KOREAN · LUNCH · DINNER

Seolleongtang (Korean Ox Bone Soup with Brisket)

510 min · Serves 6 · 267 kcal a serve · Video 5:27 · makitchen

Gluten-free ingredients · Dairy-free · Nut-free

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Hours of simmering turns plain beef bones into a rich, milky broth; with the brisket each bowl gives about 37 g of protein and is a good source of zinc and vitamin B12, with no added fat once the broth is skimmed.

Diet notes: Carnivore if you leave out the green onions; Low carb (1.9 g net carbs) but not keto: 42% of the energy is from fat, and keto meals get about 60% or more.

Ingredients 6 · SERVES 6

- ☐ 900 g **beef marrow bones**, for the broth
- ☐ about 2.8 L **milky bone broth**, made from the bones boiled in 3.3–3.8 L of water
- ☐ about 450 g **beef brisket or shank**
- ☐ **salt** to taste, at the table
- ☐ **black pepper** to taste, at the table
- ☐ about 100 g chopped **green onions**, to serve (optional)

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

Contains: none of the common allergens in the listed ingredients. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Soak the marrow bones and brisket in cold water for at least 1 hour (or overnight) to draw out the blood, then drain and rinse. 0:25
2. Cover the bones with cold water, bring to the boil and boil 5–10 minutes. Drain, rinse off all the scum and wash the pot. 0:35
3. Return the bones and brisket with 3.3–3.8 L of water. Bring to the boil, cover and keep at a steady medium boil for 1–1½ hours, until the brisket is tender. Lift out the beef, cool it and refrigerate. 1:05
4. Keep boiling the bones for another 5–6 hours, topping up with boiling water once or twice so about 2.8 L stays in the pot, until the broth is glossy and milky white. Strain it. 2:07
5. Cool the broth completely and chill it overnight, then lift off the layer of solid fat. 3:12
6. Reheat the broth, slice the brisket thinly and put it in bowls. Ladle the hot broth over, season at the table with salt and pepper, and scatter green onions on top if you like. 3:54

> **Tip** Serves 4–6 per the cook; we use 6 bowls of about 470 ml. Time leaves out the overnight chill. The cook serves it with glass noodles, rice and radish kimchi; skip those to keep it carnivore. Freeze spare broth.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
267 kcal	**37** g	**2.4** g	**0.5** g	**12** g	**1,000** mg
1,120 kJ	75% of a day	1.9 g net · 0.4 g sugars 1% of a day	2% of a day	4.7 g saturated 16% of a day	44% of a day

Energy from net carbs 3% · protein 56% · fat 41% — very low carb (under 10% of the energy from carbs)

High in (20%+ of a day) Vitamin B12 79% · Zinc 41% · Selenium 32% · Vitamin K 30%

Source of (10–19%) Vitamin B6 16% · Iron 15% · Potassium 11%

Recipe and video: makitchen (@makitchen) on YouTube — youtube.com/watch?v=9X-A8AkaqG0, published 10 January 2021. 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/seolleongtang-korean-ox-bone-soup