

Spicy BBQ/GoChuJang Stir-Fried Anchovies

매운 멸치조림

Ingredients:

Medium size Anchovies, 12-16 oz
BBQ Sauce, 2 Tbsp
Vegetable or Olive Oil, 1 Tbsp. And 1tsp for skillet.
GoChuJang, Korean red bean paste, 2 Tbsp
Soy Sauce, 1 Tbsp
White or Brown sugar, 1 tsp (2tsp for a sweeter taste)

Instructions:

- Mix BBQ sauce, GoChuJang, Oil, soy sauce, sugar in a bowl and mix them well.
- Coat 1 tsp of oil in a medium to a large skillet over medium heat and stir-fry anchovies for about 2 minutes.
- *** I prefer to use the whole anchovies, but some prefer to prepare them without the head or guts.
- Reduce heat to low and introduce the mixed sauce over the anchovies and coat them well.
- Stir constantly for about 1-2 minutes until evenly coated.
- Remove from heat and let it cool before placing into an airtight container for refrigeration.
- *** I recommend not storing it for longer than a week.

NOTE:

