KOREAN · LUNCH · DINNER

Kongguksu (Korean Cold Soy Milk Noodle Soup)

45 min · Serves 2 · 712 kcal a serve · Video 12:48 · Maangchi

Vegetarian · No dairy listed

The broth is homemade soy milk blended with sesame and pine nuts; with the noodles and egg, each bowl has about 37 g of protein and 8 g of fibre, and it is rich in iron, magnesium and zinc.

Diet notes: Low saturated fat (3.4 g, 4% of the energy).

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Ingredients 11 · SERVES 2

- [ ] 90 g **dried soybeans**, soaked overnight
- [ ] about 120 ml of the **bean cooking water**
- [ ] 710 ml **cold water**
- [ ] 2 tbsp **toasted sesame seeds**
- [ ] 2 tbsp **pine nuts**
- [ ] 225 g **somyeon** (thin wheat noodles)
- [ ] 1½ tsp **kosher salt**, or to taste
- [ ] 1 **hard-boiled egg**, cut into pieces
- [ ] 60 g **cucumber matchsticks**
- [ ] 1 small **tomato**, sliced
- [ ] 5–6 **ice cubes** (optional)

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Gluten, Egg, Tree nuts, Sesame, Soy. 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. Wash the dried soybeans and soak them in plenty of water for 5 hours to overnight, until doubled in size. Drain. 0:51
2. Boil the beans in 470 ml water, uncovered, over medium-high heat for 15 minutes (it foams, so stir now and then). Cover and simmer on very low for 5 minutes, then drain, keeping the cooking water, and let cool. 1:48
3. Blend the beans with about 120 ml of their cooking water, 710 ml cold water, the pine nuts and sesame seeds on high for 1–2 minutes until completely smooth. Chill. 4:35
4. Cook the somyeon in plenty of boiling water for 2–3 minutes, then rinse well under cold water, rubbing the noodles until cold. Divide between two bowls. 7:16
5. Just before serving, stir the salt into the cold soy milk and pour it over the noodles. Top with cucumber, egg, tomato and a few ice cubes if you like. 9:03

> **Tip** Time excludes the overnight soak. Maangchi serves it with kimchi and cucumber dipped in ssamjang. The soy milk keeps 24 hours in the fridge; salt it just before serving. Skip the egg for a vegan bowl.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 2 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
712 kcal	37 g	93 g	8.4 g	23 g	1,650 mg
2,980 kJ	74% of a day	84 g net · 5.4 g sugars	30% of a day	3.4 g saturated	72% of a day
		34% of a day		30% of a day	

Energy from net carbs 49% · protein 21% · fat 30%

High in (20%+ of a day) Iron 51% · Omega-3 45% · Magnesium 39% · Selenium 34% · Zinc 32% · Vitamin K 28% · Vitamin B6 25% · Folate 23%

Source of (10–19%) Potassium 19% · Calcium 19% · Vitamin E 11% · Vitamin B12 11% · Vitamin C 10%

⚠ One serve has about 72% of a day's sodium — less salt, stock or sauce (or reduced-salt versions) brings it down.

Recipe and video: Maangchi (@Maangchi) on YouTube — youtube.com/watch?v=IC5qidi5CJk, published 21 August 2018. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, 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/kongguksu-cold-soy-milk-noodle-soup