
WILLS COOK-OFFS

BIBIMBAP...

Try it - Enjoy it - Share it

Wilson Fernandez





Bibimbap...

Bibimbap...

Korea has always been a fond memories of food and culture. During my trips to Korea, I have learnt a lot about their food. There are quite a few standout dishes that I love and **Bibimbap** is one of those signature Korean dish.

Bibimbap is pronounced as **Bee-Bim-Bap**. The word "bibim" means mixing various ingredients and "bap" refers to rice.

Bibimbap simply means "*mixed rice with meat and assorted vegetables*" served with Gochujang sauce. Gochujang sauce is a red chilli paste is a savoury, sweet, and spicy fermented condiment.

The beauty of the Bibimbap is, it has no fasten rule and one could vary the use of ingredients based on your preference and dietary requirements. Bibimbap have two variants.

- Traditional Bibimbap that is served in a normal bowl
- Dolsot Bibimbap is served in a sizzling hot pot/ceramic/clay bowl or even a cast iron skillet

Bibimbap...

Bibimbap is

- Packed with flavours
- Comforting meal for any day
- Choice of colourful vegetables
- Healthy and yummy

More traditional and authentic versions of Bibimbap are made with raw beef that cooks in its own marinated juices and is also topped with a raw egg yolk. Other ingredients are many different vegetables as side dishes. Among the vegetables, two unique ingredients are the

- Gosari (fernbrake or bracken fiddleheads)
- Doraji (bellflower roots)

Dry Gosari and Doraji can be purchased from any Korean or good Asian grocers.

Bibimbap...

My family love Bibimbap especially, for its unique aroma, flavours, various textures, taste, crunchiness, chewiness, and the blend of spices that makes it absolutely unique.

I enjoy both the traditional and the Dolsot Bibimbap. The difference is that the Dolsot Bibimbap is served sizzling hot that has a crispy browned burnt rice in the bottom of the stone pot/ceramic bowl. That makes it extra delicious!

For this recipe, vegetarians could skip the meat and egg.

For meat lovers, use the freshest filet mignon/tenderloin from your butcher shop. It can be cooked or use raw (marinated of course). In fact, I have acquired new tastes of eating raw garlic, sashimi, raw meat, and the Korean delicacies through my trips to Korea 😊

In this recipe, I tailor cooked the meat and eggs to suit individual choices. Whichever way you cook, I promise you would first start feasting with your eyes, and then the aroma of Bibimbap would make you hungry. So, get cooking my Bibimbap and enjoy!!!



Bibimbap...

Bibimbap...

Ingredients: *(serving: 4-6 people)*

- 4 cups Cooked rice – Piping hot
- 10-15 garlic cloves – crushed/minced coarsely
- Sesame oil
- Organic Soya sauce
- 2 large Carrots – julienne
- A bunch of Spinach – salted and blanched
- 1.5 cup Mung bean sprout
- 2 Zucchini – Julienne/strips
- 1 large Red capsicum – Julienne/strips
- 1 Cucumber – Julienne/strips
- 100g Oyster mushrooms – shredded to strips
- 1 tbsp Sesame seeds – toasted
- 50-80g Dry Gosari – wash & overnight soaked
- 50-80g Dry Doraji – wash & overnight soaked



Bibimbap...

- 3 tbsp gochujang* (Korean chilli paste)
- 150g filet mignon – finely shredded as strips
- 2 Spring onions – chopped
- 2 red/green chillies - finely chopped (optional)
- Salt to desired taste
- 4 Organic free-range eggs

*Gochujang Bibimbap Sauce (Instant)

- 3-4 tbsp Gochujang paste
- ½ cup toasted sesame oil
- 1 tbsp honey
- 1 tbsp toasted sesame seeds
- 1.5 tsp apple cider vinegar or rice vinegar
- 2 tsp minced garlic

Combine all ingredients and whisk well to sauce consistency. You may add little water if need too. Check seasoning.



Bibimbap...

Preparation | Method

1. Toast sesame seeds on low flame and keep aside
2. Have garlic coarsely minced and keep aside.

NOTE: Garlic, toasted sesame seeds and sesame oil are the key ingredients that are used in cooking all the vegetables.



