KOREAN · LUNCH · DINNER

Daegu Jiri-tang (Korean Clear Cod Soup)

생대구지리탕

40 min · Serves 5 · 174 kcal a serve · Video 5:43 in Korean · 김대석 셰프TV

Pescatarian · No dairy listed · No nuts listed

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A light, clear fish soup with about 27 g protein, 4 g fat and 6 g net carbs a bowl from fresh cod, tofu, radish and soybean sprouts; rich in selenium and vitamin B12. It is salty (about 1,000 mg sodium a bowl).

Diet notes: Low carb (6.1 g net carbs) but not keto: 20% of the energy is from fat, and keto meals get about 60% or more; Low saturated fat (0.6 g, 3% of the energy); Gluten-free with a swap: Use tamari instead of soup soy sauce and check the ginger wine is wheat-free.

Ingredients 18 · SERVES 5

- [ ] 2 litres **water**
- [ ] 300 g **Korean radish** (mu), thinly sliced
- [ ] a handful of medium **dried anchovies** (myeolchi), for the broth (lifted out)
- [ ] a handful of **dried shrimp**, for the broth (lifted out)
- [ ] 15 g **dried kombu** (dasima), for the broth (lifted out)
- [ ] 2 **cheongyang green chillies**, coarsely cut (lifted out)
- [ ] 1 whole **fresh cod** (about 1.3 kg), cleaned and cut into pieces
- [ ] 2 tsp (1 rice-spoon) **ginger wine** (or ginger juice), to sprinkle on the fish
- [ ] 1 tsp (½ rice-spoon) minced **garlic**
- [ ] 100 g **soybean sprouts** (kongnamul)
- [ ] 2 tsp (1 rice-spoon) **mirin**
- [ ] 2 tsp (1 rice-spoon) **saeujeot liquid** (salted shrimp brine)
- [ ] 4 tsp (2 rice-spoons) **jip-ganjang** (Korean soup soy sauce)
- [ ] 200 g **tofu**, halved and sliced
- [ ] a handful (about 50 g) **minari** (Korean water dropwort), cut into lengths
- [ ] 1 stalk **daepa** (Korean large green onion), sliced
- [ ] 1 **red chilli**, sliced, to garnish
- [ ] 1 tsp (½ rice-spoon) **salt**, or to taste

Allergens found in the listed ingredients: Gluten, Crustacea, Fish, Soy, Celery, Sulphites. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Put 2 litres of water on to heat. Slice the radish thinly and add it straight to the pot. 0:27
2. Microwave a handful each of dried anchovies and dried shrimp for 30 seconds and add them with the kombu and the coarsely cut green chillies to make the broth. 0:48
3. Meanwhile slice the daepa and red chilli, cut the minari into lengths and halve and slice the tofu. Lift the kombu out after a few minutes of boiling. 1:14
4. Sprinkle the cod with ginger wine, blanch it in hot water for about 30 seconds so the flesh firms and loses its fishy smell, then drain. 2:02
5. After about 10 minutes lift out the anchovies and shrimp. Add the minced garlic and stir for about 20 seconds just to release its aroma. 2:32
6. Turn up the heat, add the soybean sprouts and the cod, then the mirin, shrimp brine and soup soy sauce. Skim off any foam. 3:04
7. Add the tofu, minari, daepa and red chilli, cover and boil 3 minutes. Taste, season with about ½ rice-spoon salt, and remove the green chillies before serving. 4:02

> **Tip** Serves 5 (our estimate: about 600 g a bowl with 90 g cod). A clear, mild soup often eaten as a hangover cure, with rice on the side. Ask the fishmonger to clean and cut the cod; the head and bones flavour the broth.

The method is a summary in our words, in English — the video (in Korean) shows every step.

One serve gives you 1 OF 5 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
174 kcal 730 kJ	27 g 55% of a day	8.2 g 6.1 g net · 3.7 g sugars 3% of a day
FIBRE	**FAT**	**SODIUM**
2.1 g 7% of a day	3.8 g 0.6 g saturated 5% of a day	1,030 mg 45% of a day

Energy from net carbs 15% · protein 64% · fat 21% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Selenium 71% · Vitamin K 50% · Vitamin B12 44% · Vitamin C 27% · Omega-3 26% · Vitamin B6 23% · Iron 20% · Magnesium 20%

Source of (10–19%) Folate 17% · Calcium 16% · Potassium 13% · Zinc 12%

Recipe and video: 김대석 셰프TV (@ChefKDS) on YouTube — youtube.com/watch?v=6bubAqKCMT8, published 14 December 2022. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/daegu-jiri-tang-korean-clear-cod-soup