

Seaweed Soup Recipe

Ingredients:

55 g dried seaweed, soaked in cold water for 10 minutes
1/2 tablespoon sesame oil
1 teaspoon crushed garlic
500 g beef or shelled clams, diced
10 - 12 cups water
Korean soy sauce or fish sauce to taste

Method:

Drain seaweed and cut into smaller pieces. Heat sesame oil in a pan and add crushed garlic, seaweed, beef or clams. Stir-fry over high heat for 5 minutes until fragrant. Pour in water and bring to the boil. Reduce heat to low and simmer for 40-50 minutes. Add more water as it evaporates. Add soy sauce or fish sauce to taste. Serve in individual bowls.

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