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3. Wash all vegetables and have them prepared to cut, chop or shredded to desired shapes. Here is my recommended way to have it cooked to prepare Bibimbap

- Soak **Gosari and Doraji** in separate bowls with water overnight. Next day, drain off the water and cut them to reasonable size and sauté it using the ingredients listed in the table (**page 12**)
- **Spinach** –blanched in salted water. Squeeze out water, chop and keep aside. Sauté the garlic in hot oil and add the blanched spinach
- All vegetables need to be prepared as listed in the table and have it cooked separately. Ensure that you use different cookware/pans to cook all the veggies. If planned to use the same pan, ensure the pan is thoroughly cleaned after each veggie cooking

Bibimbap...

- This ensures that each vegetable ingredient flavours, colours are retained and primarily because each vegetable have different cooking times.
- Ensure all ingredients are cooked simultaneously or quickly as you will need to serve them hot



Bibimbap...

Below is the table showing ingredients that are uses common ingredients to sauté veggies and meat

Veggie	Preparation	Common Ingredients to cook with					
		Sesame Oil	Garlic	Sesame Seeds (Garnish)	<table border="1"> <tr> <th>Soya sauce</th> <th>Spring Onion</th> <th>Salt</th> </tr> </table>	Soya sauce	Spring Onion
Soya sauce	Spring Onion	Salt					
Carrot*	Julienne (matchstick size)						✓
Spinach	Blanched & chop				✓		
Mushrooms	Shredded						✓
Zucchini*	Julienne (matchstick size)						✓
Cucumber*	Cut to half-moon (3mm thick)						✓
Capsicum	Julienne to strip size						✓
Mung bean sprouts	Boiled for 20 minutes						✓
Gosari	Soaked overnight & cut						✓
Doraji	Soaked overnight & cut						✓
Meat	Cut to thin strips				✓		✓

* Sprinkle salt and mix the prepared vegetables and allow to sweat. Wash with water prior to cooking



Bibimbap...

Prepared Side Dishes



Bibimbap...

4. In a large bowl, add the meat and mix well with garlic, sesame oil, soya sauce, and spring onions. Let it marinate in the fridge for at least 30 minutes.

