

Mild Vegetarian Sundubu Jjigae, 순두부찌개

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Sundubu jjigae is a very spicy Korean soup. It's made with freshly curdled tofu that has not strained or pressed. Often it's made with seafood such as clams, shrimp, mussels and also pork. I really enjoy eating this dish, however, it is too spicy for me. I created this mild vegetarian recipe so I can still enjoy this dish. It's perfect for fall, winter and spring.



This dish is balancing for vata, pitta and kapha doshas

Ingredients:

- 2 Tablespoons toasted sesame oil
- 1 small red or yellow onion diced
- 2 green onions thinly sliced (Separate the white bottoms from the green tops. Use green tops at the end as a topping)
- 2 Tablespoons tamari or to taste
- 2 teaspoons of gochujang (may add more if you want it spicy)
- 3 Tablespoons organic mellow white miso (or doenjang-Korean soybean paste for a hardy flavor)
- 1 clove of garlic, minced
- ½ inch of fresh ginger, peeled and minced
- 1 large bok choy or 4 small ones, chopped, and separate the white bottoms from the green leafy tops.
- 1 cup fresh Enoki mushrooms (Beech mushrooms, Hen of the Wood mushrooms or a combo)
- 1 oz of fresh shiitake mushrooms (may use rehydrated). sliced
- 2 small zucchinis, sliced into small ¼ " discs
- 8 cups water
- ½ teaspoon sea salt or to taste
- 16 oz. package of sundubu tofu, soft silken tofu, cut into small chunks
- Microgreens for topping (optional)
- Cooked rice



Preparation:

- Heat a medium size pot on medium heat.
- Once pot is hot, add toasted sesame oil, and then add onions and the white part of of the green onions. Sauté for 3 minutes or until translucent.
- Add tamari sauce, gochujang, white miso, minced garlic and minced ginger. Sauté for 2-3 minutes.
- Add white portion of bok choy and shitake mushrooms, sauté for another 2-3 minutes.
- Add zucchini plus a pinch of salt, and sauté.
- Add water, cover and leave to boil for about 6-7 minutes.
- Add in tofu, Bok choy green tops, and remaining mushrooms. Cook another 2-3 minutes with the top off.
- Add extra salt or tamari to taste.
- Add cooked rice to your serving bowl, ladle soup into bowl, then garnish with green onion tops.

Note:

- Gochujang -Try making my [homemade gluten free gochujang](#)
- Sundubu or Silken soft tofu – Sundubu in Asian grocery stores are often sold in a tube. You can find the silken soft tofu at Whole Foods in the refrigerator section.
- White Miso-My favorite brand is Miso Master. They carry organic miso.
- Korean Doenjang – has a stronger, sharper, deeper and complex flavor profile than Miso. Also primarily made from soybeans and salt. Miso contains koji starter that is added to rice in, along with soybeans.

Recipe inspired by Rach Kim's Vegetarian Soon Tofu Jjigae:

<https://food52.com/recipes/38370-vegetarian-soon-tofu-jjigae-korean-silken-tofu-stew>

If you are interested in making a more traditional Sundubu Jjigae, try Korean Bapsang's recipe:

<https://www.koreanbapsang.com/haemul-sundubu-jjigae-seafood-soft-tofu/>

