiling water (discarded, not eaten)
- [ ] 30 **black peppercorns**, for the boiling water (discarded, not eaten)
- [ ] 2 tbsp **doenjang** (Korean soybean paste), for the boiling water (poured away)
- [ ] 1 tsp **instant coffee**, for the boiling water (poured away)
- [ ] **soju**, about 1 shot (3 tbsp), for the boiling water (poured away)
- [ ] 3 tbsp **salt**: 2 tbsp for the boiling water, 1 tbsp for the cold bath (mostly poured away; about 4 g stays in the pork)
- [ ] **napa cabbage kimchi**, to serve (about 1¾ oz a person)

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

Allergens found in the listed ingredients: Gluten, Fish, Soy, Sulphites. 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. Bring 7 cups of water to the boil and add the onion, radish, ginger, scallions and garlic. 0:11
2. Add the pork belly, making sure it is under the water, then the bay leaves, peppercorns, salt, doenjang, coffee and soju. 0:40
3. Boil on high heat for 10 minutes, then turn to medium-high and cook for about 50 minutes more, until a skewer slides into the thickest part easily. 2:19
4. While it cooks, stir 1 tbsp salt into 5 cups of cold water. Lift the cooked pork out of the pot (the broth and aromatics are discarded), plunge it into this bath for 30–60 seconds, then lift it out. 3:38
5. Slice the pork thickly and serve warm with kimchi. Leftovers can be wrapped in portions and chilled or frozen. 5:27

> **Tip** The cook eats it on its own with kimchi as a keto meal. Nutrition is for the raw belly: fat that melts into the boiling water isn't subtracted. Wrap leftovers in portions and chill or freeze; slice and warm through to serve.

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

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
883 kcal 3,690 kJ	**35 g** 70% of a day	**1.6 g** 0.8 g net · 0.6 g sugars 1% of a day
FIBRE	**FAT**	**SODIUM**
0.9 g 3% of a day	**81 g** 29 g saturated 104% of a day	**770 mg** 33% of a day

Energy from net carbs 0% · protein 16% · fat 84% — fits keto: 0.8 g net carbs, 84% of the energy from fat

High in (20%+ of a day) Vitamin B12 79% · Omega-3 52% · Selenium 34% · Vitamin B6 24% · Zinc 23%

Source of (10–19%) Vitamin K 19% · Potassium 12% · Iron 12%

Recipe and video: Chef Chris Cho (@ChefChrisCho) on YouTube — youtube.com/watch?v=Hr8TVrMCvns, published 12 December 2020. 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/korean-bossam-boiled-pork-belly