KOREAN

Korean Short Rib Soup (Galbitang)

COMPLEXITY	SERVES	PREP	COOK	TECHNIQUE	CUT
Involved	**4**	**15 min + 2 hr soaking**	**2 hr 30 min**	**Simmer**	**Braising ribs**

Ingredients

- 1 kg (2¼ lb) beef braising ribs, in 5 cm (2 in) pieces
- 2.5 litres (10 cups) water
- 300 g (10½ oz) Korean radish or daikon, cut into 3 cm (1¼ in) pieces
- 1 onion, halved
- 6 cloves garlic, smashed
- 4 cm (1½ in) ginger, sliced
- 2 tbsp soy sauce (guk-ganjang if available)
- 1 tsp salt, plus more at the table
- 1 tsp black pepper
- 100 g (3½ oz) glass noodles (dangmyeon), soaked 20 minutes (optional)
- 3 scallions, sliced
- 1 egg, made into a thin omelette and sliced (optional)
- Steamed rice and kimchi, to serve

Steps

1. Soak the ribs in cold water for 2 hours, changing the water once, to draw out the blood.
2. Boil the ribs in fresh water to cover for 8 minutes until scum rises. Drain, rinse the ribs, and wash the pot.
3. Put the ribs in the pot with the 2.5 litres of water, the onion, garlic and ginger. Bring to a boil over high heat, then lower to a gentle simmer.
4. Cook partly covered for 1 hour 30 minutes, skimming any foam, until the meat is tender and the broth is milky.
5. Add the radish and soy sauce. Simmer 25 minutes more, until the radish is soft and translucent.
6. Discard the onion, garlic and ginger. Let the soup sit for 5 minutes, then skim off the fat floating on top.
7. Add the noodles for the last 5 minutes if using. Season lightly with the salt and pepper; the soup is traditionally under-seasoned until served.
8. Ladle into bowls with the ribs and top with scallions and egg strips. Serve with rice and kimchi.

Notes

- **Make ahead:** chill overnight to set the fat, which is easy to lift off. Fridge 3 to 4 days; freezes 3 months, without the noodles. Reheat to steaming hot.
- **Seasoning:** offer extra salt at the table so each person can season their own bowl, as is traditional.
- **Related:** the rich broth owes its body to the collagen in the ribs and bones.
- **Slow cooker:** do steps 1 and 2, then cook on low 8 hr or high 4 to 5 hr with 2 litres (8 cups) water, adding the radish for the last 1½ hr (low) or 45 minutes (high).