

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
- ½ 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. 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!

