



From the Kitchen of Executive Chef Jessica VanRoo

Vegetarian Rice Cake Soup

Description

Tteokguk, or rice cake soup, is a delicious and filling soup made with disc-shaped rice cakes in a clear broth. Koreans eat it on Seollal, the first day of the lunar calendar. The whiteness of the soup symbolizes a clean, fresh start. The disc-shaped rice cakes are meant to resemble coins. Together, they represent a wish for a prosperous year for anyone who eats them. By Korean tradition, everyone ages up one year on Seollal, but the process isn't complete until you've eaten a bowl of tteokguk! Rice cake soup also includes cabbage and shitake mushrooms. Carrots add a vibrant orange pop of color, evidence they are high in vitamin A, which is great for vision support. The broth is laden with leeks, onions and garlic — all part of the allium family, which several studies show are linked to a lower risk of heart disease and stroke. The soup is garnished with nori, a type of seaweed full of vitamins and minerals — including iodine, iron and calcium that are particularly good for thyroid health. Your thyroid relies on iodine to make essential hormones. The recommended dietary intake (RDI) of iodine for adults is 140 micrograms a day and a single sheet of nori provides between 16-43 mcg. The rice cakes that give this soup its name are made from a mix of rice and flour, with a chewy consistency that perfectly complements the light broth and vegetables. Beware, though. They are high in calories, so it's best to stick with the portions in this recipe.

*Recipe serves 6. Total cost \$12.75/\$3.19 per serving. 256 calories per 1½ cup serving.



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Ingredients

- 1 tablespoon avocado oil
- 1 onion, julienned
- 3 green onions (whites and greens chopped and separated)
- 1 large leek, chopped (use white part only)
- 1 tablespoon garlic, minced (about 3 cloves)
- 8 shitake mushrooms, stems removed and sliced
- 1 cup Napa cabbage, chopped
- 1 carrot, shredded or julienned
- 1½ cups rice cakes. If frozen, soak in water 30 minutes before using.
- 6-8 cups vegetable broth or water
- 10 frozen vegetable dumplings or more rice cakes
- ½ tablespoon sesame oil
- Salt and pepper to taste
- 2 sheets nori, cut into strips
- 3 eggs, whisked and cooked like an omelet, sliced into ¼" pieces for garnish (optional)



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1. Toss minced cabbage and chives in colander, sprinkle with $\frac{1}{2}$ tablespoon of salt and allow to stand for 20 minutes.
2. Place the cabbage and chive mixture in the middle of a large piece of cheesecloth and squeeze out as much liquid as possible.
3. Heat a medium skillet and add oil, mushrooms and bean curd. Stir fry about 30 seconds.
4. Turn off heat, add cellophane noodles, the cabbage and chive mixture and stir.
5. Add soy sauce, rice wine, black pepper, sesame oil and salt to taste.
6. Place 1 teaspoon of cooled filling mix in the center of each gyoza wrapper, lift and bring the edges together to create a half-moon shape.
7. Pinch edges together making about 5 pleats to create a sealed pouch.
8. Heat nonstick skillet, add $\frac{1}{2}$ tablespoon of vegetable oil and place dumplings in a single layer in the pan.