

Beef and Rice Cake Soup Recipe

Ingredients: Serves 4

120 g prime beef, sliced
250 g Korean rice cakes
4 cups kelp broth*
1 teaspoon white sesame seeds, lightly toasted
1 tablespoon mashed peeled garlic
1 tablespoon mashed peeled ginger
½ tablespoon soy sauce
1 teaspoon sesame oil
1 stalk scallions, trimmed and chopped
salt to taste

***Ingredients for Kelp broth:**

1 strip kelp
50 g dried bonito flakes
1 tablespoon Sake
7 cups of water

Method:

To make kelp stock, boil kelp, dried bonito flakes, Sake and water for about 30 minutes, filter out the impurities. Put soup broth aside. Heat 2 tablespoons oil in a pot and toss-fry garlic and ginger until fragrant. Add sliced beef and soy sauce, stir-fry until done. Pour kelp broth and let boil. Season with salt to taste. Boil rice cakes and put in to a soup bowl. Pour soup onto rice cakes in the bowl and sprinkle with chopped scallions, a few drops of sesame oil, sprinkle some white lightly toasted sesame seeds before serving.

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