

Pollack Soup with Daikon Recipe

(Korean Recipes)

Ingredients: Serves 4-6

1 teaspoon sesame oil and 1 teaspoon vegetable oil
1 whole dried pollack (80g), de-boned, head and tail discarded and sliced into bite-sized pieces or shaved strips of Korean dried cod (about 80g)
75g bean sprouts (optional), tails discarded
½ teaspoon salt (optional)
¼ teaspoon ground white pepper
1 egg, lightly beaten with a pinch of salt
½ red or green chili, thinly sliced to garnish
1 scallion, sliced to garnish
Ground red pepper, to serve

Stock:

1 leek, thinly sliced
1 piece dried kelp (konbu) (3 x 6-inch)
¾-inch ginger, peeled and bruised
6 cloves garlic, peeled and bruised
5 cups water
200g daikon radish (about 3-inch), halved and sliced

Method:

Place the Stock ingredients into a pot and bring to a boil. Reduce the heat and simmer for 15 minutes. Strain and reserve the stock and daikon and discard all the other ingredients. Return the stock to the pot and keep warm. Heat the sesame and vegetable oil in a frying pan and stir-fry the dried fish for 1 minute. Bring the Stock to a boil, add the fish and simmer for 3 minutes. Add the bean sprouts and stir. Season with the salt and pepper, then slowly pour the beaten egg into the soup while stirring gently. Garnish with the sliced chili and scallion. Serve hot with a small dish of the ground red pepper. Taste this dish before adding more salt. When using Korean dried pollack or cod shavings, do not wash or soak the fish in water. If using other types of salt cod, slice and soak the fish overnight in water. Drain and squeeze dry before use.

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