



Yeolmuguksu

Young Summer Radish Kimchi Noodles | 열무국수



A wildly refreshing Korean cold noodle dish combining delicate, chewy wheat noodles (*somyeon*) with crisp young summer radish kimchi (*yeolmu-kimchi*) in a frosty, sweet-and-sour broth. Easy to prepare and perfectly invigorating on warm days.

 **Prep: 10 mins** | **Cook: 5 mins** |  **Easy** |  **Tangy-Spicy** |  **Cold Dish**

Ingredients (2 servings)

- **Main Ingredients:** 2 portions thin wheat noodles (*somyeon*), 2 handfuls young summer radish kimchi (*yeolmu-kimchi*), 1 hard-boiled egg (halved, for garnish)
- **Slushy Broth Mix:** 2 packets ready-made naengmyeon broth (partially frozen/slushy), 2 ladles *yeolmu-kimchi* brine, 1 cup cold water
- **Kimchi Seasoning:** 1 tbsp sesame oil, 1 tbsp sugar, crushed sesame seeds (*kkasogum*) as needed

Allergy Information

- **Contains:** Wheat (*Somyeon* noodles), Eggs (Hard-boiled egg), Soy/Beef (if broth contains soy/beef extract), Sesame

Equipment

- Pot, Strainer/Colander, Mixing Bowls, Ladle, Spoon

Cooking Instructions

1. **Preparing the Slushy Broth:** Freeze the naengmyeon broth packets in advance until slushy. In a large bowl or pitcher, mix the 2 packets of slushy broth with 2 ladles of *yeolmu-kimchi* brine and 1 cup of cold water. Keep chilled in the refrigerator.
2. **Seasoning the Yeolmu-Kimchi:** In a mixing bowl, combine 2 handfuls of *yeolmu-kimchi* with 1 tbsp sesame oil, 1 tbsp sugar, and a sprinkle of crushed sesame seeds. Toss gently to coat and set aside.
3. **Boiling & Rinsing Somyeon:** Bring a pot of water to a rolling boil and cook 2 portions of *somyeon* noodles for 3–4 minutes. Drain immediately and submerge in cold (or ice) water, rubbing the noodles vigorously between your hands to wash away surface starch. Drain completely in a strainer.
4. **Assembling & Serving:** Place the rinsed *somyeon* noodles into serving bowls. Pour the prepared icy broth over the noodles, then top generously with the seasoned *yeolmu-kimchi* and a hard-boiled egg half. Sprinkle extra crushed sesame seeds on top before serving.

💡 Cooking & Pairing Tips

- **Vigorous Cold Water Washing:** Rubbing cooked somyeon vigorously under cold running water removes gummy surface starch, ensuring the noodles stay springy, bouncy, and elastic (*jjolgit*).
- **Kimchi Substitution:** If young summer radish kimchi is unavailable, well-ripened napa cabbage kimchi (*baechu-kimchi*) makes a fantastic and equally delicious alternative.
- **Perfect Food & Beverage Pairing:** Excellent when paired with crispy Korean dumplings (*mandu*), savory pancakes (*pajeon*), or grilled pork belly (*samgyeopsal*). Enjoy with a glass of cold barley tea or a crisp lager beer.

Storage Instructions

- Best enjoyed immediately after assembly. Prepared slushy broth and seasoned kimchi can be kept separately in the refrigerator for up to 1 day. Boil and rinse fresh somyeon noodles right before serving.

Nutrition Facts (Estimated)

- Total Content : Approx. 750g (2 servings total)
 - Calories : 680 kcal total (approx. 90 kcal per 100g / 340 kcal per 1 serving)
 - Sodium : 1,180mg (59%)
 - Total Carbohydrate : 130g (40%)
 - Sugar : 18g (18%)
 - Total Fat : 9g (17%)
 - Trans Fat : 0g
 - Saturated Fat : 1.5g (8%)
 - Cholesterol : 90mg (30%)
 - Protein : 20g (36%)
 - Calcium : 60mg (6%)
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Editor's Review

1. A Crisp Sonata of Chilled Somyeon Elasticity and Tangy Refreshment

The moment the icy, slushy broth drenches the tip of the tongue, the smooth and supple feel of thin somyeon noodles introduces a delightfully refreshing tension. As the cool, crisp stems of well-ripened yeolmu-kimchi yield beneath your teeth, a vibrant wave of fermented tang and subtle savory richness explodes across the palate. Interwoven with the nutty pops of toasted sesame seeds and a fragrant

touch of sesame oil, it delivers a lively, effortless symphony of flavor that instantly revives lost summer appetites.

2. Textural Aesthetics Forged by Vigorous Starch Friction and Broth Balance

Yeolmuguksu stands as an exemplar of summer Korean dining, uniting precise starch reduction with a expertly balanced cold broth. Vigorously rubbing the cooked somyeon noodles under cold water to completely strip away gummy surface starch serves as the essential technique safeguarding their delicate springiness. Blending ready-made naengmyeon broth with the crisp acidity of kimchi brine and a touch of sweetness—then chilling it into fine ice slush—showcases a brilliant culinary mastery that elevates simple staples into a multi-layered masterpiece.

3. A Gentle Emerald Oasis Cooling the Weary Midsummer Soul

In the sweltering depths of midsummer, a large bowl filled with emerald radish greens and bone-chilling slush serves as a pristine oasis at the end of a long day. The simple act of gulping down the brain-freezing broth and snapping the bouncy noodles becomes a cooling, tender ritual that instantly cleanses away heat and seasonal fatigue. Without needing grand gestures, this icy, cheerful bowl offers the most authentic and comforting sanctuary, gently cradling an exhausted daily journey.

