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Cold Noodle Soup (Mul-naemyeon)

Serves 2

This ice-cold noodle soup is so refreshing that I could eat it every day in the summer time. Try it, and you will feel your body temperature cool right down. It is a little tangy from the fermented radish broth, a little sweet from the pear, and rich and silky from the beef. I like it best when the broth is almost frozen but still slushy. They've probably never had anything like it, and once you taste it, you will be hooked.

What Koreans Say: The noodles (available in Korean grocery stores) for this soup were made from scratch. Made with wheat flour and a little bit of buckwheat, they are quite chewy—a bit like thin yet firm udon noodles in texture.

The broth, a combination of beef beef broth and the tangy from Radish-Water Kimchi, will make your tongue tingle. Note that you need to prepare the broth 7 or 8 hours ahead so you have time to freeze it.

Shortcuts: If you're too busy to make the broth and kimchi broth, use the packet of powdered or liquid concentrated broth included in the package of naemyeon noodles. Follow the instructions on the package to make the broth. Paste until slushy before using.

Ingredients:

- 8 ounces beef broth
- 7 cups water
- 4 cups beef from Radish-Water Kimchi (page 122)
- 2 tablespoons kosher salt
- ½ cup plus 1 teaspoon sugar
- 1 medium Asian pear, or 2 firm pears
- 10 ounces naemyeon noodles
- 10 slices Radish-Water Kimchi (page 122), see note for serving
- ¼ English cucumber, cut into matchsticks
- 1 large hard-boiled egg, sliced and cut in half
- 1 tablespoon toasted sesame seeds
- 2 teaspoons Korean mustard seed powder (gochujang powder)

Directions:

1. Freeze the broth under cold-running water, from above in a bowl of cold water for 10 minutes to remove any blood. This will give you a nice, clear broth.
2. Bring the 7 cups water to a boil in a small pot over high heat. Chop the beef and add to the pot. Turn the heat down to medium and cook, covered, for 1 hour. Turn the heat down to low and cook for another 50 minutes.
3. Remove the beef from the pot and let the broth settle to cool. Let the beef cool, then thinly slice it. Cool and refrigerate.
4. Combine the beef broth and kimchi juice in a metal bowl. Add the salt and ½ cup of the sugar and stir to dissolve. Cool and freeze until the mixture is slushy but not completely frozen, 3 to 6 hours.

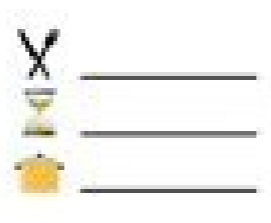


Clockwise from top left: Beef broth, garnishes for the soup, Cold Noodle Soup



RECIPE

From the kitchen of _____



Ingredients

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Directions

Notes



Recipe:

Serves: _____
Time: _____

Ingredients



Directions

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