

Spicy Beef Soup Recipe

(Korean Recipes)

Ingredients: Serves 4

500g beef flank or shin beef, halved
6 cups water
1 portion Prepared Bracken or 3 150g chopped spinach,
blanched in boiling water to soften
150g bean sprouts, tails discarded
2 leeks, halved lengthwise and cut into lengths
2 eggs, lightly beaten

Seasoning:

1 tablespoon soy sauce
1½ teaspoons crushed garlic
4 teaspoons ground red pepper
1½ teaspoons chili bean paste
1 teaspoon sesame oil
½ teaspoon sugar
½ teaspoon salt

Ingredients for Bracken:

20g dried bracken
Pinch of salt
1 teaspoon soy sauce
1 teaspoon garlic, finely diced
1 teaspoon oil
¼ cup water
½ teaspoon sesame oil

Method:

To prepare the Bracken, rinse the dried bracken and soak in water overnight. Drain and season with the salt, soy sauce, garlic and oil. Mix well. Heat a small skillet and stir-fry the seasoned bracken for 2 minutes. Add the water and stir-fry on medium heat until dry, about 3 minutes. Remove the bracken from the heat. Drizzle the sesame oil and mix well. Alternative, dried bracken can be rinsed and boiled in water for 30 to 45 minutes to soften. For Spicy Beef Soup, combine the ingredients for the Seasoning and set aside. Place the beef and water in a pot and bring to a boil. Cover, then reduce the heat and simmer for about 1½ hours until the beef is tender. Remove the beef from the pot and allow to cool. Bring the beef broth to a boil over medium-low heat, cover and leave to simmer. Shred the cooled beef very finely. If using spinach instead of bracken, mix the softened spinach with ½ teaspoon soy sauce and 2 teaspoon peeled and crushed garlic, mix well and set aside. Combine the Seasoning with the bracken and shredded beef. Add the beef, bracken, bean sprouts and leeks to the simmering broth and allow to heat through, about 5 minutes. Just before serving, pour the beaten eggs slowly into the soup, stirring gently at the same time. Remove from the heat immediately and serve with bowls of steaming hot rice.