

# Miyeok-Guk (Korean Seaweed Soup)

## Featuring Kelp, Wakame

Miyeok, known as sea mustard or wakame, is the star of this simple soup. Koreans enjoy this soup on their birthdays because it's one of the first foods given to new mothers. Enjoy it any day for its iodine, folate, trace minerals, and antioxidant content.

### Ingredients:

9 cups water  
14 large dried anchovies (about 3 inches each), heads and guts removed  
2 pieces (about 3 x 4-inch) dried dasima (kelp)  
1/2 cup loosely packed dried miyeok (wakame), coarsely chopped into 2-inch pieces  
5 cloves garlic, peeled, minced  
2 tablespoons gukganjang (Korean soy sauce), divided  
Toasted sesame oil to taste (optional)

### Instructions:

- 1 Combine water, trimmed anchovies, and dasima in a 3-quart pot over high heat. Bring to a boil, then lower heat and simmer for 15 minutes. Remove anchovies from broth and use for compost or another use. Remove and strain dasima, allowing to cool before slicing into 1-inch pieces, then set aside.
- 2 Add miyeok and garlic to the broth.
- 3 Add up to 1 tablespoon gukganjang, one teaspoon at a time, to achieve desired taste.
- 4 Simmer for 10 minutes. Stir dasima back into the pot, and remove from heat.
- 5 To serve, divide soup evenly among 4 soup bowls. May add a few drops of sesame oil to each bowl to taste, if desired.

### Nutritional information (per serving):

13 calories, 0 g fat, 0 g saturated fat, 496 mg sodium,  
2 g carbohydrate, 0 mg cholesterol, 0 g total sugars,  
1 g fiber, 3 g protein

**Makes 4 servings**

**Prep Time:** 10 min.

**Cooking Time:** 30 min.

**Total Time:** 40 min.

### Recipe Author

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### Notes:

- 1 Dasima (Korean) is also sold as “kelp” (American) or “kombu” (Japanese). Miyeok (Korean) is also sold as “sea mustard” (American) or “wakame” (Japanese).
- 2 This recipe is based on a dried miyeok that does not require soaking. If needed, soak in cold filtered water for 30 minutes, drain, squeeze, and rough chop into 2-inch pieces for the recipe.
- 3 Gukganjang is a variety of Korean soy sauce used to season soups and stews. It is lighter in color, less sweet, but saltier than basic soy sauce. It is sometimes sold as “soy sauce for soup” by Korean brands. If unavailable, use salt to taste.
- 4 Depending on the region of Korea, miyeok-guk can also include mussels, fish, tofu, or beef brisket, but it is not necessary. The essential ingredient is seaweed.
- 5 To make this recipe vegan, omit anchovies. Step 1 can be made ahead, frozen for later use, or used as a base broth for other soups and stews.