

Korean Bibimbap Rice Bowl (Vegetarian)

September 1st, 2020

This recipe serves: 6

Prep Time: 01:00

Cook Time: 00:00

Although this is vegetarian recipe, Bibimbap goes well with Korean Short Ribs, shredded Pork, or even grilled ground beef. Just like any Stir-Fry, there are two distinct phases:

1. Preparation
2. Cooking

The key to successfully implementing this recipe is the timing. Ensure that all your preparation work is complete before you begin the cooking phase.

Ingredients:

Medium Grain White Rice (not instant rice) - Cook according to the instructions on the bag and set aside

1 egg per person

Korean Gochujang Sauce (available from the grocery store)

Rice Vinegar

Apple Cider Vinegar

Pickled Cucumber

Bean Sprouts

4 Cloves (2 Teaspoons) Garlic, finely minced or 1/2 Teaspoon Garlic Powder

Ginger (about 1 inch length) peeled and cut into toothpicks

2 large Carrots - Peeled and Shredded with cheese shredder or julienned

1 Fresh Zucchini

4 Oz Fresh Spinach Leaves

3 Oz Shiitake Mushrooms

3 bunches Scallions - Diced on the bias

1 Red Bell Pepper (Pimento)

4 oz Fresh Cabbage

6 Oz Fresh Green Beans

4 Oz Fresh Mung Bean Sprouts - Pickled (See below)

1 Cucumber - Pickled (See below)

Directions:

Pickled Vegetables

Rinse Bean Sprouts in cold water and drain thoroughly.

Peel cucumber. Slice in half, lengthwise. Remove and discard the seeds.

Slice the Cucumber halves in thin slices, on the bias.

Put the Cucumber slices and the Bean Sprouts in a small jar or container.

Mix 1 part Rice Vinegar and 1 part Apple Cider Vinegar.

Add the vinegar mix to the small jar and cover the Cucumber/Bean Sprout mix.

Close the jar and refrigerate for 30 minutes or up to 24 hours.

The Rice

Prepare the rice based on the instructions on the bag.

Add 1 Tablespoon Vegetable Oil and 1 Teaspoon Sesame Oil to a Dutch Oven or a large Cast Iron pan.

Heat on high until the oil begins to shimmer.

Carefully spoon the cooked rice into the Dutch Oven. Use a spatula to compact the rice.

Cover and allow the rice to brown for 2 or 3 minutes. Remove from heat and keep covered.

Vegetables Preparation

Prep all vegetables before you begin cooking:

Shred or julienne the Zucchini. Squeeze in paper towels or a tea towel to remove excess moisture.

Rinse and then dry the Spinach Leaves.

Slice the Shiitake Mushrooms caps into long sticks.

Shred or julienne the Cabbage

Clean the Pimento. Remove the seeds, stem, and pith. Slice into long thin slices, about the length of a toothpick.
Clean and remove the stems and tails from the Green Beans
Mince the garlic cloves.

Cooking the Vegetables

Bring a small pot of water to boil. Par boil the Green Beans for 4 minutes.

Remove the Beans from the boiling water and rinse under cold water to stop the cooking process.

Add 1 Tablespoon Vegetable Oil and 1 Teaspoon Sesame Oil to a Pan or Wok.

Heat on high until the oil begins to shimmer.

Add the julienned Zucchini. Stir constantly as you add a splash of Soy Sauce, minced garlic, and minced ginger.

Continue to stir for another 2 or 3 minutes. Remove from the heat and move the Zucchini mixture to a small serving bowl or ramikan.

Add 1/2 teaspoon Sesame Oil to the pan. Mix in the Spinach leaves. Add a splash of Rice Vinegar and cook for about 3 minutes, until the leaves are wilted. Remove from the heat and move the Spinach leaves to a small serving bowl or ramikan.

Add 1/2 teaspoon Sesame Oil to the pan and heat again on high. Mix in the Shiitake mushrooms and about half a teaspoon of minced garlic. Continue to stir over high heat for about 6 or 7 minutes. Remove from the heat and move the Mushroom slices to a small serving bowl or ramikan.

Add 1/2 teaspoon Sesame Oil to the pan and heat again on high. Grill the Red Bell Pepper until they begin to soften. Remove from heat and move the Pimento toothpicks to a small serving bowl or ramikan.

Add 1/2 teaspoon Sesame Oil to the pan and heat again on high. Mix the shredded cabbage until the cabbage is wilted. Remove from the heat and move the cabbage to a small serving bowl or ramikan.

Putting it All Together

Set out a bowl for each person.

Cover the bottom of each bowl with cooked rice. Make sure that each bowl includes some of the rice crust from the bottom of the Dutch Oven. This crusted rice provides wonderful nutty undertones to accentuate the dish.

Arrange a small amount of each of the different prepared vegetables (including the pickled vegetables) until the top of the rice is covered.

If you will be adding meat, arrange a serving of the meat, in the same way as the vegetables.

Top the bowl with a single fried egg, cooked Sunny-side up with a runny yolk. Add a squirt of Gochujang (if desired).

Sprinkle with Sesame Seeds and serve.