



Kongnamulguk

Bean Sprout Soup | 콩나물국



A quintessential Korean staple soup known for its clean, refreshing, and light broth. Made with crisp soybean sprouts, it is a beloved hangover remedy and a gentle, comforting dish perfect for any meal.

 **Prep: 10 mins** | **Cook: 15 mins** |  **Easy** |  **Mild-Spicy** |  **Low Calorie**

Ingredients (2 servings)

- **Main Ingredients:** 200g soybean sprouts (kongnamul), 1/2 stalk green onion, 1 Cheongyang chili pepper (optional), 1/2 red chili pepper (optional)
- **Broth Ingredients:** 5 cups water (1L), 10 dried soup anchovies (guttled), 1 piece dried kelp (dashima, 5x5cm)
- **Seasoning:** 1/2 tbsp minced garlic, 1 tbsp soup soy sauce (guk-ganjang), 1/2 tbsp salted shrimp (saeujeot - or extra salt to taste), salt to taste

Allergy Information

- **Contains:** Fish (Dried anchovies), Crustacean Shellfish (Salted shrimp), Soy (Soup soy sauce)

Equipment

- Pot, Strainer/Sieve, Knife, Cutting Board, Spoon

Cooking Instructions

1. **Ingredient Prep:** Thoroughly wash the soybean sprouts under running water, removing any loose skins or wilted tail ends. Diagonally slice the green onion and chili peppers.
2. **Making Anchovy Kelp Broth:** In a pot, combine 5 cups of water, dried kelp, and dried anchovies (with heads and guts removed). Bring to a boil over medium-high heat. Remove the kelp as soon as the water boils, then simmer for another 10 minutes before straining out the anchovies.
3. **Boiling Soybean Sprouts:** Add the cleaned soybean sprouts to the strained boiling broth. Cook over high heat for 3–4 minutes with the lid open.
4. **Seasoning the Broth:** Stir in 1/2 tbsp minced garlic, 1 tbsp soup soy sauce, and 1/2 tbsp salted shrimp. Taste the broth and adjust with a pinch of salt if needed.
5. **Adding Green Onions & Finishing:** Add the sliced green onions,

Cheongyang chili, and red chili pepper. Bring to a quick final boil before turning off the heat to serve.

Cooking & Pairing Tips

- **Keep the Lid Off:** Leave the pot uncovered throughout cooking to prevent the enzyme activity that creates a raw, fishy bean smell, ensuring a crisp texture and pristine flavor.
- **Umami Boost with Salted Shrimp:** Seasoning with salted shrimp (*saeujeot*) rather than plain salt introduces fermented amino acids, significantly elevating the broth's depth and refreshing umami.
- **Perfect Food & Beverage Pairing:** Serves as the ultimate hangover recovery meal alongside a bowl of warm rice and kimchi. It also pairs wonderfully as a cleansing side soup with rich or spicy dishes like *Gochujang Bulgogi* or *Bibimbap*.

Storage Instructions

- Store leftovers in an airtight container in the refrigerator for up to 2–3 days. Reheat over medium heat on the stovetop until bubbling hot.

Nutrition Facts (Estimated)

- Total Content : Approx. 1,000g (2 servings total)
 - Calories : 90 kcal total (approx. 9 kcal per 100g / 45 kcal per 1 serving)
 - Sodium : 780mg (39%)
 - Total Carbohydrate : 8g (2%)
 - Sugar : 2g (2%)
 - Total Fat : 1.5g (2%)
 - Trans Fat : 0g
 - Saturated Fat : 0.2g (1%)
 - Cholesterol : 25mg (8%)
 - Protein : 10g (18%)
 - Calcium : 85mg (9%)
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Editor's Review

1. Ultimate Refreshment Bursting with Crystal-Clear Umami and Crunch

The moment a spoon of this crystal-clear broth touches the tongue, it gently strokes the throat with a deep, effortless umami void of harshness. Over a subtle

anchovy and kelp stock, the salted shrimp adds a nuanced depth of umami, intertwining with the lively, crisp crunch of bean sprouts popping with every bite. The subtle, biting kick of Cheongyang chili that follows sharply awakens a dormant palate, delivering an intuitively perfect, invigorating freshness without a single note of exaggeration.

2. Pure Aesthetics Crafted by Restrained Omission and Temperature Control

Kongnamulguk is the epitome of Korean soup dining, perfected not through extravagant seasonings, but through minimal restraint and precise culinary techniques. Removing the kelp right as it boils to prevent astringency and keeping the pot uncovered from start to finish to evaporate any fishiness are delicate controls aimed at isolating pure flavor. Adding depth with soup soy sauce and anchoring the transparent umami with a spoonful of salted shrimp is a brilliant testament to pulling the absolute peak of flavor from the humblest of ingredients.

3. A Gentle Moment of Purification Washing Away Exhaustion

Facing a steaming bowl of clear soup brings a sense of liberation, as if washing away the fatigue of the previous night and the weariness accumulated from the world. The serene embrace of the bean sprouts—willingly surrendering themselves to create a cool, clean broth—offers a tender comfort to a soul bruised by a chaotic routine. Fully emptying this pure, lightweight bowl grants a refreshing warmth, empowering us to stand firm once again amidst a noisy world.

