

SPICY SQUID STIR FRIED

INGREDIENTS

1 medium size squid about 14 ounces
1/2 medium carrot
1/2 medium onion
1/2 medium zucchini
2 scallions
1 tablespoon vegetable oil
1 tablespoon sesame oil

Sauce:

2 tablespoons Korean chili pepper paste gochujang
1 tablespoon Korean chili pepper flakes gochugaru - 1 or 2 teaspoons more for a spicier dish
1-1/2 tablespoons soy sauce
1 tablespoon sugar
1/2 tablespoon corn syrup or 1 more teaspoon sugar
1 tablespoon minced garlic
1 teaspoon minced ginger
1 teaspoon sesame seeds
pinch black pepper

DIRECTIONS

I love Korean Food. Squid takes you out of your comfort zone. Ojingeo bokkeum is a spicy stir-fried squid. If you love squid and spicy food, this flavor packed dish is easy to make with a few Korean staple ingredients.

Combine all of the sauce ingredients in a small bowl.

Clean the squid (see note). Cut the body into about 3/4-inch rings (or slit the body open and cut into 3/4-inch wide, 2-inch long bite size pieces). Do not make the pieces too small as they will shrink when cooked. Cut the tentacles into the same lengths. See note if you want to score the squid.

Mix the squid with the seasoning mix and marinate while preparing vegetables.

Slice the onion. Cut the zucchini and carrot into half lengthwise and thinly slice into 2-inch long pieces. Cut the scallions 2-inches long.

Heat a large skillet over high heat and add the vegetable oil. Add the carrots, followed by the onions, zucchini, peppers and then the scallions. Stir fry the vegetables quickly only until they start to wilt, about 2 minutes.

Push the vegetables to the sides of the skillet. Add the marinated squid and any remaining sauce to the center of the skillet. Stir fry just until the squid pieces curl up and turn opaque (about 2 minutes).

Stir to mix the vegetables and the squid well for a minute. Drizzle the sesame oil over. (Do NOT overcook the squid. The squid will get tough.) Serve warm with a bowl of rice or on top of rice.