KOREAN · LUNCH · DINNER

Yukgaejang (Spicy Korean Beef and Vegetable Soup)

육개장

75 min · Serves 5 · 389 kcal a serve · Video 6:19 in Korean · Mom's Taste

No dairy listed · No nuts listed

A brothy beef soup with about 32 g protein, 6 g fibre and 11.5 g net carbs a bowl from brisket, bracken, mushrooms, sprouts and radish, with no added sugar; rich in zinc, iron and vitamin B12. It is salty, about 1,300 mg sodium a bowl.

Diet notes: Gluten-free with a swap: Use tamari in place of the soup soy sauce and check the tuna sauce is wheat-free.

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Ingredients 17 · SERVES 5

- [ ] 600 g **beef brisket** (yangji), cut into large chunks
- [ ] 200 g **Korean radish** (mu), sliced
- [ ] ½ **onion**, sliced
- [ ] 3 stalks **daepa** (Korean large green onion): 2 halved and cut into 4–5 cm lengths, the green tops of 1 for the broth (lifted out)
- [ ] 10 g **dried kombu** (dasima), lifted out after 10 minutes
- [ ] 250 g **gosari** (soaked and boiled bracken fern)
- [ ] 170 g **oyster mushrooms** (neutari), torn
- [ ] 200 g **mung bean sprouts** (sukju)
- [ ] 1.5 litres **water**
- [ ] 2 tbsp (3 rice-spoons) minced **garlic**
- [ ] 50 ml (1 soju glass) **cheongju** (Korean rice wine)
- [ ] 2 tbsp (3 rice-spoons) **guk-ganjang** (Korean soup soy sauce)
- [ ] 2 tbsp (3 rice-spoons) **chamchi-aek** (tuna fish sauce)
- [ ] 2 tbsp (3 rice-spoons) **gochugaru** (Korean chilli flakes)
- [ ] 1½ tbsp (2 rice-spoons) **sesame oil**
- [ ] **ground black pepper** (about 5 shakes)
- [ ] **salt** to taste

Allergens found in the listed ingredients: Gluten, Fish, Sesame, Soy, 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. Cut the brisket into large chunks and soak in lukewarm water for 6–7 minutes to draw out the blood. Meanwhile slice the radish and onion, and halve the daepa lengthways and cut it into 4–5 cm lengths. 0:05
2. Drain and rinse the beef. Put 1.5 litres of water in a pot with the beef, the green tops of one daepa and the kombu. Cover and boil hard for 10 minutes. 1:21
3. Lift out the kombu (leave the onion tops), add the radish, lower to medium and simmer 20–25 minutes with the lid ajar so it doesn't boil over, until the beef is tender enough to shred. 2:09
4. Lift out the beef and the onion tops. Add the onion, gosari and oyster mushrooms to the broth and let them simmer while you prepare the beef. 2:51
5. When the beef is cool enough, shred it along the grain (or slice thinly across it). Mix it with the garlic, cheongju, soup soy sauce, tuna sauce, gochugaru and sesame oil. 3:26
6. Add the seasoned beef straight into the boiling soup; the chilli flavours the broth without making chilli oil first. 4:54
7. Add the bean sprouts and plenty of daepa, top up with a little water if needed, season with salt and boil once more. Finish with a few shakes of black pepper and serve hot. 5:09

> **Tip** Serves 5 (our estimate: about 550 g a bowl with 90 g beef). Koreans eat it with rice; on its own it stays low in carbs. Keeps 3 days in the fridge and tastes even better reheated.

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	FIBRE	FAT	SODIUM
389 kcal 1,630 kJ	**32** g 64% of a day	**17** g 12 g net · 5.7 g sugars 6% of a day	**5.8** g 21% of a day	**22** g 7.3 g saturated 28% of a day	**1,310** mg 57% of a day

Energy from net carbs 13% · protein 34% · fat 53% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Vitamin B12 95% · Vitamin K 84% · Zinc 70% · Selenium 43% · Vitamin C 42% · Vitamin B6 37% · Iron 28% · Magnesium 22% · Potassium 21% · Folate 20%

Source of (10–19%) Vitamin A 19%

⚠ One serve has about 57% of a day's sodium — less salt, stock or sauce (or reduced-salt versions) brings it down.

Recipe and video: Mom's Taste (@momstaste) on YouTube — youtube.com/watch?v=MKpUqiX19M8, published 2 December 2023. 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/yukgaejang-spicy-beef-soup