



ASIA

TTEOKGUK OR KOREAN BEEF AND RICE SOUP

Ingredients (For 4 people)

- 400 g shin of beef
- 600 g rice noodles
- 4 quail eggs
- 100 g leeks
- 4 cloves garlic
- 1 l water
- 10 g soya sauce
- 5 g coarse salt
- Salt and pepper
- Sesame oil to serve

Preparation:

Add the coarse salt and the peeled and finely chopped garlic cloves to boiling water and boil the meat in it for 1 hour. Remove and reserve the cooked meat. Keep the stock cool, and when the fat rises to the top, skim it off.

Cut the meat into small pieces. Marinate the meat in a bowl with the soya sauce, the two peeled and chopped garlic cloves, the chopped leeks and a little pepper. Set aside.

Beat the eggs in a bowl and pour them into a non-stick pan. Cook them into an omelette over low heat. Once cooked, cut the omelette into strips.

Heat the stock again over high heat and cook the rice noodles in it. When the noodles rise to the surface, lower the heat, add the leek strips, and season with salt and soya sauce to taste, then simmer the mixture for 2 minutes.

Serve the soup in bowls, topped with the egg and meat, and season with a dash of sesame oil.