



KIMBAP

SHOPPING FOR YOUR CLASS

The recipes for your class include some speciality ingredients, such as pickled Korean radish strips and Asian pear. These ingredients are available at Asian supermarkets.

KIMBAP *(makes 5 rolls)*

Recipe by KATHRYN JOEL

Freshly made seasoned rice (recipe below)

Bulgogi Beef or Mushroom (recipe below)*

Omelette, cut into strips (recipe below)

Optional Korean fish cake (eomuk), cut into strips (recipe below), or you can use imitation crab

2 medium carrots, peeled and julienned

5 long yellow Korean pickled daikon radish strips (danmuji), available precut or uncut

1 small box baby spinach, or 1 bunch trimmed and washed

5 roasted Korean seaweed sheets (Gim), or use sushi nori

Optional Seasoned burdock root, often sold packaged together with danmuji (pickled radish)

Cooking oil, grapeseed or canola

Sesame oil

Salt

Toasted sesame seeds

To serve: Gochujang dipping sauce (recipe below)

Equipment: bamboo sushi mat

- Bring a large pot of water to a boil over high heat and prepare an ice bath. Blanch the spinach, then transfer to the ice bath. Once cooled, drain then squeeze out the water. Season with the sesame oil and salt.

- Heat oil in a wok or sauté pan over a medium-high heat. Stir-fry the julienned carrots until softened, lightly seasoning with salt. Remove from pan.
- Place seaweed sheet on bamboo mat with the shiny side down and the textured side facing up. Evenly spread about $\frac{3}{4}$ to 1 cup of cooked rice over the seaweed sheet, leaving the top 1 inch of seaweed sheet uncovered.
- Place beef, carrot, yellow pickled radish strip, a few egg strips, and spinach in the center of the rice. Spoon over reduced beef (or mushroom) juices.
- Using the sushi mat and both hands, start rolling from the bottom and roll the rice over the fillings, using the mat to make a compacted roll as you do. The strip of uncovered seaweed will seal the roll (wet it with a little water if needed)
- Brush the roll with sesame oil and sprinkle with toasted sesame seeds.
- With a sharp knife brushed with sesame oil (to prevent sticking) slice each roll into thick slices.
- Serve with (optional) Gochujang Dipping Sauce.

Seasoned Rice (makes 5 rolls)

500 ml sushi rice

550 ml water

1 tbsp sesame oil

Salt to taste, approximately 1 tsp kosher salt

- In a large bowl wash your rice, adding the rice then filling the bowl with water, swirling it gently with your hand and pouring off the water. Repeat 10 times until the drained water is clear of starch and the rice is hydrated.
- Drain the washed rice in a sieve then transfer it to your rice cooker or a pot with a tight-fitting lid, and add the water.
 - If using a pot, bring up to a boil, then stir and reduce the heat to it's lowest setting, covering tightly with the pot lid. Cook for 17 minutes, then remove from the heat and allow to steam covered for 17 minutes.
 - If using a rice cooker, cook as usual, and allow to steam on warm for 17 minutes once cooked.
- When the rice has steamed, use a rice paddle to fluff it and transfer to a bowl. Allow to cool for 10 minutes.
- Add the sesame oil and salt and gently cut it into the rice, using a rice paddle or spatula. Cover and set aside.

Bulgogi Beef or Mushroom (makes enough for 5-7 rolls)

1 lb very thinly sliced beef (sirloin, ribeye, brisket, etc.) or use sliced meaty mushrooms (shiitake, king oyster, portabella)*

1/2 cup soy sauce

1/3 cup sugar

1/2 asian pear or apple, grated

1/2 small onion, grated

2 cloves garlic, finely grated

1 inch ginger, peeled and finely grated

1 tbsp sesame oil

Freshly ground black pepper to taste

Cooking oil, grapeseed or canola

**NOTE: you can use pre-sliced Bulgogi or Hotpot Beef, available fresh or frozen at Asian supermarkets such as T&T, HMart and Lucky.*

- Make the marinade by mixing together the soy sauce, sugar, grated pear, onion, garlic, ginger, sesame oil, and pepper.
- Add the beef to the marinade and marinate for at least 30 minutes or overnight. If using mushrooms marinate for just 30 minutes.
- Heat cooking oil in a wok or a non-stick in a pan over medium-high heat, then add the meat in a single layer without crowding the pan. Cook the meat, in multiple batches if necessary, retaining the juices.
- Cook just until the meat is browned on both sides. Set aside until required.
- Transfer the cooking juices to a small pot and reduce. Cool and use in your rolls.

Omelette

4 large eggs, beaten

Salt, pepper and sugar to taste

Cooking oil, grapeseed, canola or vegetable

8" non-stick pan, with a lid

- Heat oil in a non-stick or omelette pan over a medium heat.
- Add the egg mixture into the pan and spread it evenly to cover the base of the pan. Cook covered until set then flip the omelette over and cook gently on the other side, trying not to brown it.
- Remove from the pan and allow it to cool.
- Cut it into ½ centimetre wide strips.

Fish Cake

1 sheet fishcake (eomuk), sliced into ½" strips

1 tsp soy sauce

½ tsp sesame oil

½ tsp sugar

Cooking oil, grapeseed or canola

- In a wok or a non-stick pan, heat some oil over a medium high heat.
- Add the fish cakes strips, stir-frying in the hot oil.
- Add the seasoning sauce and toss to coat.
- Remove from the pan and set aside.

Gochujang Sauce*

2 tbsp gochujang (Korean pepper paste)

1 ½ tsp sesame oil

1 ½ tsp sugar

1 ½ tsp water

1 tbsp mayonnaise

1 clove garlic, grated

1/2 tsp rice vinegar, or use lime juice

**NOTE If you prefer more dipping sauce, you can double the recipe*

- In a bowl mix together all of the ingredients until well combined.

EQUIPMENT

Cutting boards and knives

Sieve for draining washed rice

Rice cooker, or use a pot with a tight-fitting lid

Wok or sauté pan for carrots and beef

Bowls

Whisk

Rice paddle or spatula

Microplane or box grater

Ice bath for spinach

Bamboo sushi mat