



KOREAN

Korean Beef and Radish Soup (Soegogi Muguk)

COMPLEXITY	SERVES	PREP	COOK	TECHNIQUE	CUT
Basic	4	20 min + 30 min soaking	1 hr 30 min	Simmer	Chuck roast & stew beef

Ingredients

- 600 g (1½ lb) chuck roast, in 2 or 3 large pieces
- 400 g (14 oz) Korean radish (mu) or daikon, cut into 3 cm (1¼ in) slabs about 5 mm (¼ in) thick
- 2 tbsp sesame oil
- 5 cloves garlic, minced
- 2 tbsp soup soy sauce (guk-ganjang) or regular soy sauce
- 2 litres (8 cups) water
- 1 tsp salt, plus more to taste
- 3 spring onions, sliced
- ¼ tsp black pepper
- Cooked rice, to serve

Steps

1. Soak the beef in cold water for 30 minutes to draw out the blood, then drain. This keeps the broth clear.
2. Heat 1 tbsp sesame oil in a heavy pot over medium heat. Add the beef and cook for 5 minutes, turning, until it is no longer pink on the outside.
3. Add the radish and half the garlic and stir for 2 minutes.
4. Pour in the water and bring to a boil over high heat. Skim off the grey foam that rises, for about 5 minutes, until the surface looks clear.
5. Lower the heat so the broth barely bubbles, cover partly, and simmer for 1 hour 15 minutes, until the beef is tender and the radish is translucent.
6. Lift the beef onto a board and shred it along the grain with two forks, or slice it against the grain. Toss it with the soy sauce, the remaining garlic, remaining sesame oil and pepper.
7. Return the beef to the pot and simmer for 10 minutes more. Season with salt, scatter with spring onions, and serve with rice.

Notes

- **Serving:** traditionally with rice stirred into the bowl, plus kimchi on the side.
- **Make ahead:** chill the soup and lift off the set fat. It keeps 3 to 4 days and freezes for 3 months; reheat until steaming hot.
- **Other cuts:** brisket or shank give a richer, more gelatinous broth.
- **Slow cooker:** no browning needed for this clear broth. Cook the beef, radish, half the garlic and water on low for 8 hours or high for 4 to 5, skim, then finish as in steps 6 and 7.
- **Twist:** for a spicier, non-traditional bowl, stir 1 tbsp gochugaru in with the garlic.