

How To Cook Bibimbap



Bibimbap

Serves 4

a Korean rice bowl with beef and vegetables

Ingredients:

- 1. 3 cups short grain rice**
- 2. 8 ounces beef, rib eye or sirloin (substitute shiitake mushrooms for a vegetarian dish)**
- 3. 2 cups boiled gosari*, 고사리 (fernbrake)**
- 4. 16 ounces soybean sprouts, 콩나**

- 물 (or mung bean sprouts, 숙주)**
5. **1 bunch spinach**
 6. **2 kirby (pickling) cucumbers (or 1 Korean cucumber)**
 7. **2 small zucchinis**
 8. **2 medium carrots**
 9. **5 teaspoons minced garlic**
 10. **2 or 3 scallions, chopped**
 11. **soy sauce**
 12. **sesame oil**
 13. **roasted sesame seeds**
 14. **salt and pepper**
 15. **vegetable or canola oil**
 16. **4 eggs**

Bibimbap sauce

1. **4 tablespoons of Korean red chili pepper paste (gochujang, 고추장)**
2. **1 tablespoon of sugar**
3. **1 tablespoon of sesame oil**
4. **3 tablespoons of water**

Procedures:

1. **Cook the rice in a rice cooker or following package directions, using a little less water than called for.**

The rice for bibimbap should be a little drier than usual for best results.

- 2. Beef: Cut into thin 2-inch long strips. Mix in 1 tablespoon of soy sauce, 2 teaspoons of sugar, 2 teaspoons of sesame oil, 2 teaspoons of rice wine, 1 tablespoon of chopped scallion, 1 teaspoon minced garlic, 1/2 sesame seeds and a pinch of pepper. Marinate for 20 minutes. Sauté in a skillet for 2 - 3 minutes over high heat.**



- 3. Gosari (Fern brake): Cut into 3-inch lengths. Season with 2 tablespoons of soy sauce, 1 tablespoon of sesame oil, 1 teaspoon minced garlic, 1/2 teaspoon of sesame seeds, and a pinch of pepper. Let stand for 10 minutes. Sauté in a**

skillet with 1 tablespoon of vegetable/canola oil for about 5 minutes over medium heat.



- 4. Soy bean sprouts: Bring 1 cup of water to a boil with a teaspoon of salt. Add the bean sprouts and boil for 3 minutes. Drain quickly and shock in cold water to stop cooking. Drain again. Toss with 1 teaspoon of minced garlic, 2 teaspoons of sesame oil, 1/2 teaspoon of sesame seeds, and salt and pepper to taste.**



- 5. Spinach: Blanch the spinach in**

salted boiling water only until wilted, 30 - 40 seconds. Drain quickly and shock in cold water. Squeeze out water. Cut into 3-inch lengths. Toss with 1 tablespoon of chopped scallion, 1 teaspoon minced garlic, 1 teaspoon of sesame oil, 1/2 teaspoon of sesame seeds and salt and pepper to taste.



- 6. Cucumbers: Cut the cucumbers in half lengthwise and then thinly slice crosswise. Generously sprinkle salt over sliced cucumbers and set aside for 10 - 15 minutes. Squeeze out excess liquid. Toss with 1 tablespoon of chopped scallion, 1/2 teaspoon minced garlic, 1 teaspoon sesame oil and 1/2 teaspoon of sesame seeds.**



- 7. Zucchini:** Cut the zucchinis in half lengthwise and then thinly slice crosswise. Generously sprinkle salt over sliced zucchinis and set aside for 10 - 15 minutes. Squeeze out excess liquid from salted zucchini by hand. Add 1 tablespoon of chopped scallion, 1/2 teaspoon minced garlic, 1 teaspoon sesame oil and 1/2 teaspoon sesame seeds. Sauté in a lightly oiled skillet for 1 - 2 minutes over medium high heat.



- 8. Carrots:** Julienne the carrots into match sticks. Sauté in a lightly oiled

skillet for 1 - 2 minutes over medium high heat, sprinkling salt and pepper to taste.



9. **Combine all of the sauce ingredients in a small bowl and mix thoroughly.**

10. **Assemble: Place a serving of rice in a big bowl. (If using a stone bowl, heat it over medium heat until very hot. Add 1 tablespoon of the sesame oil and rice and cook the rice for several minutes until the rice sizzles.) Nicely arrange a small amount of each prepared vegetable and beef over the rice. Drizzle a little sesame oil over. Top with an egg fried sunny-side up and serve with the red pepper paste sauce.**

Notes

1. ***You can buy dried gosari (고사리) at any Korean market. Rehydrate by boiling in water until tender.**
2. ****Other common toppings for bibimbap include shiitake mushrooms (sliced and sautéd), bell flower roots (doraji - soaked and sautéd), onion (sliced and sautéd), a leaf of lettuce, and kimchi (sliced).**