

An Open Framework For BO SSAM

Reach out to us at @Studiofeast for questions and to share your Bo Ssam story

THE PARAMETERS

This is not a recipe, it's a guideline for tastiness

The Bo Ssam is a Korean dish that typically consists of slow roasted pork wrapped in lettuce and served with various garnishes like Kimchi, garlic, and onion. Tradition suggests a particular set of ingredients, but we think of the Bo Ssam as a highly flexible framework for home cooks to learn and then improvise upon. Try the basic structure that we've outlined below, pay attention to what you like/dislike, then adapt as you feel.

If a recipe is written like classical music—following the score note for note—this is more like jazz, where we show you a few basic scales and then set you free to jam out.

THE THREE ELEMENTS OF BO SSAM

A Bo Ssam is made of three flavors, each with many ingredient possibilities

ACIDITY



MEAT



BASE



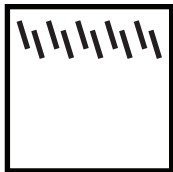
The Guitar Solo: Acidity cuts through richness and provides sharp, bright, screaming contrast to the rest of the dish.

The Melody: Meat carries the dish, and everything else plays a supporting role to make the meat taste as best as it can.

The Bassline: this gives Bo Ssam its structure and sustenance. It's the most humble part, but a crucial anchor for the dish.

1. ACIDITY

Quick Pickled Vegetables



The Right Vegetable

Nearly any crunchy vegetable that you'd eat raw is fair game for pickling. It's also a great way to add flavor to vegetables that are fairly simple (e.g., Carrot) and mellow out those with aggressive flavors (e.g., Onion).

Try: Carrot, Onion, Radish, Jalapeno

Pickling Liquid

As long as over 80% of your liquid is vinegar, you'll have a pickle. Start with pure white vinegar if you've new to this, but cider, champagne, and sherry vinegar all work well too. Add whole spices for even more variation.

Try: 80% Vinegar, 20% Water + Salt

Time & Temperature

You can quickly pickle something in about 3 hours, but overnight (8+ hours) works best. Fill any container with your vegetable, cover in pickling liquid and stow away in the fridge until it's time. Boom. Pickles.

Try: Overnight in the fridge. That's it.

2. MEAT

Slow & Low Meats



Curing Meat

Like us, the meat we eat is mostly water. Curing draws out moisture and intensifies flavors in proteins. It's as simple as coating thick cuts ($\geq 1.5"$) of pork, lamb, or beef in a layer of 50% sugar + 50% salt & refrigerating for 4-12 hrs.

Try: Mangalista Pork & Studiofeast Cure

Slow Roasting

Slow roasted meats are best applied to large cuts with lots of fat/marbling. On the bone is always better. Mangalista Pork Shoulder, Lamb Shank, or Beef Brisket are best bets here. Just cure and roast.

Try: Mangalista Pork, 300F @ 6hrs

Finishing

Slow roasting will give you insanely tender meat, but having a crunchy exterior is a nice contrast. Right before serving, brush the meat with brown sugar + fat drippings, crank the oven to 500F & finish in the oven for 15-20 min.

Try: Brown Sugar + Pork Fat Drippings

3. BASE

Holding it Together



Wrapping

The goal is to encapsulate the ingredients, add texture, and keep your hands clean. Anything leafy and green that's big and flexible enough works great to wrap a Bo Ssam up (e.g., lettuce, steamed cabbage).

Try: Butterhead or Red Leaf Lettuce

Starch

Rice is the ultimate flavor vehicle for a lot of things, and all of the above are no exception. Fold rice into your Bo Ssam wrapper to add sustenance, or simply top a pile of rice with meat, pickles, and sauce.

Try: Plain, Short Grain White Rice

Sauce

If you take nothing else from this, remember and buy this: "Gochujang" [that's "GO-Chu-Jang"]. It's Korean fermented chili paste that you can ask for at any Korean market. It's Sriracha on steroids and goes on anything.

Try: Mix w/Honey + Rice Vinegar to taste