

Korean Soft Tofu Soup (Soondubu)

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Recipe Type: hearty soup | Serves: 4 big portions

Ingredients:

4 cups anchovy broth*
1/2 pound thinly sliced beef (tri tip, flank steak, top round...etc.)
1 cup mushrooms
2 packs silken tofu
1 white onion finely diced
2 tbsp sesame oil
4 eggs (one per how many bowls)
1 tsp salt + pepper each
1/2 cup chopped kimchi
1/4 cup gochujang (Korean hot pepper paste)
1 tsp sugar
1 tsp chili powder (more or less to taste)
chopped green onions
rice or noodles to serve

Directions:

Sauté onions, oil, salt, pepper, sugar, kimchi, chili and chili paste on medium high heat. After onions turn translucent, add beef and mushrooms and cook for another 5 minutes until beef fully browned. Add broth and tofu and cook on high for another 5 minutes. Add more of any seasoning to taste. Cook your eggs either in the pot or poach separately. Serve soup HOT in a bowl with your rice or noodles, egg on top garnished with scallions.

*cook anchovy broth by boiling water with 4 anchovies and a palm size of dried seaweed or dried kelp. Cook for 15-20 minutes and strain.