

Seaweed Soup with Radish and Beef (Miyeokguk) - A Nourishing Korean Classic

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TIME
30 min

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INGREDIENTS

- 1 cup dried seaweed (miyeok)
- 2 cups water
- $\frac{1}{2}$ cup sliced beef (flank, brisket, or stew meat work well)
- 1 large radish, sliced (Korean radish or daikon)
- 2 cloves garlic, minced
- 1 tsp salt
- $\frac{1}{2}$ tsp black pepper
- 2 tbsp sesame oil
- 2 tbsp soy sauce (optional, for added umami)

Ingredient Notes and Swaps:

Seaweed: Dried miyeok can be found in Asian groceries-soak it thoroughly to soften and remove bitterness.

Beef Alternatives: Swap in chicken, tofu, or mushrooms for different protein variations.

Radish: Korean radish (mu) is ideal, but daikon is a great substitute.

Flavor Boost: Add anchovy broth or beef broth for a richer base.

Instructions:

1. Soak the Seaweed:

Rinse the dried seaweed and soak in water for 30 minutes.

Drain, squeeze gently, and cut into bite-sized pieces.

2. SautØ the Base:

In a large pot, heat sesame oil over medium heat.

Add minced garlic and cook until fragrant.

Stir in sliced beef and cook until browned.

3. Add Radish and Simmer:

Add sliced radish to the pot and stir-fry for 2-3 minutes until slightly softened.

4. Build the Soup:

Add the soaked seaweed, 2 cups of water, salt, and pepper.

Stir and bring to a boil. Lower the heat and simmer for 10-15 minutes until all ingredients are tender and the flavors meld.

5. Season and Serve:

Taste and adjust seasoning. Add soy sauce if desired for extra umami.

Serve hot, ideally with a side of steamed rice.

Tips for Success:

Don't skip the soak: Properly rehydrating seaweed is key for both flavor and texture.

Use fresh garlic and sesame oil for depth of flavor-no shortcuts here!

Simmer gently to avoid overcooking the beef or making the seaweed mushy.

Serving Suggestions and Pairings:

DIRECTIONS

1. Soak the Seaweed: Rinse the dried seaweed and soak in water for 30 minutes.
2. Drain, squeeze gently, and cut into bite-sized pieces.
3. SautØ the Base: In a large pot, heat sesame oil over medium heat.
4. Add minced garlic and cook until fragrant.
5. Stir in sliced beef and cook until browned.
6. Add Radish and Simmer: Add sliced radish to the pot and stir-fry for 2-3 minutes until slightly softened.
7. Build the Soup: Add the soaked seaweed, 2 cups of water, salt, and pepper.
8. Stir and bring to a boil. Lower the heat and simmer for 10-15 minutes until all ingredients are tender and the flavors meld.
9. Season and Serve: Taste and adjust seasoning. Add soy sauce if desired for extra umami.
10. Serve hot, ideally with a side of steamed rice.
11. Tips for Success: Don't skip the soak: Properly rehydrating seaweed is key for both flavor and texture.
12. Use fresh garlic and sesame oil for depth of flavor-no shortcuts here!
13. Simmer gently to avoid overcooking the beef or making the seaweed mushy.
14. Serving Suggestions and Pairings: Seaweed soup shines on its own or as part of a simple, nourishing meal.
Pair with:
15. A bowl of rice and : Easy Turkey Wings for a Korean-Southern fusion vibe

16. A light side salad and a glass of : Blueberry Lemonade for contrast
17. Tomato : Skillet with Okra for a veggie-packed dinner pairing
18. Chicken : Enchiladas if you're serving a varied table
19. Storage and Leftovers: Fridge: Store in a sealed container for up to 3 days.
20. Freezer: Freeze cooled soup in portions for up to 1 month.
21. Reheat gently on the stove to preserve the seaweed's texture.
22. More Comforting Recipes You'll Love: Warm your soul with these tried-and-true favorites:
23. Cajun : Chicken Sausage Gumbo - rich and spicy
24. Easy : Turkey Wings - fall-apart tender
25. Tomato : Skillet with Okra - quick and flavorful

SWAPS & NOTES

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