

Dakdoritang

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Meal-prep Instant-Pot Korean chicken stew. May substitute chicken tenders for ease. Trivet lifts the solid mass to reach pressure more quickly. Freezes well. Reheat on stove-top after adding carrots, zucchini, onions, mushrooms, and water.

Break down as desired. Remove skin if desired. Season with kosher salt and pepper.	1	whole chicken
Blend. Pour over chicken to thoroughly coat. Let marinate while prepping carrots, onions, potatoes (below), up to an hour.	1 2	garlic cloves, grated
	2 in	ginger, grated
	1 c	gochujang
	1/4 c	coarse gochugaru
	1/4 c	fine gochugaru
	1 c	soy sauce
	1/3 c	mirin
	6 T	honey
	2 t	black pepper
Place trivet in the Instant Pot. Combine boiling water, bouillon, and oil. Then add chicken, onions, potatoes, and carrots. Pour sauce over. Cook on high pressure for 10 minutes then allow natural release for 5 minutes. Simmer uncovered 5–8 minutes to achieve glossy reduction. Finish with salt to taste.	3	chopped yellow onions
	4	cubed potatoes
	4	chopped carrots
	2 T	chicken Better-Than-Bouillon
	2 c	boiling water
	2 T	neutral oil (or sesame for aroma)
	1 t	fine salt, to finish
