

## Stir-Fried Spicy Squid Recipe

(Ojing-oh Bokeum - Korean Recipes)

**Ingredients:** Serves 4

3 medium squid (about 700g), sliced into strips  
or 500g boiled octopus, sliced into strips  
3 tablespoons vegetable oil  
1 small onion, very thinly sliced  
3 cloves garlic, minced  
½ teaspoon grated ginger  
1-2 green chilies, cut into strips  
or ½ capsicum, cut into strips  
8 shiitake or button mushrooms, stems discarded and caps sliced  
1 small carrot, cut into strips (optional)  
½-1 tablespoon of chili bean paste  
1½ tablespoons soy sauce  
1½ tablespoons ground red pepper  
1½ tablespoons sugar  
1 teaspoon salt  
1 teaspoon sesame oil  
Toasted sesame seeds, to garnish

**Method:**

Heat the oil in a wok and add the onion, garlic and ginger, and stir-fry over high heat for about 30 seconds. Add the squid, chilies, mushrooms, carrot and chili bean paste, and stir-fry for 2 minutes, or until the squid turns white and is just cooked. Do not overcook or the squid will become tough. Add the soy sauce, ground red pepper, sugar, salt and sesame oil. Mix well and garnish with the sesame seeds. If squid is unavailable, substitute with boiled octopus. Freshly cooked octopus is sold in Japanese and Korean specialty stores. To prepare fresh squid, remove the heads. If using, cut the tentacles just above the eyes and push out, and discard the hard, beaky portion in the center. Cut the tentacles into sections. Remove the ink sac carefully and discard. Peel the skin and cut the squid into long rectangular strips. Rinse and pat the squid dry with paper towels.

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