

Bibimbap {Korean}



Serves: 3 | Prep: 35 min | Cook: 55 min | Source: #ParlezPantry

Bibimbap "mixed rice", sometimes romanised as bi bim bap or bi bim bop, is a Korean rice dish. The term "bibim" means mixing (burned rice at the bottom of the dish and cooked rice), while the "bap" noun refers to rice.

Bibimbap is served as a bowl of warm white rice topped with namul (sautéed and seasoned vegetables) or kimchi (traditional fermented vegetables) and gochujang (chilli pepper paste), soy sauce, or doenjang (a fermented soybean paste). Raw beef and raw egg are more authentic but that's your choice.

A raw or fried egg and sliced meat or minced meat as used here (usually beef) are common additions. The hot dish is stirred together thoroughly just before eating.

Bibimbap is an extensively customisable food that came from early rural Koreans taking leftover vegetables, sometimes having meat, with rice and mixing them in a bowl. This was cheap and did not require all of the time and space of a traditional meal.

Ingredients

Meat:

- 100 g beef mince
- 1 tbsp soy sauce
- 1 tbsp sesame oil
- 1 tbsp vegetable oil
- 1 tsp brown sugar
- ¼ tsp minced garlic

Vegetables:

- 250 g spinach
- 350 g bean sprouts
- 150 g shiitake mushrooms
- 120 g carrots
- ½ tsp sea salt
- 3 cups rice (steamed)
- 3 eggs
- 3" strips Korean seaweed (thinly sliced)
- 2 tbsp gochujang
- 1 tbsp sesame oil
- 2 tbsp vegetable oil
- 1 tbsp sugar
- 1 tbsp water
- 1 tbsp sesame seeds (toasted)
- 1 tsp vinegar (apple cider)
- 1 tsp minced garlic



Method

1. I used beef mince but thinly sliced rib eye steak is an excellent replacement, mix the beef mince with the soy sauce, sesame oil, brown sugar and the minced garlic.
2. Marinate the meat for approximately 30 to 60 minutes in the fridge whilst you combine the other ingredients, this shall increase the flavour.
3. Add vegetable oil into a wok and cook the meat on a medium high heat. Do not dry this out but also ensure it is cooked through.
4. In a separate bowl mix the bibimbap sauce ingredients. Cook the spinach and the bean sprouts with a little extra sesame seeds, garlic, vinegar and oil.
5. Rinse, peel and julienne the carrots. Add some vegetable oil and 1/4 tsp of sea salt in a wok and cook the carrots on a medium heat for 2 to 3 minutes.
6. Clean, rinse and thinly slice the shiitake mushrooms. Add some vegetable oil and 1/4 tsp of fine sea salt in a wok and cook the mushrooms on a medium high heat for 2 to 3 minutes.
7. Fry the required number of eggs whilst preserving a runny yolk.
8. Put the rice into a bowl and add the meat, assorted vegetables, seasoned seaweed, bibimbap sauce, and the egg on top of the rice.
9. To eat, mix the ingredients in the bowl, and enjoy!