

Mul Naengmyeon - Cold Noodle Soup
(A Korean Dish from 1392 to current)
Lady Isabella Tinker

Naengmyeon is a refreshing and old noodle soup that is great on a hot day. This soup has been fondly referred to as the “Magic Soup” at Warriors and Warlords. This is because it is a great way to restore the body with electrolytes, while the ice-cold broth cools the body down. This recipe for cold noodle soup requires the components of 3 other recipes to make this the traditional way. These 3 recipes are dongchimi – radish water kimchi, mu chojeorim – pickled radish, and braised beef. This combination of recipes is based on recipes from Jewels of the Palace: Royal Recipes from Old Korea by Bok Yeok Han and recipes passed down to me by my mom.

Dongchimi – Radish Water Kimchi

1 large daikon radish
2 TBS salt

Kimchi Liquid:

1 apple
½ onion
4 cloves garlic
¼ C salt
1000 mL water
2 whole pepper (optional)
3 mustard leaves
2 green onions



Cut the radish into 2” x ½” thick strips. (alternatively, use the whole radish. But fermenting will take much longer). Let the radish sit in salt for 30 minutes. Rise the radish and place it into a jar.

Puree the apple, onion, and garlic. Place the mixture into a cheese cloth and squeeze out the juice. Place this juice into the jar. (Alternatively, the apple, onion, and garlic can be sliced and placed in the container until fermented, however after fermentation the apple, onion, and garlic must be removed.) Add salt to water and mix until dissolved. Add to jar. Slice pepper, mustard leaves, and green onion at a thin diagonal and add to container. Let the jar sit out for 1 day. After that, store in refrigerator for at least one week.

Mu Chojeorim Pickled Radish

1 daikon radish
3 tbs sugar
1 TBS salt
1 cup vinegar
4 cups water

Cut radish into 1 ½” pieces. Lay the cut radish flat and cut it into strips. Place in jar. Dissolve sugar and salt into the vinegar and water. Pour over radishes in the jar.

Braised Beef

5 lb beef – round house round
1 apple cut into 6ths
1 onion cut into 4ths
6 garlic cloves whole peeled
1 daikon radish cut into large pieces

In a large pot, boil enough water to cover meat. Add apple, onion, garlic, and radish. Add the meat. Let it boil for 1 hour. After cooking the beef, remove and wrap in cheesecloth or plastic wrap. This will help the beef stay firm for cutting. Strain and keep the broth and remove apple, onion, garlic cloves, and radish. Cool down the broth and remove fat.

Mul Naengmyeon – cold noodle soup

1 pkg naengmyeon buckwheat noodles
Broth
Side dishes/toppings

Broth:

5 C braise beef broth
1 C dongchimi liquid
2 Tbs soy sauce
1 tsp salt

Side Dishes/Toppings:

Dongchimi – Radish Water Kimchi
Mu Chojeorim Pickled Radish
Boiled Egg
Sliced Cucumber
Sliced Beef



Mix the beef broth and dongchimi liquid. Add soy sauce for flavor and color. Add salt as needed. Cook the noodles as instructed on the package. Once cooked, drain the water and wash the noodles with cold water. Portion the noodles into bundles, one per serving. Use scissors to cut noodles if too long. Add broth to a bowl of cooked buckwheat noodles. Vinegar and mustard oil can be added to individual bowls to taste. Eat with your choice of side dishes and toppings.