Korean Bibimbap

by Nihon no Aji

Preparation Time: 45 min
Number of Persons: 4

Ingredients:

Ingredient	Measure
Short-grain rice	1 Cups
Water	1.75 Cups
Ground beef	0.5 Pounds
Sesame oil	1 Tablespoon
Soy sauce	1 Tablespoon
Sugar	1 Tablespoon
Garlic	2 Cloves
Black pepper	0.5 Teaspoon
Vegetable oil	2 Tablespoon
Eggs	4 Count
Carrots	1 Cups
Cucumber	1 Cups
Bean sprouts	1 Cups
Kimchi	0.5 Cups
Gochujang (Korean chili paste)	2 Tablespoon

Sesame oil	1 Tablespoon
Soy sauce	1 Tablespoon
Sugar	1 Tablespoon
Vinegar	1 Tablespoon
Minced garlic	1 Teaspoon

Method:

1. Rinse the rice until the water runs clear. In a saucepan, add the rice and 1 3/4 cups water. Bring to a boil, then reduce the heat to low and simmer, covered, for 18-20 minutes, or until the water is absorbed and the rice is cooked. Remove from heat and let stand for 5 minutes.

2. In a bowl, combine the ground beef, sesame oil, soy sauce, sugar, garlic, and black pepper. Mix well.

3. In a skillet over medium heat, add the vegetable oil. Add the beef mixture and cook for 5-7 minutes or until browned and cooked through. Remove from heat and set aside.

4. In the same skillet, add the julienned carrots and cook for 3-5 minutes or until slightly softened. Remove from heat and set aside.

5. In the same skillet, add the julienned cucumber and cook for 2-3 minutes or until slightly softened. Remove from heat and set aside.

6. In the same skillet, add the bean sprouts and cook for 2-3 minutes or until slightly wilted. Remove from heat and set aside.

7. In a small bowl, mix together the gochujang, sesame oil, soy sauce, sugar, vinegar, and garlic to make the sauce.

8. In another skillet over medium heat, crack the eggs and fry to your desired doneness.

9. To assemble the bibimbap, divide the cooked rice among four bowls. Arrange

the cooked ground beef, carrots, cucumber, bean sprouts, and kimchi on top of the rice. Drizzle the sauce over everything.

10. Top each bowl with a fried egg and serve immediately. Enjoy your Korean Bibimbap!