



Sogogimutguk

Beef and Radish Soup | 소고기뭇국



<https://koreancuisine.net>

A classic Korean comfort soup featuring tender, seasoned beef and thinly sliced radish simmered together in a savory, clear broth. Simple, deeply nourishing, and a timeless staple on the traditional Korean table.

 **Prep: 10 mins** | **Cook: 20 mins** |  **Easy** |  **Clear Soup** |  **High Protein**

Ingredients (1-2 servings)

- **Main Ingredients:** 100g beef (brisket or chuck, thinly sliced), 300g Korean radish (*mu*), 50g scallions/chives (*silpa*), 3 cloves garlic (minced)
- **Beef Marinade:** 1/2 tbsp liquid soup base (*guksi-jangguk*), a pinch of black pepper, 1 tsp sesame oil
- **Broth & Seasoning:** 4 cups water, 4 tbsp liquid soup base (*guksi-jangguk*), salt to taste

Allergy Information

- **Contains:** Beef, Soy (Noodle soup base), Sesame, Wheat (if soup base contains wheat)

Equipment

- Pot, Knife, Cutting Board, Mixing Bowl, Ladle

Cooking Instructions

1. **Marinating Beef:** Thinly slice the beef and place in a bowl. Toss with 1/2 tbsp liquid soup base (*guksi-jangguk*), black pepper, and sesame oil to season evenly.
2. **Prepping Vegetables:** Thinly shave or slice the Korean radish into bite-sized rectangular pieces. Cut the scallions into 4 cm lengths, and finely mince the garlic cloves.
3. **Sautéing Beef & Adding Water:** Heat a pot over medium heat, add the marinated beef, and stir-fry until the meat changes color. Pour in 4 cups of water and bring to a boil over medium-high heat.
4. **Simmering Radish & Finishing:** Add the sliced radish to the pot. Once the radish turns soft and translucent, stir in 4 tbsp of liquid soup base, the sliced scallions, and minced garlic. Season with salt to taste before removing from heat and serving hot.

Cooking & Pairing Tips

- **Thinly Shaving Radish:** Slicing or shaving the radish thinly allows it to cook quickly and absorb the rich beef broth deeply, resulting in a sweet, tender texture.
- **Skimming Foam for Clarity:** As the broth comes to a boil, periodically skim off floating fat and foam to ensure a clean, crystal-clear soup.
- **Perfect Food & Beverage Pairing:** A quintessential daily Korean soup (*guk*) that pairs effortlessly with warm white rice, well-aged kimchi (*baechu-kimchi*), and stir-fried fish cakes. Enjoy with roasted corn silk tea or warm barley tea.

Storage Instructions

- Store leftover soup in an airtight container in the refrigerator for up to 2–3 days. Reheat on the stovetop over medium heat until bubbling hot. The broth tastes even richer the next day as the radish releases its natural sweetness!

Nutrition Facts (Estimated)

- Total Content : Approx. 700g (1-2 servings total)
- Calories : 280 kcal total (approx. 40 kcal per 100g / 140 kcal per 1 serving)
 - Sodium : 950mg (48%)
 - Total Carbohydrate : 18g (6%)
 - Sugar : 5g (5%)
 - Total Fat : 12g (18%)
 - Trans Fat : 0g
 - Saturated Fat : 3.5g (18%)
 - Cholesterol : 45mg (15%)
 - Protein : 25g (45%)
 - Calcium : 80mg (8%)

Editor's Review

1. Transparent Elegance of Sweet Radish and Rich Beef Essence

The moment the rich, savory juices of sesame-marinated beef dissolve into the crystal-clear broth, an elegant wave of pure umami gently washes over the palate. Thinly shaved radish surrenders its natural, subtle sweetness and refreshing moisture, creating a serene balance against the comforting depth of the broth. Enhanced by the crisp freshness of green onions and a gentle whisper of garlic, it delivers an unpretentious yet deeply sensual culinary experience that captivates without overwhelming.

2. Aesthetics of Clarity Forged by Sautéing and Gentle Extraction

Sogogimutguk stands as a classic masterclass in Korean soup dining, harmonizing pre-seasoned sautéing techniques with controlled simmer science. Marinating and lightly searing the beef locks in rich savory fats before introducing water, while adding paper-thin radish slices ensures rapid, tender cooking that preserves the soup's sparkling clarity and deep body. Achieving profound richness through minimalist seasoning and careful skimming showcases a refined culinary discipline that honors the raw essence of each ingredient.

3. Serene Solace Rising from a Clear, Comforting Bowl

Harvests of the earth and land converge within a shimmering pot, quietly weaving a sanctuary of warmth and pure comfort. When cold winds chill the spirit or daily chaos weighs heavy, a steaming bowl of clear beef and radish soup embraces the heart like a gentle, reassuring touch. Free from heavy sauces, this honest and heartwarming soup washes away fatigue, refilling the soul with an enduring, grounded peace to carry you through the day.

