KOREAN · DINNER

Godeungeo-jorim (Korean Braised Mackerel with Radish)

70 min | Serves 4 | 332 kcal a serve | Video 7:55 · Maangchi

Pescatarian | Dairy-free | Nut-free

About 28 g of protein, 1.9 g of omega-3 and 9 g of fibre a serve from the mackerel, radish and onion, plus plenty of vitamin C and B12. It is salty (about 1,900 mg sodium a serve), so pair it with plain rice and vegetables.

Diet notes: Gluten-free with a swap: Use tamari instead of soy sauce, and check the gochugaru is pure chilli.

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Ingredients 11 · SERVES 4

- [ ] 2 medium **mackerel** (1¾ lb whole), cleaned and cut into 2 inches pieces
- [ ] 2¼ lb **Korean radish** (or daikon), peeled, cut into 2 × 2½ × 1 inches pieces
- [ ] 1 large **onion** (about 14 oz), cut into ¼ inch slices
- [ ] 3 **green onions**, cut into 1 inch pieces
- [ ] 3 **chilli peppers** (2 green, 1 red), chopped
- [ ] ½ cup **soy sauce**
- [ ] ¼ cup **hot pepper flakes** (gochugaru)
- [ ] 2 tbsp **sugar**
- [ ] ⅓ cup minced **garlic** (12 cloves)
- [ ] 1 tbsp minced **ginger**
- [ ] 1 cup **water**

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Contains: Gluten, Fish, Soy. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Cut the heads and fins off the mackerel, slit the bellies and clean out the guts. Cut across into 2 inches pieces, rinse in cold water and drain. 0:34
2. Spread the radish pieces over the base of a large heavy pot and lay the onion slices on top. Place the mackerel over the onion. 1:47
3. Mix the soy sauce, hot pepper flakes, sugar, garlic and ginger, and pour over the fish. Pour 1 cup water around the edge of the pot. 2:48
4. Cover and boil on high heat for 20 minutes. Tilt the pot, scoop up the broth and spoon it over the fish and radish a few times, then add the green onions and chillies. 4:00
5. Cover again and simmer on low for 30–40 minutes, until the radish is soft, brownish and slightly translucent. 5:02
6. Uncover, turn the heat up and keep spooning the broth over the top for 5–7 minutes as it reduces. Serve with rice. 5:10

> **Tip** Mackerel weight is for 2 whole fish; about 14 oz of it is edible. The braise is salty, so eat it with plenty of rice and vegetables and leave some of the sauce behind, or use reduced-salt soy sauce.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
332 kcal	28 g	36 g	9.2 g	9.9 g	1,910 mg
1,390 kJ	57% of a day	26 g net · 18 g sugars	33% of a day	2.6 g saturated	83% of a day
		13% of a day		13% of a day	

Energy from net carbs 34% · protein 37% · fat 29%

High in (20%+ of a day) Vitamin B12 145% · Omega-3 116% · Vitamin C 89% · Selenium 78% · Vitamin B6 53% · Vitamin D 47% · Potassium 33% · Magnesium 29% · Vitamin K 27% · Folate 27% · Iron 26% · Vitamin E 23% · Vitamin A 22%

Source of (10–19%) Zinc 19% · Calcium 13%

⚠ One serve has about 83% of a day's sodium — less salt, stock or sauce (or reduced-salt versions) brings it down.

Recipe and video: Maangchi (@Maangchi) on YouTube — youtube.com/watch?v=wp4tO6jO8Wo, published 29 August 2011. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/godeungeo-jorim-braised-mackerel-radish