Korean Recipe

Bibimbap

serves four
- 2 cups uncooked short grain or medium grain rice
- 1 pound beef, sliced thin
  - Can substitute with tofu if vegetarian/vegan
- Vegetables
  - 1 large carrot, or 2 small (not baby carrots)
  - 1 large zucchini, or 2 small
  - 1 pound mushrooms (baby bella, portobella, or shiitake), either sliced or whole
  - 12 ounces soy bean sprouts (optional)
  - 5 cloves (or more) of garlic
  - 2 green onion
  - Other vegetables that you would like to add, optional (onions, spinach, bell peppers, etc.)
- 4 eggs
- Salt
- Vegetable oil
- 2-4 teaspoons Sesame oil
- 2 teaspoons toasted sesame seeds
- 1 tablespoon Soy sauce
- 1 tablespoon Honey
- Gochujang (Korean hot pepper paste): can buy at the Korean market (Seoul Market or Southeast Market) in Salt Lake City, or potentially Harmon’s.

- Tools
  - Saute pan
  - 2 pots (rice and soup)
  - Cast iron (if you have—for crispy rice)