



tofu zucchini stew (dubu chigae)

NIBBLEDISH CONTRIBUTOR

Ingredients

- zucchini - silken tofu (1 package) - Korean beef bouillon (sogogi dashi dah) - Korean crushed red pepper (kochukaru)

Instructions

I grew up on Korean food (kind of had to since my mom's Korean) and one of my favorite dishes is dooboo chigae, but my version is more like a soup than it is a stew. It's light, simple and flavorful. Prep: For this dish, I used one medium Korean zucchini (hobak) from my mom's garden and cut them roughly into 1/4 inch thick slices. Then cut the tofu into small cubes and set aside. Add 1 tbsp dashi and 1 tsp crushed red pepper to 6 cups of water and bring to a boil. Add tofu and cook for 15 minutes. Then add sliced zucchini and continue cooking for 3-5 minutes. Remove the pot from heat and let sit for a few minutes before serving to allow zucchini to continue cooking. Enjoy!