

Beef Kimchi Stew and Tofu Recipe

(Korean Recipes)

Ingredients: Serves 4

2 teaspoons vegetable oil
250g beef sirloin, thinly sliced
or boneless pork ribs, sliced
½ large onion, thinly sliced
1-2 teaspoons minced garlic
350g sliced kimchi and ¾ cup kimchi juice
3½ cups beef stock
250g firm tofu, thickly sliced
2-4 teaspoons ground red pepper
1 tablespoon soy sauce
1-2 teaspoons sugar
1 leek, sliced diagonally
2 scallions, sectioned
1 red or green chili, sliced

Method:

Heat the oil in a pot and stir-fry the beef until it changes color. Add the onion, garlic, kimchi and stir-fry for 2 to 3 minutes. Add the beef stock and bring to a boil, then reduce the heat and simmer for another minute. Add the kimchi juice, tofu, red pepper, soy sauce, sugar and leek. Return the soup to a boil and cook for 2 minutes, then sprinkle the scallions and sliced chili. Serve hot. To cut thin slices of beef, wrap the meat in plastic wrap and chill it in the freezer for 30 minutes before slicing with a sharp knife. For a robust flavor, increase the amount of kimchi juice, soy sauce and sugar, if desired.

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