

Bibimbap ; rice bowl, marinated beef, egg, sesame vegetables and spicy sauce |

Recipe for 4 portions

Description

Bibimbap is a Korean meal bowl of rice topped with sesame marinated beef, a variety of vegetables, an egg and a savory spicy sauce.

Note

It is possible to replace miso and sriracha with a more authentic product: gochujang.

Take your time, Bibimbap is best at room temperature.

Ingredients

Rice

- 400 Ml Sushi rice
- 600 Ml Water

- Salt and pepper
- Vegetable oil

Beef

- 300 Gr Beef fondue
- 0.25 Unit(s) Green apple
- 2 Clove(s) Garlic
- 1 Tbsp Soy sauce
- 1 Tsp Roasted sesame oil
- 1 Tsp Honey

- Salt and pepper
- Vegetable oil

Vegetables

- 100 Gr Sprouted soybeans
- 100 Gr Carrot
- 4 Handful(s) Baby spinach
- 125 Gr Shiitake mushroom
- 100 Gr Zucchini
- 1 Tbsp Roasted sesame oil
- 1 Tbsp Soy sauce

- Salt and pepper
- Vegetable oil

Sauce

- 2 Tbsp Miso
- 2 Tsp Chili paste (sriracha)
- 2 Tbsp Mirin
- 2 Tbsp Rice vinegar
- 1 Tbsp Sugar
- 1 Tbsp Soy sauce
- 1 Clove(s) Garlic
- 1 Tsp Roasted sesame oil

- Salt and pepper
- Vegetable oil

Garnish

- 4 Unit(s) Egg
- 1 Tbsp White and black sesame seeds

- Salt and pepper
- Vegetable oil

Preparation

- Preparation time **60 mins**

Preparation

Chop the garlic cloves.

Cut the shiitake, carrot and zucchini into juliennes.

Grate the green apple and mix with the beef and the rest of the marinade ingredients. Leave to marinate for 30 minutes, then cook quickly in a pan. Reserve in the fridge.

In a bowl, combine all the ingredients for the sauce.

Rice

Place rice in a colander and rinse with cold water, stirring well, until the water flowing from the strainer is clear. Make sure it is nearly dry before cooking it.

Cook your rice in a rice cooker.

Alternatively, use a small pot: combine rice and water and cover so that it is completely sealed. Bring to a boil over medium heat. (Rely on your ears because you should never lift the lid of the pan.) Then continue cooking for 5 minutes. Lower the heat to low and cook for 10 minutes. Lift the lid and let the rice stand for 10 minutes.

Vegetables

In a skillet, cook separately (one at a time) all the vegetables.

Once cooked, add a little soy sauce and sesame oil to season them.

On the plate

Start by cooking the eggs in a non-stick pan, keeping the runny yolk.

Place the rice in the bottom of a bowl (or a flat plate).

Arrange all the vegetables and beef on the rice. Place the egg in the center and drizzle with the sauce. Sprinkle with sesame seeds before serving.

Take advantage of all these colors to harmonize your assembly.

Bon appétit!