



Yeolmunaengmyeon

Buckwheat Noodles with YoungSummer Radish Kimchi | 열무냉면



A wildly refreshing Korean cold noodle dish featuring chewy noodles steeped in a slushy, tangy broth combined with crisp young summer radish kimchi (yeolmu-kimchi). Perfect for beating the heat with its frosty, sweet, sour, and savory flavor profile.

 **Prep: 15 mins** | **Cook: 5 mins** |  **Easy** |  **Tangy-Spicy** |  **Cold Dish**

Ingredients (2 servings)

- **Main Ingredients:** 2 portions cold naengmyeon noodles (buckwheat or starch noodles), 2 packets ready-made naengmyeon broth (slushy frozen), 1 handful young summer radish kimchi (yeolmu-kimchi), 1 ladle yeolmu-kimchi brine, 1 hard-boiled egg (halved), 1/4 cucumber (julienned)
- **Kimchi Seasoning:** 1 tsp sugar, 1 tbsp toasted sesame seeds (crushed)
- **Broth Mix & Finishing:** 1 tbsp plum extract (maesil-cheong), extra crushed sesame seeds, yellow mustard paste and vinegar (optional, to taste)

Allergy Information

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

Equipment

- Large Pot, Colander/Strainer, Rolling Pin, Mixing Bowls, Knife, Cutting Board

Cooking Instructions

1. **Pre-Freezing & Seasoning Kimchi:** Freeze the naengmyeon broth packets in advance until slushy. Place 1 handful of yeolmu-kimchi in a mixing bowl, add 1 tsp sugar and 1 tbsp crushed sesame seeds, and toss gently to season.
2. **Separating Noodle Strands:** Place the naengmyeon noodle bundles in a colander, wet them lightly with cold water, and gently rub the strands apart by hand. Set a large pot of water over high heat to boil.
3. **Prepping Garnishes:** Prepare 1 hard-boiled egg and cut into halves. Thinly julienne 1/4 cucumber.
4. **Preparing Slushy Broth:** Gently tap the frozen broth packets with a rolling pin to break them into a fine slushy consistency. Pour into a bowl, then stir in 1 ladle of yeolmu-kimchi brine and 1 tbsp plum extract.
5. **Boiling Noodles:** Add the separated noodles to the rolling boil and cook over high heat for approximately 1 minute (avoid overcooking).
6. **Cold Rinse & Assembly:** Immediately drain the cooked noodles and submerge under cold running water, rubbing them gently between your hands to wash away excess surface starch. Drain and squeeze gently, then divide

into serving bowls. Top with the seasoned yeolmu-kimchi, julienned cucumber, and egg half. Pour the icy broth mixture over top, sprinkle generously with crushed sesame seeds, and serve with yellow mustard and vinegar on the side to taste.

Cooking & Pairing Tips

- **Slushy Broth Technique:** Freezing the broth packets solid and gently crushing them with a rolling pin right before serving creates a slushy ice texture that keeps the soup freezing cold down to the last bite without diluting the flavor.
- **Vigorous Starch Washing:** Naengmyeon noodles release a high amount of surface starch during boiling. Rinsing vigorously under cold running water removes gummy residue, guaranteeing a delightfully springy and elastic texture.
- **Perfect Food & Beverage Pairing:** Excellent when paired with savory Korean barbecue such as *Galbi*, *Samgyeopsal*, or steamed pork slices (*Bossam*). Enjoy with a glass of cold barley tea or a crisp lager beer.

Storage Instructions

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

Nutrition Facts (Estimated)

- Total Content : Approx. 700g (2 servings total)
 - Calories : 720 kcal total (approx. 102 kcal per 100g / 360 kcal per 1 serving)
 - Sodium : 1,250mg (63%)
 - Total Carbohydrate : 140g (43%)
 - Sugar : 22g (22%)
 - Total Fat : 8g (15%)
 - Trans Fat : 0g
 - Saturated Fat : 1.5g (8%)
 - Cholesterol : 90mg (30%)
 - Protein : 22g (40%)
 - Calcium : 70mg (7%)
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Editor's Review

1. Ultimate Refreshment Bursting from Slushy Broth and Crisp Yeolmu

The moment the icy, slushy broth touches the tip of the tongue, an ultimate, bone-chilling refreshment instantly awakens the palate. Over the dizzying elasticity of naengmyeon noodles—vigorously washed free of surface starch—the cool, crisp bite of well-aged yeolmu kimchi creates a flawless contrast. As nutty crushed sesame seeds pop within the vibrant broth, enriched by plum extract and tangy kimchi brine, every bite culminates in a lively, sensual festival of textures.

2. Aesthetics of Texture Forged by Slushy Broth and Vigorous Starch Washing

Yeolmunaengmyeon represents the pinnacle of summer dining, elevating temperature control and noodle mechanics to their absolute peak. The technique of gently crushing frozen broth packets with a rolling pin to create a slushy texture is brilliant culinary science, preserving a piercing coldness down to the very last drop without diluting the flavor. Vigorously rinsing the boiled noodles in cold water to completely strip away gummy surface starch is the core technique that safeguards the noodles' signature springy and resilient chew.

3. A Cool Emerald Oasis Washing Away the Sweltering Summer Heat

In the dead of a stifling midsummer, a large bowl filled with emerald radish greens and icy slush serves as a transparent oasis restoring lost vitality. The act of gulping down the brain-freezing broth and snapping the chewy noodles is a cooling, tender ritual that instantly quenches a body and mind flushed by the blazing sun. Without needing grandiose gestures, this icy, cheerful bowl offers the most definitive summer sanctuary, cleanly washing away the exhaustion of a sweaty, exhausting day.

