

The sky is the limit when it comes to topping your bibimbap. Most Koreans take the opportunity to use their favorite banchan (side dishes), sometimes using whatever is in the fridge, and sometimes taking the extra time to prep some new ones!

You don't need a Korean cookbook to prepare your toppings—many common toppings are just raw or sauteed vegetables and meat.

Need suggestions? Try:

Bulgogi (recipe on next page), Chicken, Fish, Fried or raw egg or egg yolk, Gochujang, Spinach, Zucchini, Carrots, Red Pepper, Onions, Sesame oil, Fried potato, Cucumbers, Mushrooms, Furikake/Crumbled toasted gim....Pretty much whatever you can grab from the farmer's market! Sauteed, boiled, or raw, your favorite preparation will work!

To prepare bibimbap, make your favorite rice as indicated, dish it into a bowl with plenty of room to mix around. Arrange your various toppings. Top with a drizzle of sesame oil, a dollop of gochujang, and a fried or raw egg if desired.

To prepare dolsot bibimbap, drizzle the interior of the stone bowls with sesame oil, and portion rice into bowls. You can add your toppings now, or wait until the bowls are heated. Set each pot/bowl on a burner and heat on low to medium for 10-20 minutes, or until you hear the rice start to crackle. Now attack! The mixing of the bowl is the best part.

Glossary of Helpful Terms:

Bap: Rice

Banchan: Side dishes

Bibimbap: Mixed rice

Bulgogi: Fire beef

Dolsot: Stone Bowl

Furikake: Seasoning made with crushed seaweed and other spices

Gochu: Korean peppers

Gochugaru: Korean chili powder

Gochujang: Korean chili and soy paste

Gim: Korean word for laver, seaweed paper.

Kimchi: Any manner of pickled/preserved vegetables. Most commonly used to refer to spicy fermented Napa cabbage.

Muchim: Seasoned

Namul: A general term for a seasoned vegetable side dish

Oi: Cucumber

Sigeumchi: Spinach

Need help finding ingredients? Aside from your favorite meats and vegetables available here at the Farmer's market, Meijer and Huynh's Market Center on the corner of River and Douglas stock many Korean ingredients as well as other delicious ideas for your bibimbap!



Executive Chef Tom Hoover
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BIBIMBAP!

Bibimbap is a fun and colorful dish from Korea making its rounds across America. The term comes from two words, bibim (mixed) and bap (rice). What seems a lofty and fancy dish best left to professionals is actually commonly made at home, to conveniently use up extra banchan or leftovers.



Making bibimbap is less about following a recipe, and more about exploring a concept. The inherent flexibility of ingredients allows you to arrange them on the rice to optimize color contrast. Adding a raw egg, or egg fried over easy, sesame oil, and gochujang help add even more vibrancy, and a delicious sauce. Although the crackling of the rice frying on the stone bowl (dolsot) is delightful, there is no inherent need to purchase earthenware; a nice bowl with plenty of room to mix will do just fine.

Need recipes?

Bulgogi means “fire beef”, and is a common addition to bibimbap as well as being a favorite main dish. When making this for bibimbap, feel free to leave out the extra vegetables for grilling

Ingredients

- 1 pound of beef tenderloin, skirt steak, sirloin, or any other marbled beef cut, Marinade (per pound of beef):
- ½ an Asian/Korean Pear, or use a mixture of pear and apple
- 1 medium onion, chopped roughly
- 4 cloves of minced garlic
- 1 teaspoon minced ginger
- 2 tbs soy sauce
- 2 tbs brown sugar (or 1 tbs of brown sugar and 1½ tbs rice syrup)
- a pinch of ground black pepper
- 1 tbs toasted sesame oil

Vegetables for grilling

- 1 medium carrot julienned
- 1 onion julienned
- 4 green onions, chopped into 1”-2” pieces



Directions for cooking bulgogi:

Slice beef thinly into pieces ½ inch x 2 inches and ⅛ inch thick across the grain. Optional prep can include layering meat with paper towels, or soaking beef and then rinsing to remove excess blood.

Blend all ingredients in food processor until pureed well. Add vegetables and pour over meat in a single layer. Let marinate for at minimum a half hour, or optimally overnight.

There are two common methods of cooking. The first is to grill on a hot stone, skillet, or barbecue plate. The second is to sautee in a large skillet or wok to preserve the juices so you can serve the sauce over rice.

Want more recipes? Here are a couple of quick banchan recipes!

Sigeumchi-namul (spinach side dish)

Ingredients

- 1 pound fresh spinach, blanched and chopped or 8 oz frozen spinach defrosted and drained
- 1 garlic clove, minced
- 1 green onion, chopped
- 1½ teaspoon soy sauce
- 1½ teaspoon sesame oil
- 2 teaspoon sesame seeds

Directions:

Mix ingredients by hand in a bowl, serve chilled or at room temperature.

Oi-muchim (Cucumber Salad)

Ingredients

- 2 seedless cucumbers (English/hothouse. If none available, use regular cucumbers, slice lengthwise and remove seeds.)
- 1 ½ tablespoon sea or Kosher salt
- ½ tablespoon gochugaru, or any non-smoked chili powder
- ½ cup rice vinegar or distilled white vinegar
- 2 tablespoons sugar (may use a little more if using white vinegar as opposed to rice vinegar)
- 2 cloves garlic, crushed and finely chopped
- 2 green onions, sliced thin
- 2 tablespoons sesame oil
- 1 tablespoon toasted sesame seeds
- ½ tablespoon ground black pepper

Directions:

Thinly slice cucumber into disks or half moons. Sprinkle salt over the cucumbers and let sit 20 minutes before squeezing out extra liquid using paper towels or cheesecloth. Add the remaining ingredients and mix well. Cover and refrigerate. Serve cold.

