This is How We Roll

Beef Bulgogi Kimbap

The word “kim” in Korean is seaweed, and “bap” is rice. Kimbap are rice rolls that look similar to sushi. Traditionally, kimbap contains seasoned vegetables, egg, and meat and/or imitation crab. Roll up your sleeves, and let’s make some Korean sushi together!

Prep time: 35 minutes  
Cook time: 20 minutes  
Serving size: 3

Price Per Recipe: $13.71  
Price Per Serving: $4.57

Ingredients

4 sheets of seaweed  
4 ounces of spinach  
2 eggs, beaten  
⅓ cup carrots, julienned  
½ pound marinated beef bulgogi  
4 yellow pickled radishes  
4 pickled burdock root  
2 cups steamed rice, cooked  
1 ½ tablespoons sesame oil  
½ teaspoon sea salt  
Bamboo roller, or foil/ saran wrap

Optional Additions

Sesame seeds  
Imitation crab  
Firm tofu  
Chicken  
Sweet Potato  
Cucumber  
Bell peppers

Spotlight on Seaweed

Seaweed is a form of dried red algae, and is most commonly used in Japanese cuisine. It is an excellent source of iodine as well as Vitamin B12, iron, and calcium.
Mise en Place

Vegetable prep
Gather shredded carrots and spinach, and place them in separate bowls.

Rice prep
Place cooked rice into mixing bowl, and add 1 tbsp sesame oil and ½ tsp salt. Mix well with a spoon.

Step 1 Cook spinach and carrots
Cook spinach in a microwave for 45 seconds, run spinach through cold water and remove excess water. Add ⅛ teaspoon salt and ½ tablespoon sesame oil and mix. Heat up a medium-sized pan and lightly cook carrots.

Step 2 Make egg omelette
Wipe down carrot pan with a paper towel. Add some cooking oil and spread around the pan. Beat the eggs in a separate bowl and cook over medium heat into an omelette. Place egg omelette onto cutting board and cut into long strips.

Step 3 Cook bulgogi
Cook beef bulgogi until meat is fully cooked.

Step 4 Roll Kimbap
Place one dried seaweed onto bamboo mat, shiny side down. Dip fingers in bowl of water before spreading a thin layer of rice evenly to cover ⅔ of the seaweed. Fill with kimbap ingredients. Roll the seaweed up! If seaweed doesn’t stick, use some water to help seal the kimbap.

Step 5 Finishing touches
Cut kimbap into 6 pieces, and sprinkle sesame seeds on top! Serve, and DIG IN.