

Bibimbap Recipe

(Rice with Beef and Vegetables - Korean Recipes)

Ingredients: Serves 4

800g freshly cooked short-grain rice, kept hot

chili bean paste, to serve

Seasoned Vegetables:

1 zucchini, sections and cut into thin strips

1 carrot, sectioned and cut into thin strips

300g spinach leaves, sliced

150g soybean or mung bean sprouts, tails discarded

1 teaspoon crushed garlic

1 teaspoon sesame oil

1 teaspoon salt

1 portion Prepared Bracken (optional)

Ingredients for Bracken:

20g dried bracken

Pinch of salt

1 teaspoon soy sauce

1 teaspoon garlic, finely diced

1 teaspoon oil

¼ cup water

½ teaspoon sesame oil

Beef:

250g ground beef or very thinly sliced sirloin beef

2 teaspoons soy sauce

1 teaspoon garlic

1 teaspoon sesame oil

1 teaspoon sugar

½ teaspoon freshly ground black pepper

Simple Daikon Salad:

250g daikon radish (about 4 inch), halved, sliced into thin strips

¾-1 tablespoon ground red pepper

1 teaspoon minced garlic

¾ teaspoon salt

1 teaspoon brown sugar

1 teaspoon toasted sesame seeds

¼ teaspoon sesame oil (optional)

Method:

To prepare the Bracken, rinse the dried bracken and soak in water overnight. Drain and season with the salt, soy sauce, garlic and oil. Mix well. Heat a small skillet and stir-fry the seasoned bracken for 2 minutes. Add the water and stir-fry on medium heat until dry, about 3 minutes. Remove the bracken from the heat. Drizzle the sesame oil and mix well. Alternative, dried bracken can be rinsed and boiled in water for 30 to 45 minutes to soften. Prepare the Seasoned Vegetables by bringing a pot of water to a boil and blanching the zucchini. Drain, then toss the zucchini in ¼ teaspoon garlic, ¼ teaspoon sesame oil and ¼ teaspoon salt. Repeat with the carrot, spinach and soybean sprouts, keeping them separate. To make the daikon salad, combine the daikon and ground pepper, and mix well. Toss the daikon gently with the remaining ingredients and set aside. Combine the ingredients for the Beef and mix well. Heat a non-stick skillet or wok over high heat and dry-fry the ground beef for 2 to 3 minutes until the color changes. Remove

from the heat and set aside. Scoop the hot cooked rice into 4 bowls, top each bowl with a portion of the vegetables, Prepared Bracken, seasoned ground beef and daikon, and serve with chili bean paste on the side. If desired, a fried egg, sunny-side up, can be placed on top of the rice before serving. If individual heatproof casserole dishes are available, grease the inside lightly with oil, add the rice and place over high heat for 3 minutes to sear the rice. Seasoned mushrooms or bamboo shoots are equally delicious with this dish. Serve with the Simple Daikon Salad.

[asian_free_recipes_download][/[asian_free_recipes_download](#)]