



A Taste of Korea

BIBIMBAP

(Seasoned Vegetables with Grilled Beef over Rice)

By YoungHee Chudy

May 25, 2023

Bibimbap - translation: *bibim* – mixed; *bap* (pronounced like Bob) – Rice

This popular Korean dish mixes a variety of vegetables with rice in one bowl. Fried eggs, beef, chicken or other meat may be added. *Bibimbap* is a unique Korean dish that balances nutrition and taste. Different ingredients may be mixed together according to individual's dietary needs or preference.

- Rice – cooked (usually 1 cup per serving)

Vegetables (various; try to use seasonal, local ones)

- Carrots
- Zucchini (asparagus, cucumber)
- Baby Spinach (kale or similar green)
- Bean sprouts
- Mushrooms
- Radish (daikon style)
- Scallions (thinly sliced) as top garnish before serving
- Eggs* (see below)

Seasoning (for 1 cup sliced vegetables; enough for 4-5 servings)

- Soy sauce 1 tsp (Korean style soy sauce: paler color and lighter taste)
- Sesame oil ¼ tsp
- Sesame seeds (roasted) ¼ tsp
- Garlic (minced) ¼ tsp

Sauce (for final mixing with rice before eating) ***Go.chu.jang*** Sauce (~ 1 TBS per serving)

- *Gochujang* (hot pepper paste) 4 tsp
- Sugar 1 tsp
- Sesame seeds (toasted) 1 tsp
- Sesame oil 2 tsp
- Rice vinegar 1 tsp

Preparation and Cooking (**Each vegetable should be prepared separately**)

- Clean and cut each vegetable into thin strips
- Blanch in lightly-salted boiling water, squeeze out liquid
- Once you remove the vegetable from the boiling water (run under cold water, if necessary) squeeze out liquid, and mix it with seasoning (the seasoning above)

Optional: for softer texture, you may stir-fry certain vegetables quickly over high heat

*Eggs: Fried and cut in strips and arranged with vegetables **or** Sunny Side Up on top

Assembling/Serving (may be served hot or cold)

1. Place cooked rice in a large bowl.
2. Top with prepared vegetables - each vegetable should be arranged separately in a colorful order
3. Drizzle with ~1/2 tsp sesame oil, sprinkle sesame seeds, chopped scallions

>>A fried egg (*sunny side) can be added in the center. Also Bulgogi (grilled marinated beef) or chicken, other prepared meat, fish may also be added

Eating

- Mix everything with ~1 Tbs *Gochujang* (adjust according to your palate; soy sauce may be substituted)

Optional add-on **Bulgogi (Grilled Marinated Beef)** (translation: *bul* – fire: *gogi* – meat)

- Beef (sirloin or similar meat *thinly sliced like thick bacon cuts*), 1 lb

Marinade

- Soy sauce 3 Tbs
- Sugar 2 Tbs
- Honey 1 Tbs
- Mirin (Japanese style cooking wine) 2 Tbs or less
- Sesame oil 1 Tbs
- Garlic (minced) 1 tsp
- Sesame seeds (roasted) 1 tsp
- Black Pepper – pinch
- Scallions (chopped, optional)

1. Mix the marinade well until the sugar completely dissolves
2. Add the marinade to the beef, knead and let it marinate for at least one hour (overnight in the fridge ok)
3. Grill or pan fry, stirring often until beef turns a bit brown
4. Serve hot