

Bibimbap, yellow rice, beef, vegetables, gochujang |

Recipe for 4 servings

Description

A typical South Korean dish, with many variations depending on the season.

Note

The toppings can vary according to your desires.

Ingredients

Bibimpab

- 150 Gr Sprouted soybeans
- 150 Gr Zucchini
- 0.50 Unit(s) Cucumber
- 150 Gr Dried shiitake
- 150 Gr Carrot
- 2 Handful(s) Baby spinach
- 2 Leaf(ves) Romaine salad
- 400 Gr Boston cut beef
- 375 Ml Jasmine rice
- 4 Unit(s) Egg yolk
- 1 Tbsp Soy sauce
- 2 Clove(s) Garlic
- 1 Tsp Sugar
- 1 Tsp Roasted sesame oil
- 4 Tbsp Sesame seeds
- 4 Tsp Gochujang chili past

Preparation

- Preparation time **45 mins**

Préparation

Chop the garlic finely.

Cut the beef into strips, place in a bowl and add the sugar, sesame oil, soy sauce, pepper and half a teaspoon of garlic, mix well and set aside in the refrigerator.

Once the mushrooms are well rehydrated, slice them.

Peel and julienne the carrots.

Julienne the zucchini, cucumber and salad.

Scald the spinach leaves, cool them in ice water, squeeze them well in our hands.

Toast the sesame seeds in a pan.

Jasmin rice

Wash your rice under cold water between your fingers until the water that runs off is translucent. Bring a pot of water to a boil (500 ml of water for 375 ml of rice). When the water boils, pour in the rice and cover. Lower the heat a little and cook until there is almost no water left in the pot, about 12 minutes.

Then leave the lid on for 10 to 15 minutes to finalize the cooking with the residual steam.

Cooking

Vegetables

In a frying pan on high heat with a little oil, fry your vegetables separately (carrot, cucumber, eggplant, shiitake, sprouted feves and spinach, add salt and sesame oil.

This operation takes a few seconds, it is better to have crunchy vegetables.

Meat

In the same pan, sauté the beef strips. Be careful not to overcook them as this will harden the meat.

Plating

In a bowl, place the rice, then place the vegetables, the beef strips, sprinkle with sesame seeds.

Put an egg yolk in the center and next to it a nice teaspoon of Gochujang paste.

Mix everything in your bowl, the rice will turn yellow with the egg yolk.

Bon appétit!