

Korean Beef radish soup and Noodle salad “Japchae”

Jinyoung Hwang

Beef radish soup



Ingredients:

Beef shank, beef stew(chuck roast, boneless short rib or brisket will do.)
Korean radish (Daikon radish might work, but the richness of soup will be different.)
Onions, Scallions, Garlic cloves
(Optional) Sea kelp, broth anchovy (will add the richness of the soup.)
Soy sauce, salt

(Prep)

Soak beef into water for at least 30 minutes for Dégorgé to remove meaty smell.

1. Put water into a pot, and bring to a boil, put beef
2. Boil it until beef turns into grey(or brown.)
3. Drain the water and rinse beef with running water.
4. Put boiled beef and radish(cut into 1 inch disc), quarter sliced onions, roots of green onions, (sea kelp, broth anchovy) and add water.
5. Bring it to boil, and simmer at least 1 hour until meat is tender. (Using pressure cooker or Insta pot will reduce the cooking time and will make the meat more tender.)
6. Add soy sauce and salt.
7. Take out beef and radish and cut into small bite size pieces.
8. Serve it in a bowl with green onion as garnish. Add black pepper up to your preference.

Korean noodle salad (Japchae)



Ingredients:

Korean potato starch noodles (dangmyeon, 당면)

Carrot, Onions, Scallions

Lean beef (Beef stirfry, or sirloin), Dried shiitake mushrooms, Fresh spinach, Eggs

Vegetable oil,

(Sauce) soy sauce, salt, pepper, sugar, Korean sesame oil, minced garlic

(Prep)

Soak noodles into water for at least 20 minutes. Soak dried shiitake mushrooms into a separate bowl until it plumps

1. Blanch the spinach in boiling water only until wilted. Drain quickly and shock in cold water. Squeeze out excess water, cut into 2-inch lengths, and lightly season with salt and pepper.
2. Cut the beef into thin 2-inch long strips and mix with 1 tablespoon of the sauce.
3. Cut the stems off the mushrooms, and slice into 1/4-inch thin strips. Season with 1 tablespoon of the sauce.
4. Cut the carrot into thin slices. Same with onions and scallions.
5. Briefly stirfry each ingredient in vegetable oil and salt separately.
6. Bring a pot of water to a boil, and cook the noodles according to the package directions (usually 6 - 7 minutes). Rinse in cold water and drain.
7. Cut the noodles with kitchen shears or a knife into 6 -7 inch lengths.
8. In a large non-stick skillet, stir fry the noodles over medium heat, stirring frequently, until translucent and a bit sticky.
9. Combine all sauce ingredients in a small bowl and mix well until the sugar is dissolved.
10. Put the noodle in a big bowl and pour sauce, toss it well by hand until the noodle turns light brown, add all other stir fried ingredients. Adjust the seasoning to taste by adding a little more (start with 1/2 teaspoon) soy sauce and/or sugar as necessary.