5. After 30 minutes and just before serving, quickly stir fry the meat.

Note: Traditionally, the marinated meat is served raw

6. Have freshly cooked rice of your choice and have it warm-hot temperature for serving purpose

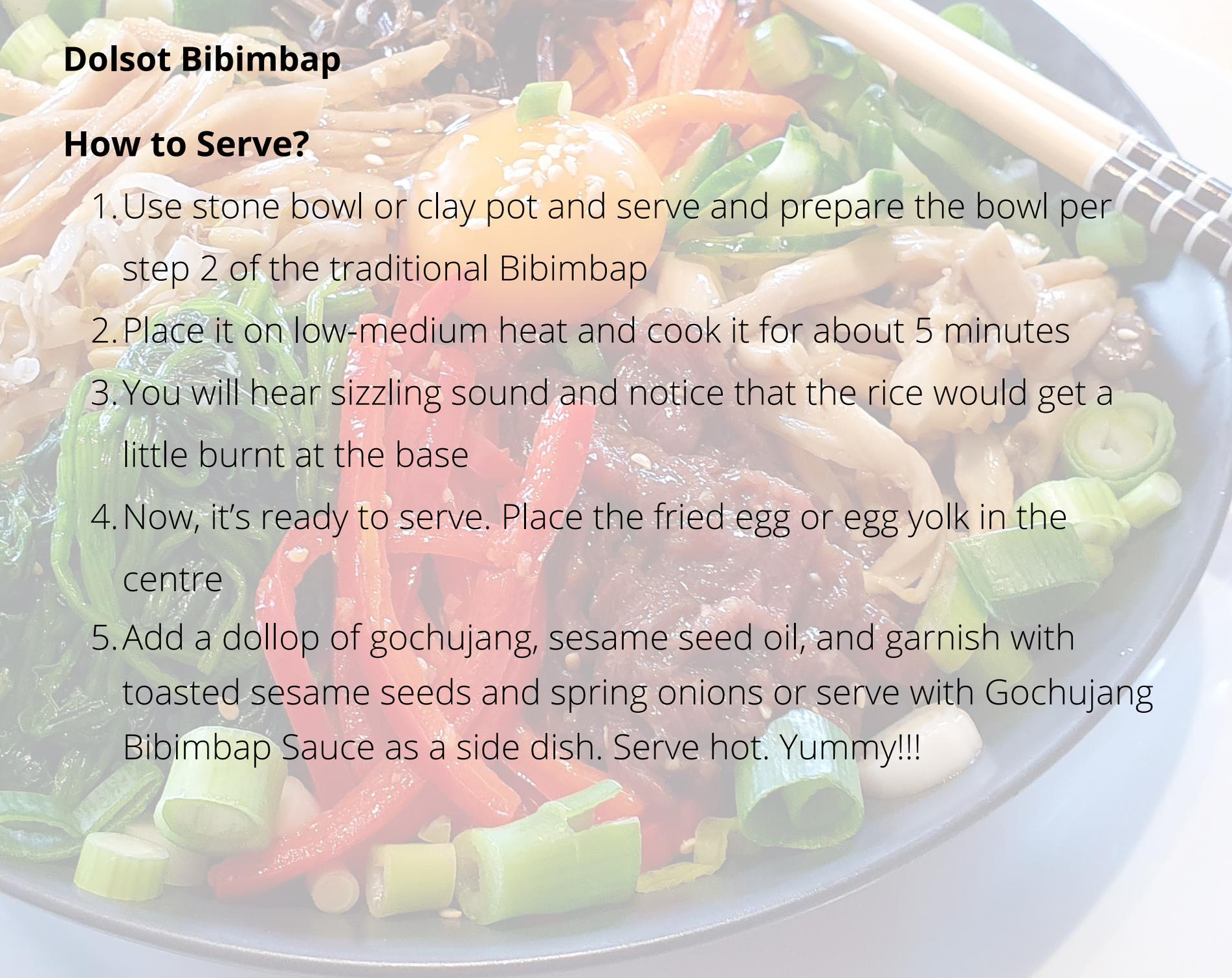


Common Bibimbap

How to Serve?

Bibimbap for this recipe could serve 4-6 individuals. So, firstly have all cooked items ready on your serving table. Serving quantity and selection of cooked ingredients could be to your preference

1. Have eggs fried to desired way e.g., well-done, sunny-side or just use egg yolk. (Note: Vegetarians could avoid meat and eggs totally)
2. In a serving bowl, sprinkle little sesame oil and use rice as the base. All cooked vegetables and meat are laid out in a pie shape on top of the rice using a small tong
3. Once all ingredients are laid out, place the fried egg or egg yolk in the centre
4. Add a dollop of gochujang, sesame seed oil, and garnish with toasted sesame seeds and spring onions or serve with Gochujang Bibimbap Sauce as a side dish
5. Serve hot/warm to your liking. Enjoy!!!

A top-down view of a dark grey stone bowl filled with Dolsot Bibimbap. The dish consists of a bed of white rice topped with a variety of colorful ingredients: sliced red and green bell peppers, green onions, bean sprouts, and pieces of browned meat. A perfectly fried egg yolk sits in the center, garnished with white sesame seeds. A pair of wooden chopsticks with a dark, textured handle is positioned in the upper right corner of the bowl. The background is a plain, light-colored surface.

Dolsot Bibimbap

How to Serve?

1. Use stone bowl or clay pot and serve and prepare the bowl per step 2 of the traditional Bibimbap
2. Place it on low-medium heat and cook it for about 5 minutes
3. You will hear sizzling sound and notice that the rice would get a little burnt at the base
4. Now, it's ready to serve. Place the fried egg or egg yolk in the centre
5. Add a dollop of gochujang, sesame seed oil, and garnish with toasted sesame seeds and spring onions or serve with Gochujang Bibimbap Sauce as a side dish. Serve hot. Yummy!!!



Bibimbap...

SERVING TIPS:

- **BIBIMBAP** IS A GREAT COMFORT FOOD WITH FRESH INGREDIENTS AND TASTES HEAVEN
- **BIBIMBAP** CAN BE SERVED AS A VEGAN/VEGETARIAN DISH TOO USING TOFU
- **BIBIMBAP** MUST BE MIXED WELL WITH GOCHUJANG AND SESAME OIL. THE AROMA AND TEXTURE OF VARIOUS INGREDIENTS IS LIKE A FEAST IN YOUR MOUTH
- **BIBIMBAP** CAN ALSO BE PREPARED USING ANY SEASONAL VEGETABLES OF YOUR CHOICE E.G., PEAS, RADISH, ONIONS, CORN KERNELS, KIMCHI...

DO TRY AND ENJOY!!!



Wilson Fernandez 08-Dec-2020