



Yeolmubibinguksu

Spicy Noodles with Young Summer Radish Kimchi | 열무비빔국수



A vibrant, refreshing Korean cold noodle dish combining handmade, orange-tinted fresh noodles with crisp, tangy young summer radish kimchi (yeolmu-kimchi) and a sweet-and-spicy seasoned gochujang sauce.

 **Prep: 20 mins** | **Cook: 10 mins** |  **Easy** |  **Tangy-Spicy** | 
Vegetarian Option

Ingredients (1-2 servings)

- **Fresh Noodle Dough:** 1 cup all-purpose flour, 3 tbsp carrot juice, a pinch of salt
- **Seasoned Gochujang Sauce:** 2 tbsp gochujang (chili paste), 1 tbsp sugar, 1 tbsp mirin (cooking wine), 1/2 tbsp minced green onion, 1/2 tsp minced garlic, 1 tbsp sesame oil, 1 tbsp toasted sesame seeds (crushed)
- **Garnishes & Toppings:** 1/2 cup well-ripened young summer radish kimchi (yeolmu-kimchi), 1/2 hard-boiled egg, a pinch of salt (for boiling water)

Allergy Information

- **Contains:** Wheat (Flour), Eggs (Hard-boiled egg), Soy (Gochujang), Sesame

Equipment

- Noodle Maker / Extruder (or Rolling Pin & Knife), Pot, Mixing Bowls, Strainer/Sieve, Knife, Cutting Board

Cooking Instructions

1. **Making Dough & Extruding Noodles:** Combine the flour, carrot juice, and a pinch of salt in a mixing bowl. Knead thoroughly into a smooth, pliable dough. Feed the dough into a noodle maker or extruder equipped with a noodle nozzle to yield vibrant, orange-tinted fresh noodles. *(If making by hand, roll the dough out thinly with a rolling pin and slice into noodles with a knife).*
2. **Boiling & Rinsing Noodles:** Drop the fresh noodles into a pot of boiling water with a pinch of salt. Cook until tender yet chewy. Immediately drain and submerge the noodles in cold (or ice) water, rubbing them gently between your hands to wash away excess surface starch. Drain completely and shape into a neat nest in a serving bowl.
3. **Preparing Seasoned Gochujang Sauce:** In a small bowl, combine the gochujang, minced green onion, minced garlic, sugar, mirin, sesame oil, and crushed sesame seeds. Mix until smooth and well integrated.
4. **Assembling & Serving:** Mound a generous portion of well-ripened yeolmu-kimchi over the noodle nest, pour over the seasoned gochujang sauce, and garnish with the halved hard-boiled egg. Mix thoroughly right before eating.

Cooking & Pairing Tips

- **Carrot Juice for Elasticity & Color:** Kneading dough with fresh carrot juice imparts a lovely natural orange tint and subtle sweetness while promoting gluten elasticity for exceptionally chewy noodles.
- **Vigorous Cold Washing:** Submerging and gently rubbing cooked noodles in cold or ice water locks in a springy, elastic (*jjolgit*) texture and keeps them from turning soft or gummy.
- **Perfect Food & Beverage Pairing:** The tangy spiciness cuts through richness exceptionally well, making it a fantastic pairing with steamed or fried dumplings (*mandu*), pork cutlets (*donkatsu*), or Korean savory pancakes (*pajeon*). Enjoy with a glass of iced barley tea or a cold lager.

Storage Instructions

- Fresh uncooked dough can be wrapped in plastic and stored in the refrigerator for up to 1 day. The gochujang sauce can be prepared in advance and stored in an airtight container for up to 2 weeks. Once cooked, noodles should be served immediately for optimal texture.

Nutrition Facts (Estimated)

- Total Content : Approx. 450g (1-2 servings total)
 - Calories : 520 kcal total (approx. 115 kcal per 100g / 260 kcal per 1 serving)
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- Sodium : 980mg (49%)
 - Total Carbohydrate : 96g (30%)
 - Sugar : 16g (16%)
 - Total Fat : 9g (17%)
 - Trans Fat : 0g
 - Saturated Fat : 1.5g (8%)
 - Cholesterol : 90mg (30%)
 - Protein : 15g (27%)
 - Calcium : 60mg (6%)
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Editor's Review

1. Sensual Burst of Orange Elasticity and Crimson Refreshment

The moment the chewy, freshly pressed noodles—radiating a brilliant orange hue from carrot juice—touch the tongue, their distinctive elasticity delivers a thrilling tension. Intertwined with this are the cool, crisp stems of well-aged yeolmu kimchi,

sparkling an explosion of fermented acidity and sweet-and-spicy gochujang sauce. As the nutty whisper of sesame oil softly embraces the sharp spice, every bite becomes a lively festival of popping textures and vibrant flavors.

2. Aesthetics of Texture Forged by Carrot Hydration and Cold Shocking

Yeolmubibimguksu represents a brilliant intersection of noodle-making science and fermentation aesthetics. Hydrating the dough with carrot juice rather than plain water elevates both the dough's nutritional density and visual allure, while immediately cold-shocking the boiled noodles safeguards the gluten's maximum elasticity. The way the kimchi's piercing crispness emulsifies seamlessly into the heavy umami of the sauce demonstrates a flawless mastery of culinary balance.

3. A Refreshing Sanctuary Washing Away the Lethargy of Midsummer

On a sweltering summer day when the appetite dulls, a bowl filled with vibrant orange noodles and emerald radish greens restores lost vitality at a single glance. The act of tossing the cold noodles in fiery sauce and savoring them with crisp kimchi serves as a cooling, tender ritual that instantly quenches a heat-exhausted body and mind. Woven from humble ingredients, this lively and refreshing bowl stands as the most radiant and cheerful sanctuary to comfort a sweaty summer day.

