



Korea Konnect

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Korean Food Recipes
Submitted by Saehee Chang
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Bibimbap (Rice with Mixed Vegetables, Beef, and Egg) - Serves 4 to 6

3 cups cooked white rice, short grain
12 to 16 ounces of soy bean sprouts or mung bean sprouts
2 bunches of spinach, or 2 packages of baby spinach
5 to 6 carrots, sliced thinly
2 large zucchinis, matchstick slices
dried Shitake mushrooms, rehydrated
4 eggs
Roasted seaweed-*Gim*, cut in strips, optional
1 lb ground beef or left over *Bulgogi* - Korean grilled beef
Korean chili paste, *Gochujang*
½ cup to ¾ cup, Sesame Oil (I prefer Kadoya brand)
4 to 5 TBSP roasted sesame seeds
Salt
Black Pepper
Canola Oil for frying
½ cup soy sauce
1 to 2 TBSP Mirin, Japanese cooking wine or any Asian cooking wine
One head of garlic
1 TBSP Fish Sauce or Korean Shrimp Paste (optional)

Cook rice in a rice cooker or over the stove.

Blanch spinach and bean sprouts in hot water for 1 to 2 minutes, let cool and squeeze out excess water.

Season with salt, black pepper, 1 to 2 TBSP soy sauce, 1 to 2 cloves crushed garlic, 1 TBSP sesame oil, and 1 TBSP of sesame seeds. Sauté carrots with canola oil, salt, pepper, 1 TBSP sesame seeds, and 1 to 2 cloves of crushed garlic. Sautee zucchini with oil, salt, pepper, 1 to 2 cloves of garlic and a little bit of fish sauce or Korean shrimp paste.

Rehydrate mushrooms in boiling water for about 10 minutes, then sauté mushrooms with 2 TBSP sesame oil, 2 TBSP soy sauce, sesame seeds, pepper, and garlic.

Fry the ground beef with 1 TBSP soy sauce, pepper, sesame seeds, sesame oil, chopped garlic, and cooking wine.

Fry the eggs over easy or sunny side up, depending on preference.

Serve the rice in a large bowl, preferably warm bowls, (or Korean stone bowls, already pre-heated in oven) and arrange the beef and vegetables in a flower (circular) pattern over the rice. Place an egg on top and sprinkle with roasted seaweed strips.

Make sure to add at least 1 tsp of Korean chili paste. Mix everything with rice and enjoy!

Traditional Korean Dishes for Holidays and Festivals (Lunar New Year)