



Doenjang Chigae (Tofu + Beanpaste + Veggie stew!)

NIBBLEDISH CONTRIBUTOR

Ingredients

*If no amount is specified, it's because you can put as much as you like!

- 2 Tablespoons of Anchovy Powder or A small handful of DRIED anchovies
- 1/2 Teaspoon of Shrimp paste
- Potatoes, cut into cubes.
- Onion, cut into chunks.
- Squash/Zucchini cut into pieces.
- Tofu, cut into little cubes.
- Korean Soybean paste, about 5 tablespoons min, or however you want. (or Miso paste can do.)
- Green onion.
- About 2 cloves of garlic, minced.
- About 2 small green peppers, chopped.
- Salt + Pepper to season.

Optional:

- Beef (I used steak pieces, cut thinly)
 - Seafood (Can be octopus, squid, shrimps, mussels!)
 - Mushrooms.
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Instructions

Doenjang Chigae... a common dish in Korea. It's so easy to make this because you can put virtually a lot of ingredients as you wish in it!

Method:

1. First, if you are using dried anchovies, put them into a pot of water. (Make sure to leave the pot 1/2 full of water, or even less, just a little bit.) Boil it so the flavor will come out. Let it rest. You can do the same if you are using anchovy powder. Adjust the taste of anchovy if you want, I personally find it pretty overwhelming.
2. Add the shrimp paste. Let the anchovy water rest.
3. Heat up the pot and bring it to a slight simmer, then add the green peppers and minced garlic.
4. Skin the potatoes and onions, cut into chunks then proceed in putting it into pot. Add the zucchini next.
5. Add the meats next (if you are using) and the mushrooms. Add the tofu.
6. Let it boil, when it boils over, add the soybean paste. Then add the green onion. Season it with S+P to your taste.
7. Serve with rice. :)