



Korean Marketplace Chicken



This recipe was lifted directly from <https://www.maangchi.com/recipe/sijang-tongdak>. If you like, or want to try Korean cooking, Maangchi might just be one of the best out there! Check out her site!

Korean market-style fried chicken Sijang-tongdak

Let's make traditional market-style Korean fried chicken!

I've introduced you to many kinds of Korean fried chicken before, and now I want to show you one more! It's called sijang-tongdak: (literally: "market chicken"). Unlike some other Korean fried chicken recipes this one doesn't use a coating sauce. The chicken is just dipped in a batter and double fried. It's super crispy and delicately crunchy on the outside and soft and juicy on the inside.

Every Korean market has a food section, and this chicken is one of the most popular items because it's cheap and delicious. The batter uses roasted soybean powder, which give it a beautiful color and a nutty flavor. I learned this tip from the Korean fried chicken shop near my cousin's house in Korea. She lived in the market, right next to the chicken place, and every time she had guests over she would run out and get some chicken from the shop. Who wouldn't like hot and crispy freshly fried chicken?

One day I followed her to the shop and got a chance to see how they made the chicken and ask some questions. Normally the shop wouldn't tell anyone their secrets, but the owner was friends with my cousin, so she gave me her tips. This chicken is irresistible! It's best to eat it right after making it, when it's hot and fresh and crispy. It will get soggy if you wait too long.

Ingredients:

For chicken:

- " A 3 to 3½ pound whole chicken, cut into halves lengthwise
- " ¾ teaspoon kosher salt
- " ½ teaspoon ground black pepper
- " ¼ cup all-purpose flour
- " 1 small onion, cut into chunks
- " cooking oil for frying

For batter:

- " ¼ cup potato starch
- " 2 tablespoons all-purpose flour
- " 2 tablespoons roasted soybean powder
- " ¼ teaspoon baking soda
- " ¼ teaspoon kosher salt
- " 1 large egg
- " ½ cup icy cold water

For dipping:

- " 1 teaspoons kosher salt
- " ¼ teaspoon Korean hot pepper flakes
- " a pinch of ground black pepper
- " 1 teaspoon toasted sesame seeds

For side dish:

pickled radish (chicken-mu) (recipe below)

Directions:

Prepare the chicken, the batter, and the dip:

1. With a sharp kitchen knife or scissors, snip the flesh between the thigh and the body and around the wing of each chicken half. Evenly season with $\frac{3}{4}$ teaspoon kosher salt and $\frac{1}{2}$ teaspoon pepper. Refrigerate 1 to 2 hours or overnight. But if you are busy you can go next step right away. Evenly coat with $\frac{1}{4}$ cup flour.

2. Combine the batter ingredients in a large bowl. Whisk or mix well with a spoon until there are no lumps.

3. Add all the dipping ingredients in a small, shallow bowl. Set aside.

First fry:

1. Heat 2 inches of cooking oil in a fry pan or pot until it reaches 350°F (I used my 5 quart cast iron pot). Add the onion chunks and fry until brown. Remove the onion with tongs or skimmer.

2. Whisk the batter again so it's well-mixed and then dip one chicken half so it's evenly coated. Lift the chicken and let the batter drip off, then put it into the hot oil. Let cook for 2 minutes and then turn it over with tongs.

3. Fry for another 10 minutes, turning over occasionally. Take it out and put it on a wire mesh strainer over a stainless steel bowl

4. Repeat with the other chicken half.

2nd fry:

1. Heat up the oil again to 350°F (about 30 seconds to 1 minute) and add a chicken half. When the oil starts bubbling vigorously, grab the chicken with your tongs in one hand, and with your kitchen scissors in the other hand cut some slashes into the thick thigh and breast. This will help the chicken cook thoroughly, make it more crispy and crunchy, and make it look more appetizing

2. Fry the chicken 10 to 11 more minutes, turning over occasionally. Take it out and put it in a mesh strainer lined with paper towels, and fry the other chicken half.

Serve:

1. Serve right away with chicken-mu (below) and the dip. To use the dip you touch an edge of the chicken in the salt and then bite into it. Eat a piece of chicken-mu in between bites of chicken. Serve with beer or Coke, if you like them

Pickled radish - Chicken-mu

If you've ever ordered Korean fried chicken at a restaurant before, you might have been served this pickled radish, called chicken-mu. Tiny cold radish cubes, pickled in sweet, sour, and just a little salty brine is very refreshing when paired with super crispy Korean fried or roasted chicken.

The recipe is so simple and easy, which is one reason I didn't make a video about it, until now! But I've been asked about it so many times I decided to make a video for my lovely readers. I remember one time in Toronto, and another time in Los Angeles, people recognized me and right after saying hello, they asked for this recipe. I told them it was easy and explained how to make it, but they preferred a video instead of my live explanation!

Ingredients:

" 1 pound peeled Korean radish, cut into 1/3 inch cubes

" 1/3 cup sugar

" ? cup plus 1 tablespoon white vinegar

" 1 tablespoon kosher salt

" 3/4 cup water

Directions:

Combine sugar, vinegar, kosher salt, and water in a large bowl and mix well until salt and sugar are well dissolved.

Add the radish and stir a few times and transfer to an airtight container or a glass jar. Keep in the refrigerator at least 2 hours before serving.

Refrigerate up to 2 weeks.

MY NOTES:

- I used a chicken roaster, about 4 lbs, spatchcocked and cut in half.

- Roasted soy bean flour is practically a necessity. I could not find any in the local

markets and purchased some on the internet. It must be ROASTED soy bean flour (or powder), not raw flour!

- The chicken dip was good, but way too salty! I only used it at the beginning of my meal.

- I will make this again, but will add some red pepper powder to the batter.

- I did not make the pickled radishes, but had some canned pickled carrot / daikon that I had made. We ate that as a side, and it was perfect!

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