

Oxtail Soup (牛尾汤)



Weather forecast says several rainy days ahead for the Los Angeles area! To prepare for this unusually wet and cold condition, I'm making what was a definite comfort food for my sister and I when we were growing up (still is).

Ingredients:

2 packs of beef oxtail (about 4lbs total)

1 whole onion

2 green onions

Salt and Pepper to taste



Directions:

1. Soak the oxtails in cold water to get the blood out (I usually do this overnight changing the water every so often, but several hours will be enough)
2. Drain the oxtails, add to a huge pot and pour water just until covered. Boil once then discard water and drain (you will see brown stuff floating around)
3. Rinse and clean the oxtails in water and throw them back into the huge pot



4. Peel a whole onion (leaving a clean layer of the onion peel on gets rid of the gamey taste)
5. Throw the onion into the pot with the oxtails and pour as much water as you can where it won't boil over on high heat (about few inches from the rim)
6. Boil on high heat with lid slightly covered until reduced by about half
7. Skim off the fat from the top and ladle into a bowl
8. Sprinkle sliced green onions and finish with some salt and pepper

Dduk Gook (국)



A Korean ritual to ring in the New Year is 국. A dish that can be eaten anytime of the year but definitely on New Years day.

Ingredients:

1-2 handful – 국 | Oval sliced dduk (rice cakes)

2 cups – 국 | Oxtail Soup Broth & Meat

1 egg

2 pieces – 국 | Korean Laver (seaweed)

Sesame Seed

Green Onion – sliced

Salt & Pepper to taste

Directions:

1. Put the rice cakes in cold water for 20 minutes to soak
2. Add the oxtail broth and meat to a pot and boil
3. Add rice cakes
4. Mix up the egg and fry it, eventually cutting to thin strips and set aside
5. Using scissors, cut the seaweed pieces into thin strips as well and set aside
6. Tasting the broth along the way, add salt and pepper to

taste

7. Once the dduk rises to the top of the soup, you are ready to serve the bowl
8. Add the sliced egg, seaweed, green onion and sesame seed as preferred

