

Korean Winter Radish Soup (Mu Guk)

Serves 6

This simple soup is one of my favorites to prepare in the winter. If you do not have access to a Korean grocery store, daikon, which is available in many grocery stores and farmers' markets, is a perfect substitute for mu.

- 1 pound beef brisket**
- 1 small onion, peeled and halved**
- 3 green onions, 2 left whole, 1 chopped**
- 1 large mu, about 2 pounds, peeled, cut into 2-inch chunks**
- 1 3- x 8-inch piece kombu, wiped clean with a damp cloth**
- 2 teaspoons kosher salt**
- 3 cloves garlic, minced**
- 1 teaspoon Asian sesame oil**
- Kosher salt and pepper to taste**

Instructions: Soak brisket in cold water for about 30 minutes. In a large pot, bring 10 cups of water to a rolling boil. Add beef, onion and whole green onions to the pot. Bring to a boil once again, reduce heat to low and simmer, covered, for 30 minutes. Periodically skim off the scum from the soup.

After 30 minutes, add mu and salt to the broth, cover and continue simmering over medium-low heat for 30 more minutes. During

the last 10 minutes of simmering, add konbu to the broth.

Remove meat and konbu from the broth and set aside to cool. Pierce one of the mu pieces with a knife to check for doneness. If knife does not go through easily, continue cooking until it does. When mu is cooked, remove from the broth and set aside to cool. Turn the stove off leave on stove.

Slice the cooled brisket into 1/4-inch-thick slices. Place sliced beef in a medium bowl along with minced garlic, chopped green onion and sesame oil. Cut the konbu into 1/4-inch-thick slices and the mu into 1/2-inch chunks. Add beef mixture, kombu and mu back into the soup. Simmer for 5 minutes to let all the flavors meld. Taste and adjust seasoning before serving.

Note: Kombu is dried seaweed, available in the Asian foods section of most supermarkets.

Per serving: 276 calories, 14 g protein, 8 g carbohydrate, 21 g fat (9 g saturated), 55 mg cholesterol, 797 mg sodium, 2 g fiber.