

HOT POT WITH VEGETABLES AND BEEF-STUFFED TOFU: *JUNGOL*

Yield: 4 portions

Ingredients	Amounts
<i>Stock</i>	
Water	2000 grams
Kombu	10 grams
Garlic	20 grams
Green onion	50 grams
Onion	60 grams
Dry shiitake	15 grams
Daikon	100 grams
Intensified soy sauce	25 grams
Fish sauce	30 grams
Salted anchovy	10 grams
Salt	2 grams
Mirin	30 grams
 <i>Stew</i>	
Napa cabbage	130 grams
Enoki mushrooms	150 grams
Shiitake	50 grams
Zucchini	100 grams
Bok choy	50 grams
Green onion	100 grams
Nasoya Firm Tofu	250 grams
Fresno chili	10 grams
Serrano chili	10 grams
Muwort leaves	20 grams
Stuffed tofu (recipe below)	100 grams
Stock (recipe above)	900 grams
 <i>Stuffed Tofu</i>	
Firm Nasoya Tofu	35 grams
Ground beef	35 grams
Garlic, minced	15 grams
Green onion, minced	15 grams
Onion, minced	15 grams
Potato starch	5 grams
Salt	1 grams
Black pepper	0.1 grams
Soy sauce	10 grams

Method

1. *For the stock:* Place the kombu in cold water for about 30 minutes to extract the flavor, then add the remaining ingredients and simmer over low heat.
2. Remove the kombu once it starts to boil. (Boiling kelp on high heat doesn't bring out enough flavor and instead produces a bitter taste and foamy residue in clear broth.)
3. After removing the kombu, simmer the broth for about 90 minutes. Add the seasoning ingredients (intensified soy sauce, fish sauce, salted anchovy, salt, and mirin), boil once over high heat, and strain the broth.
4. Let the strained broth cool and use it as a base for the dish. (This is the seasoned broth base.)
5. *For the stuffed tofu:* Press the tofu to remove excess moisture with cheesecloth and crumble it finely with a knife.
6. Chop garlic, green onions, and onions. Remove any excess liquid from the beef.
7. In a bowl, mix the crumbled tofu, beef, chopped vegetables, and the specified seasoning (soy sauce, salt, pepper) until well combined.
8. Add potato starch to the mixture and mix well to create a cohesive texture. Shape the mixture into meatball shape.
9. *To assemble the hot pot:* Clean and prepare the vegetables by washing them thoroughly.
10. Trim the shiitake mushrooms, cut the zucchini into semicircular shapes, and slice the king oyster mushrooms into 0.5cm thickness.
11. Cut the chrysanthemum greens into halves or quarters, depending on their size, and remove the stems from the bok choy, focusing on the leaves.
12. Cut the green onions into similar lengths as the other vegetables, and prepare serrano and fresno chilies by slicing them into similar sizes.
13. Remove the excess moisture from the tofu and pan-fry it in a heated pan with 3 tablespoons of soybean oil until crispy.
14. To fill the tofu with the meat mixture, cook all five sides of the tofu except one side, and let it cool.
15. Fill the cooked tofu with the meat mixture.
16. In a hot pot, layer cabbage at the bottom and arrange zucchini, shiitake mushrooms, king oyster mushrooms, green onions, chrysanthemum greens, and chili peppers.
17. Serve the hot pot with a ladle.

Note: Jungol refers to a Korean dish where various ingredients such as meat, seafood, vegetables, and mushrooms are placed in a hot pot and cooked in a seasoned broth. One significant difference between jungol dishes and other Korean soups is that hot pot dishes are served uncooked and cooked at the table using a gas burner. Depending on the main ingredient, there are various types of hot jungol dishes, such as tofu jungol, beef jungol, kimchi jungol, and seafood jungol.

Source: Pulmuone Chef Jeong Min Gi