

# Korean Rice Cake Soup (Ddukjuk)

## Serves 4

This soup is usually eaten year-round and is a popular item in Korean restaurants. In my family, it was our Sunday morning meal. The rice cake ovalettes, Korean soy sauce and roasted seaweed can be found in most Korean markets including Kukje Market (2350 Junipero Serra Blvd., Daly City), Woori Market (1528 Fillmore St., San Francisco) and Hankook Supermarket (1092 E. El Camino Real, Sunnyvale). Korean soy sauce, which is mainly used in soups, is much milder and lighter in appearance than regular soy sauce. Other ingredients like dumplings or sauteed zucchini can be added to this recipe. If using dumplings, boil them separately and add in right before serving.

### The beef broth

- ½ pound beef brisket
- 2 green onions
- 3 to 4 cloves crushed garlic

### The meat seasoning

- 1 teaspoon minced garlic
- 2 tablespoons Korean soy sauce
- 1 teaspoon kosher salt
- ½ teaspoon black pepper

### The soup

- 1 pound of Korean rice cake ovalettes
- 1 cup chopped green onion, in 1-inch lengths
- 1 egg, beaten
- Salt and pepper to taste
- Toasted seaweed sheets for garnish

**For the broth:** Place brisket in a large bowl and cover with cold water for about an hour, letting excess blood drain out. Remove the brisket and discard water. In a large pot, add the brisket, 10 cups water, the green onions and garlic. Set heat on medium-high, and once water comes to a boil, reduce the heat to low, cover partially and simmer for about 2

hours until meat is very tender. Remove from the heat and take brisket from the pot; reserve broth. Once cool enough to handle, slice the brisket into ¼-inch thick slices.

**For the seasoning:** Combine garlic, Korean soy sauce, salt and pepper and rub on the meat. Set aside.

**For the soup:** Place rice ovalettes in a bowl, rinse with cold water and keep covered in cold water. Bring beef broth back to a rolling simmer and add the rice ovalettes to the pot. Let broth come to a boil again and add seasoned meat. Simmer uncovered until the rice ovalettes soften and the soup thickens slightly, about 5 minutes. Add green onions and slowly pour in the beaten egg. Do not stir. Let the soup simmer for 1 minute.

Turn off the heat and ladle the soup into individual bowls. Garnish each bowl with some hand-crushed toasted seaweed.

**Per serving:** 390 calories, 20 g protein, 63 g carbohydrate, 7 g fat (2 g saturated), 88 mg cholesterol, 1,072 mg sodium, 2 g fiber.