KOREAN CUISINE

Jaengbanguksu

Jumbo-sized Buckwheat Noodles | 쟁반국수



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A vibrant and festive Korean platter dish featuring chewy noodles, tender sliced boiled beef (pyeonyuk), crisp fresh vegetables, tangy kimchi, and rich garnishes artfully arranged on a large tray. Served with a chilled, savory beef broth and tossed with a zesty soy seasoning and sharp mustard sauce for a refreshing, multi-layered feast.

⏱️ **Prep: 25 mins | Cook: 30 mins |** 🍳 **Moderate |** 🌶️ **Tangy-Spicy |** 🥩 **High Protein**

Ingredients (4 servings)

- **Main Ingredients:** 5 portions noodles (buckwheat or somyeon), 600g beef (brisket or shank), 1/2 head well-fermented kimchi
- **Garnishes & Vegetables:** 3 eggs, 1 tomato, 1 cucumber, 1/3 bundle crown daisy (ssukgat), 10 dried shiitake mushrooms, green onions (silpa), chili threads (sil-gochu)
- **General Seasonings:** Salt, crushed sesame seeds, sesame oil, black pepper
- **Soy Seasoning Sauce:** 4 tbsp soy sauce, 2 tbsp minced green onion, 1 tbsp minced garlic, 1/2 tbsp crushed sesame seeds, 1/2 tbsp sesame oil
- **Mustard Sauce:** 2 tbsp mustard powder, 3 tbsp warm water, 1 tbsp vinegar, 2 tbsp sugar, 1 tsp salt

Allergy Information

- **Contains:** Beef, Wheat (Noodles), Eggs, Soy (Soy sauce), Sesame

Equipment

- Large Serving Platter, Pot, Fine Strainer/Sieve, Mixing Bowls, Knife, Cutting Board

Cooking Instructions

1. **Boiling & Rinsing Noodles:** Cook the noodles in a generous amount of boiling water. Immediately drain and submerge in cold (or ice) water, rubbing gently to wash away excess surface starch, then drain thoroughly in a sieve.
2. **Boiling Beef & Preparing Broth:** Simmer the beef brisket/shank over medium heat until completely tender, then slice thinly into 6 cm long pieces (pyeonyuk). Strain the cooking broth through a fine sieve to skim off excess fat, season lightly, and chill in the refrigerator.

3. **Preparing Eggs & Mushrooms:** Hard-boil the eggs starting in cold water for 15 minutes, peel, and cut lengthwise into quarters. Rehydrate dried shiitake mushrooms in lukewarm water, remove stems, slice thinly, and stir-fry in a pan with soy sauce, crushed sesame seeds, black pepper, and sesame oil.
4. **Prepping Vegetables & Kimchi:** Thinly slice the cucumber, lightly salt for a few minutes, squeeze out excess water, and toss with crushed sesame seeds and sesame oil. Cut the tomato into 8 wedges. Shake off inner fillings from the kimchi and chop into 6 cm bite-sized lengths. Clean and trim the crown daisy.
5. **Making Sauces:** Mix the soy sauce, minced green onion, minced garlic, crushed sesame seeds, and sesame oil for the base soy seasoning. In a small bowl, stir mustard powder with warm water to form a paste, invert the bowl in a warm place for 10–15 minutes to ferment its spicy aroma, then mix in vinegar, sugar, and salt.
6. **Platter Assembly & Serving:** Mound the cooked noodles in the center of a large platter. Artfully arrange the sliced beef, egg quarters, tomato wedges, cucumber, sautéed mushrooms, kimchi, crown daisy, and chili threads around the perimeter. Pour the chilled beef broth over the noodles and toss with the soy seasoning and spicy mustard sauce to taste.

💡 Cooking & Pairing Tips

- **Utilizing Savory Beef Broth:** Don't discard the broth from boiling the beef. Drizzling this chilled broth over the noodles creates a rich, smooth base that rounds out the sharp tang of the mustard and soy sauces.
- **Mustard Fermentation Technique:** Mixing mustard powder with warm water and letting it sit in a warm spot for 10 to 15 minutes is crucial to activate the enzymes, bringing out its signature sharp bite before adding vinegar and sugar.
- **Perfect Food & Beverage Pairing:** Excellent for gatherings or warm days, this cold noodle platter pairs delightfully with crispy Korean savory pancakes (*pajeon* or *bindaetteok*). Enjoy with a glass of chilled *makgeolli* (rice wine) or clear rice wine (*cheongju*).

Storage Instructions

- Best enjoyed immediately after assembly. Store uncooked ingredients, sliced beef, and prepared sauces separately in airtight containers in the refrigerator for up to 1–2 days. Boil fresh noodles and assemble right before serving.

Nutrition Facts (Estimated)

- Total Content : Approx. 1,800g (4 servings total)

- Calories : 2,100 kcal total (approx. 117 kcal per 100g / 525 kcal per 1 serving)

– Sodium : 1,450mg (73%)
– Total Carbohydrate : 220g (68%)
– Sugar : 22g (22%)
– Total Fat : 62g (115%)
– Trans Fat : 0g
– Saturated Fat : 18g (120%)
– Cholesterol : 245mg (82%)
– Protein : 110g (200%)
– Calcium : 180mg (18%)

Editor's Review

1. Splendid Five-Color Textures and the Sensual Kick of Mustard
Amidst a grand platter filled with a mountain of vibrant vegetables and savory poached beef, the cold, chewy noodles instantly capture the palate. The moment the sharp, fermented mustard sauce and savory dressing blend over the soft umami of chilled beef broth, a thrilling play of sweet, spicy, and tangy flavors ignites on the tongue. The lively crunch of pickled cucumbers and kimchi, the deep aroma of shiitake mushrooms, and the rich savory notes of beef slices seamlessly merge within the light broth, forming an unceasingly sensual culinary festival.

2. Flawless Technique of Fermented Mustard and Chilled Beef Broth
Jaengbanguksu represents the height of sophisticated layering achievable in cold noodle dining. The culinary technique of fermenting mustard powder in warm water to draw out its sharp, volatile spice—combined with using refined, oil-free beef broth as the mixing medium—serves as brilliant gastronomy elevating its overall completeness. Various garnishes, each undergoing distinct pickling or stir-frying processes, maintain an exquisite balance of colors and textures across the platter, making it a masterpiece of Korean culinary art.

3. A Banquet of Harmony and Inclusivity Spreading Across a Grand Platter
Upon the boundless gathering place of a grand platter, ingredients of distinct colors and characters converge to host a grand banquet of harmony. Components that once held resolute identities meet the vibrant medium of chilled broth and spicy mustard sauce, finally merging into a single complete microcosm. The act of sharing chopsticks and tossing the noodles together becomes a rich ritual awakening the joy of communal dining, warmly embracing life's diverse contradictions just like the colorful garnishes arrayed before us.



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