

# How to make Korean Bibimbap at home

## Introduction

Bibimbap is a traditional Korean comfort food that is very beginner friendly and can be enjoyed at all times of the year. Personally, I eat some variation of bibimbap almost every day.

It is extremely delicious and also packed with nutrients from all the various meats and veggies.

The beauty of Bibimbap stems directly from the translation of (mixed rice) so you can use pretty much whatever you feel would be a good addition.

I would recommend that you develop some items in your pantry that you can use whenever you cook Korean style food.

Some items that I would recommend you keep on hand are sesame oil, gochujang (red pepper paste), rice vinegar, and kimchi.

With these ingredients you can make the bibimbap come to life and enjoy a broad range of flavors.

Bibimbap is traditionally made with minced beef, fried egg, rice, gochujang sauce, bean sprouts, spinach, carrots, and mushrooms. However because it is extremely versatile and can be made with pretty much whatever you have on hand that sounds good. Today I will be demonstrating my version of Bibimbap with the ingredients I have on hand.

## Ingredients that I am using.

**Seasonings:** *(amounts to taste)*

Gochujang, sesame oil, rice vinegar, fresh or granulated garlic, sugar, salt, pepper.

**Meats/Veggies:** *(amounts for 1 person)*

1 bottom round steak, ½ zucchini, 1 medium carrot, handful of spinach.

**Other:**

1 cup jasmine/sushi rice, butter, 1 or 2 egg(s), sesame seeds, and kimchi.



A photo of a traditional Bibimbap bowl I made

## Time to cook!

### Prepare rice

The best and easiest way to make the perfect rice every time is a rice cooker. To use a **rice cooker**, the best ratio to use is **1 cup** of rice to **1.5 cups** of water, mix together and turn the rice cooker on. I do not wash the starch off my rice because it is sushi rice but you can use whatever style of rice you have, although **jasmine** or **sushi** rice is preferred.



### Prepare Bibimbap sauce

For this, grab a bowl, gochujang paste, rice vinegar, sesame oil, water, sugar, and garlic powder. Put in about **2 tbsp** of gochujang paste, a big splash of rice vinegar, about **1.5 tbsp** of sesame oil, **1/2 tbsp** of sugar and a dash of garlic powder. **Mix** this together while incorporating a little bit of water until you reach a **viscous** liquid consistency. It is important to taste this sauce as you are making it and adjust the amounts of ingredients as necessary.



### Prepare veggies

To prepare the spinach you will first need to **boil** a few cups of water, just enough to **fully cover** the amount of spinach you are cooking. Once the water reaches a boil, **blanch** the spinach for **30 seconds**, remove from the water and place in an ice water bath to halt the cooking process. Then **season** the spinach using rice vinegar, salt, and sesame oil to taste.

Next for the carrots and zucchini, first with a kitchen knife **chop** the carrot and zucchini into **matchsticks** or really whatever shape is convenient for you.

Heat up a pan on **medium** for about a minute, then put enough of a neutral, high smoke point oil, I will be using avocado oil. Allow the oil to heat up, generally a good way to tell if your oil is hot enough is if you put some water on your finger tips and flick it on the pan, it should



pop and sizzle in the oil. Then begin to cook the veggies in the pan until they become soft and tender. Then **season** with sesame oil, salt, and rice vinegar to taste.

### Prepare meat

First heat on **medium-high** a large enough pan to hold all the meat comfortably. This time cooking, I will be using a bottom round steak (make sure to salt it), as it is what I currently have on hand. Once the pan is heated up for about a minute, again put some neutral oil and wait until it **sizzles** when water is flicked onto it, put the steak on the pan, making sure you lay it **away** from you to avoid splashing hot oil on yourself. Sear the steak for about **2 minutes**, keeping the heat on **medium-high**. **Flip** the steak and sear for **another 2 minutes**, then **reduce** the heat to **medium** or **medium low**. Throw in a few chunks of butter and any form of garlic you have.



**Baste** this butter-garlic mixture over the steak until it comes up to your desired temperature, personally I pull my steaks at about **120-125**. The key after hitting this temperature is to let it **rest** for a few minutes on a pre-heated plate. My preferred method of heating the plate is running it under a hot stream of water until it is hot to the touch. **Heating the plate** will prevent the extra juices from going cold fast, which makes your steak cold, which no one wants.

### Preparing the egg(s)

The best style of eggs for bibimbap and the most traditional is a fried egg with a runny yolk. To make this heat up a pan (**medium heat**) again with a neutral oil, wait for about a minute till it gets hot. Crack your egg or eggs into the pan, season with salt and pepper. I like to put a **lid** on the pan, it just helps keep the steam in to cook the top of the egg. Stop cooking once the top is solid but the yolk is still a little **runny**.





### **Assemble the bowl**

Scoop your rice out of the rice cooker, and **fluff** it with a fork, then slice up your meat and lay it on the rice. Layer in your veggies and egg(s), and then if desired, top with kimchi and sesame seeds. The most important and **crucial** element is of course the **bibimbap sauce**. If you can tolerate and appreciate spice, like I do, **put a lot**. However it is recommended that you keep the sauce bowl nearby to re-sauce as needed.



## **Audience Analysis**

For this portion, I will analyze the desired audience for this recipe. I am aiming towards people who have an interest in cooking and want to get started, those who love Korean food or might want to try it out, or those who are looking for a simple healthy recipe that has the ability to be meal-prepped. Before they make this recipe, I would hope the reader has some basic kitchen skills, like knowing how to use a pan, knife, and general kitchen management skills i.e cooking/preparing multiple things at once. The environment they make this recipe in should be a clean kitchen with adequate counter space and appliances to do all the cooking. If this is the first time they are making the recipe, they might be a little distracted doing each step 1 by 1, however once they get the general concept, making this dish becomes very easy. Also getting the sauce right might take a little practice, developing the skill of eyeballing ingredients is a very helpful skill for any cook to have.

To account for people who are new to cooking, I made sure to clearly list the correct heating settings whilst cooking the various ingredients, as well as some preventative checks to ensure they get the oil hot enough. Specifically, I teach in the recipe to test if your oil is hot enough, you can put some water on your fingertips and flick it in. If it sizzles then it's hot enough, if not wait a little longer. Another tip that is helpful to beginners is warming the plate to help the steak rest. Overall, these tips should help make the recipe informative, useful and beginner friendly.