SOFT TOFU SOUP WITH MUSHROOMS: SOONDUBU JJIGAE

Ingredients	Amounts	
Stock		
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 shrimp	10	grams
Salt	2	grams
Mirin	30	grams
Soft Tofu Jjigae		
Neutral oil	30	grams
Sesame oil	10	grams
Korean chili flakes	15	grams
Garlic, minced	15	grams
Green onion, minced	20	grams
Onion	60	grams
Zucchini	100	grams
Shiitake	50	grams
Maitake	100	grams
Serrano and Fresno chilies, minced	20	grams
Nasoya Silken Tofu	200	grams
Egg	50	grams
Stock	350	grams
Mirin	30	grams
Ground black pepper	0.1	grams
Salt	1	gram
Serrano and Fresno chilies (garnish)	to	taste
Green onion, julienned (garnish)	to	taste

Method

1. *For the stock*: Soak the kombu in cold water for about 30 minutes to extract its flavor, then add the remaining ingredients and boil over low heat.
2. Once the broth starts to boil, remove the kombu. (Boiling kelp over high heat will not bring out enough flavor and will produce a viscous foam with a bitter taste in the clear broth.)

3. After removing the kombu, let the broth steep for about 90 minutes. Then add the specified amount of seasoning (soup soy sauce, anchovy stock, shrimp juice, salt, cooking wine) and boil once over high heat. Strain the broth through a sieve.
4. Let the strained broth cool before using. (This is the seasoned broth base.)
5. *For the Soft Tofu Jjigae*: Rinse the vegetables thoroughly and prepare them.
6. Finely chop the garlic and green onions, and dice the onion into 1cm cubes.
7. Tear the maitake mushrooms by hand for easier consumption, and slice the shiitake mushrooms into 0.5cm thick pieces.
8. Cut 1/3 of the green and red chili peppers into thin strips for garnish, and finely chop the rest.
9. Heat neutral oil and toasted sesame oil in a heated pan or wok, then add minced garlic and green onions and stir-fry over low heat to release their aroma. (This is the process of creating a fragrance.)
10. When the moisture from the garlic and green onions has evaporated and they are well sautéed to become aromatic oil, add red pepper powder and continue stir-frying to create chili oil. (Be careful not to burn the red pepper powder, so stir-fry over low heat.)
11. Add the prepared onion, mushrooms, and zucchini to the pan or wok and stir-fry.
12. When the vegetables are about 50% cooked, add mirin, black pepper, and salt to remove any unwanted flavors and season the dish. Then pour in the soup stock.
13. When the vegetables are about 70% cooked, add minced chili pepper and transfer the stew to a stone pot.
14. Add one egg to the stone pot and gently cut the soft tofu into quarters, placing them in the pot. (If the tofu is cut too small, it may break apart while boiling.)
15. Garnish with the remaining green and red chili peppers and spring onions.

Note: When adding the egg, avoid stirring vigorously as it can cause the egg to break apart and make the broth cloudy with foam.

Source: Pulmuone Chef Jeong Min Gi