KOREAN · LUNCH · DINNER

Galbitang (Korean Beef Short Rib Soup)

갈비탕

120 min · plus 2 hours soaking the ribs Serves 4 417 kcal a serve

Video 14:47 in Korean · 백종원 PAIK JONG WON

No dairy listed No nuts listed

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About 29 g protein and 21 g net carbs a serve, most of the carbs from the glass noodles: beef short ribs simmered for 1½ hours with radish and kelp into a clear broth, with no sugar or oil.

Diet notes: Gluten-free with a swap: Use a gluten-free soup soy sauce or tamari, and check the glass noodles are pure sweet-potato starch.

Ingredients 11 · SERVES 4

- [ ] 2 lb **beef short ribs** on the bone, cut into 1½–2 inches pieces
- [ ] 4¼ quarts **water** (2 quarts to start, 2 quarts added as it cooks down)
- [ ] 11 oz **Korean white radish** (mu, about ⅛ of one), in large chunks
- [ ] 1 piece (¼ oz) **dried kelp** (dasima)
- [ ] **Spring onion**: 1 stalk (3½ oz) Korean leek or thick spring onion, left whole and lifted out at the end
- [ ] ⅓ cup **Korean soup soy sauce** (guk-ganjang)
- [ ] 1 tbsp (¾ oz) minced **garlic**, steeped in a sieve
- [ ] **fine salt** to taste
- [ ] 3 oz **dried glass noodles** (dangmyeon), soaked in hot water for an hour
- [ ] sliced **spring onion**, to serve
- [ ] **ground black pepper**, to serve

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Gluten, Soy. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Soak the short ribs, cut into 1½–2 inches pieces, in cold water for about 2 hours to draw out the blood (thaw them first if frozen). 2:43
2. Drop the ribs into a pot of boiling water and boil for about 5 minutes, until the bones change colour, then drain and rinse every piece — and the pot — so the broth stays clear. 3:58
3. Put the ribs back in the pot with 2 quarts cold water, the radish chunks, kelp, whole leek and soup soy sauce. Bring to the boil, then simmer on medium-high for 1½ hours, topping up with the other 2 quarts water as it reduces. 5:59
4. Lift out the kelp after about 10 minutes and the radish after about 40, and slice both. When the ribs are tender, squeeze the leek into the pot and throw it away. 8:08
5. Hang a sieve in the broth with the minced garlic in it so the flavour seeps through, then season with salt. 9:19
6. Line each bowl with soaked glass noodles, add ribs, a few slices of radish and plenty of broth, and finish with spring onion, the sliced kelp and black pepper. 11:47

> **Tip** Dip the meat in soup soy sauce, or soy sauce with a little vinegar and mustard. Koreans often add rice to the broth; skip the noodles or use shirataki to keep it lower in carbs. Pork ribs work too.

The method is a summary in our words, in English — the video (in Korean) shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
417 kcal	**29** g	**23** g	**2.3** g	**24** g	**1,260** mg
1,740 kJ	57% of a day	21 g net · 2.2 g sugars	8% of a day	10 g saturated	55% of a day
		8% of a day		30% of a day	

Energy from net carbs 20% · protein 28% · fat 52% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Vitamin B12 147% · Zinc 94% · Selenium 62% · Vitamin B6 22% · Iron 20% · Vitamin C 20%

Source of (10–19%) Magnesium 13% · Vitamin K 13% · Folate 13% · Potassium 11%

⚠ One serve has about 55% of a day's sodium — less salt, stock or sauce (or reduced-salt versions) brings it down.

Recipe and video: 백종원 PAIK JONG WON on YouTube — youtube.com/watch?v=SBKRrJRCFu8. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/galbitang-korean-short-rib-soup