



Honghaptang

Mussel Soup | 홍합탕



A clean and comforting Korean soup featuring tender, juicy mussels in a clear, deeply refreshing broth. Enhanced with green onions, red chili pepper, and garlic, it delivers a subtly spicy, savory flavor that highlights the natural umami of the seafood.

 **Prep: 15 mins** | **Cook: 10 mins** |  **Easy** |  **Mild-Spicy** |  **High Protein**

Ingredients (2 servings)

- **Main Ingredients:** 400g fresh mussels, 1/2 stalk green onion, 1 red chili pepper, 1 stalk chives (silpa)
- **Seasoning & Broth:** 1 tsp minced garlic, 3–4 cups water (enough to submerge mussels), a pinch of salt

Allergy Information

- **Contains:** Shellfish (Mussels)

Equipment

- Pot, Spoon, Knife, Cutting Board

Cooking Instructions

1. **Mussel Prep:** Pull or trim off the hairy beards (byssus) protruding from the mussel shells using scissors or by pulling firmly outward. Scrub and wash the shells gently in lightly salted water to clean them thoroughly.
2. **Vegetable Prep:** Diagonally slice the green onion and red chili pepper, rinsing the chili in cold water to shake out the seeds. Cut the chives into 3–4 cm lengths.
3. **Cooking Mussels:** Place the cleaned mussels in a pot and add cold water until they are just submerged. Bring to a boil over high heat starting from cold water.
4. **Adding Aromatics & Seasoning:** As the water comes to a rolling boil and the mussels begin to open their shells, add 1 tsp of minced garlic, sliced green onions, red chili pepper, and chives. Simmer for another minute.
5. **Skimming Foam & Finishing:** Use a spoon to skim off any white foam floating on top for a clear broth. Taste and adjust with a pinch of salt if needed, then serve warm.

💡 Cooking & Pairing Tips

- **Start in Cold Water:** Dropping mussels into already boiling water can make the meat rubbery and cause shells to stay closed. Starting in cold water allows the mussels to open up naturally while drawing out a rich, milky, and savory broth.
- **Skim Off Impurities:** Regularly removing the foam that rises to the surface keeps the broth crystal clear, pristine, and free of any cloudy or bitter aftertaste.
- **Perfect Food & Beverage Pairing:** This clean, savory, and slightly spicy soup is a legendary Korean *anju* (drinking snack), pairing exceptionally well with chilled soju, traditional clear rice wine (cheongju), or a cold lager beer.

Storage Instructions

- Mussel soup is best enjoyed fresh immediately after cooking. If storing leftovers, remove the shells and keep the mussels and broth in an airtight container in the refrigerator for up to 1 day. Reheat thoroughly before serving.

Nutrition Facts (Estimated)

- Total Content : Approx. 500g (2 servings total)
 - Calories : 180 kcal total (approx. 36 kcal per 100g / 90 kcal per 1 serving)
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- Sodium : 680mg (34%)
 - Total Carbohydrate : 6g (2%)
 - Sugar : 1g (1%) – Total Fat : 3g (5%)
 - Trans Fat : 0g – Saturated Fat : 0.5g (3%)
 - Cholesterol : 50mg (17%)
 - Protein : 24g (44%)
 - Calcium : 60mg (6%)
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Editor's Review

1. Clear Sensuality Holding the Transparent Sea The moment the mussels open their shells through the heat, a small, transparent ocean unfolds within the pot. The milky broth, slowly simmered from cold water, is the pure white essence that condenses the clam's natural umami to its absolute limit without any artificial trickery. When you pull the plump meat from its shell and bite into it, the salty breath of the sea joyfully bursts forth, while the subtle spicy kick of green onion

and red chili gently grazes the tip of the tongue, sharply awakening a palate that might otherwise grow bored. It is a bowl that is clear and transparent, yet delivers a deeper and heavier sensuality than any other dish.

2. Pure White Minimalism Crafted by Temperature Control Honghap-tang is the epitome of culinary minimalism, forged by a perfect understanding of ingredients and absolute temperature control. The patience to gradually raise the heat from cold water, rather than starting with a rolling boil, is the core technique of this dish, preserving the tender texture of the mussel meat while drawing out the deeply flavorful milky broth. The crystal-clear soup, achieved by tenaciously skimming off the bubbling impurities, perfectly replaces complex seasonings with just minced garlic and a pinch of salt. It is a brilliant triumph of Korean seafood dining, extracting the most overwhelming umami from the fewest possible ingredients.

3. The Warmth of the Sea Offering the Clearest Comfort When the tightly shut black shells one by one open their hearts amidst the hot waves, the once-chilly sea is reborn into the warmest and most affectionate bowl of comfort. The clear broth, which seems to transparently wash away tangled anxieties, works a magic that makes you momentarily forget the noisy affairs of the world. It proves that without extravagant packaging, simply cutting away the old threads and silently boiling with care is enough to achieve profound depth. This humble, clear mussel soup is the purest and most lucid answer the sea offers to those of us exhausted by the rough waves of life.

