Tteokguk (Korean Rice Cake Soup)

Tteokguk is a traditional Korean Rice Cake Soup made with sliced rice cake and usually with beef broth. It is a must have for New Year’s Day and I’ve grown up eating it since I was little. The white oval rice cakes symbolize a bright and flourishing new year! This dish means so much to my family and I. There truly isn’t a New Year’s that we’ve gone without this dish!

Ingredients:

Broth
- 8 cups of chicken or beef broth (premade or homemade)
- 1 Tbs of minced garlic
- 1-2 Tbs of soy sauce
- Salt and pepper to taste

Garnish
- ½ pound of Beef (beef brisket or flank steak)
- ½ teaspoon minced garlic
- ½ teaspoon of sesame oil
- ½ teaspoon of soy sauce
- ¼ teaspoon of sugar
- Salt and pepper to taste
- 2 egg
- 1 carrot
- ½ sheet of gim nori

Rice cakes
- 4 cups of rice cakes soaked in water for 10-20 minutes

Optional:
- Kimchi
Instructions:

1) Soak rice cakes in water for 10-20 minutes
2) In a large pot, bring the chicken or beef broth to a boil. Reduce heat to medium low and stir in minced garlic, soy sauce, and salt and pepper to taste. Simmer on low.
3) Cut beef flank into thin strips. Season meat with garlic, sesame oil, soy sauce, sugar, and salt and pepper to taste. Cook marinated beef until browned, and set aside.

4) To make egg garnish, separate the egg whites and yolk. Lightly beat the whites and yolks separately until smooth. Season with salt and pepper to taste. Heat a lightly oiled nonstick pan over medium low heat. Pour each egg part onto a thin layer on the pan. Cook each side briefly (do not brown the eggs). Once cooled, roll each egg crepe, and slice into thin strips. Set aside.

5) To make the carrot garnish, slice the scallion into thin strips. Season with salt and pepper to taste and roast the carrots on a hot pan for 3-4 minutes on medium heat or until soft but not burned. Set aside.
6) Slice the gim into thin strips and set aside.
7) Return to the broth and bring it to a boil. Add the rice cake slices (without the soaked water) and boil until soft, usually about 5-8 minutes.

8) Ladle the steaming soup into bowls and garnish with the beef, egg, carrots, and gim strips.
9) Serve with kimchi if you desire!