Bi Bim Bap

Yield: 2 Servings

Tools: Cast Iron Skillet, Measuring Cups, Measuring Spoons, Mixing Bowls, Rubber Spatula, Spice Grinder, Sauce Pot, Saute Pan, Rice Cooker, Tong,

**Ingredients**

**Sushi Rice**

|  |
| --- |
|  |
| Quantity |   |   | Unit |   |   | Ingredient |
| 8 |   |   | oz. |   |   | Sushi Rice |
| 8 |   |   | oz. |   |   | Water |

Procedure

Preheat oven to 350 F or prepare the rice cooker

Wash the rice 3 times

In a sauce pot or rice cooker, add rice and water

Bring to a boil and finish in the oven for 20 minutes

Rest for 5 minutes and reserve warm

**Julienne Carrots with Sesame**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Quantity |   |   | Unit |   |   | Ingredient |
| 2 |   |   | oz. |   |   | Carrots, julienne |
| 1/2 |   |   | oz. |   |   | Sesame oil |
| 1/8 |  |  | tsp. |  |  | Morton’s kosher salt |

Procedure

* Preheat a sauté pan
* Add the sesame oil
* Sweat carrots until soft
* Add salt to taste

**Zucchini**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Quantity |   |   | Unit |   |   | Ingredient |
| 3 |   |   | oz. |   |   | Zucchini. Batonnet |
| 1 |   |   | oz. |   |   | Sesame oil |
| 1/8 |  |  | tsp. |  |  | Morton’s kosher salt |
| Procedure |  |  |  |  |  |  |

* Preheat a sauté pan
* Add the sesame oil
* Sweat zucchini until soft
* Add salt to taste

**Shiitake Mushrooms**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Quantity |   |   | Unit |   |   | Ingredient |
| 3 |   |   | oz. |   |   | Shiitake Mushrooms |
| 1/2 |   |   | oz. |   |   | Vegetable oil |
| 1/8 |  |  | tsp. |  |  | Morton’s kosher salt |

Procedure

* Preheat a sauté pan
* Add the vegetable oil
* Sauté mushrooms until soft
* Add salt to taste

**Marinated Spinach**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Quantity |   |   | Unit |   |   | Ingredient |
| 8 |   |   | oz. |   |   | Cleaned spinach |
| 1 |   |   | oz. |   |   | Vegetable oil |
| 1 |  |  | tsp. |  |  | Morton’s kosher salt |
| 1 |  |  | tsp. |  |  | Sesame oil |
| 1 |  |  | tsp. |  |  | Sesame seed |
| 1 |  |  | tsp. |  |  | Minced Garlic |

Procedure

* Boil a 1 quart of water
* Blanch and shock the spinach
* Squeeze all the excess water out
* Add the remaining ingredients
* Correct seasoning and reserve

**Gochujang Sauce for BiBimBap**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Quantity |   |   | Unit |   |   | Ingredient |
| 2 |   |   | oz. |   |   | Gochujang |
| 1 |   |   | oz. |   |   | Sesame oil |
| 1/8  |  |  | tsp. |  |  | Morton’s kosher salt |
| 1/3  |  |  | tsp |  |  | Sugar |
| 1 |  |  | tsp. |  |  | Minced garlic |
| 2 |  |  | oz. |  |  | Water |
| 1 |  |  | tsp. |  |  | Sesame seed |
| 1 |  |  | tsp. |  |  | Cider Vinegar |

Procedure

* Mix and combine all ingredients, reserve

**Crispy Poached Egg**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Quantity |   |   | Unit |   |   | Ingredient |
| 1 |   |   | ea. |   |   | Egg |
| 1 |  |  | tsp. |  |  | Morton’s kosher salt |

Procedure

* In a sauce pot, add the egg and add enough cold water to cover
* Bring the egg/water to a boil and boil for 5 minutes
* Let sit for 3 minutes
* Shock in ice water
* Peel and reserve
* For service, dry well and place in a 350F deep fryer
* Season as soon as it is out of the fryer
* Slice in half for service on top of the rice and vegetables

**Marinated Bean Sprouts**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Quantity |   |   | Unit |   |   | Ingredient |
| 8 |   |   | oz. |   |   | Cleaned Bean Sprouts |
| 1 |   |   | oz. |   |   | Vegetable oil |
| 1 |  |  | tsp. |  |  | Morton’s kosher salt |
| 1 |  |  | tsp. |  |  | Sesame oil |
| 1 |  |  | tsp. |  |  | Sesame seed |
| 1 |  |  | tsp. |  |  | Minced Garlic |

Procedure

* Boil a 1 quart of water
* Blanch and shock the Bean Sprouts
* Squeeze all the excess water out
* Add the remaining ingredients
* Correct seasoning and reserve

**Directions:**

* 1. Divide the rice into 2 portions.
	2. Brush the gochujang sauce across the bowl or reserve to use as a garnish.
	3. In the bowl, place the portioned rice in the center of the bowl.
	4. Arrange the vegetables (except fried egg) around the rice.
	5. Place the fried egg on top of the rice.
	6. If desired, drizzle with sesame oil to taste before serving.
	7. Gently mix everything together in the bowl with a spoon before eating.