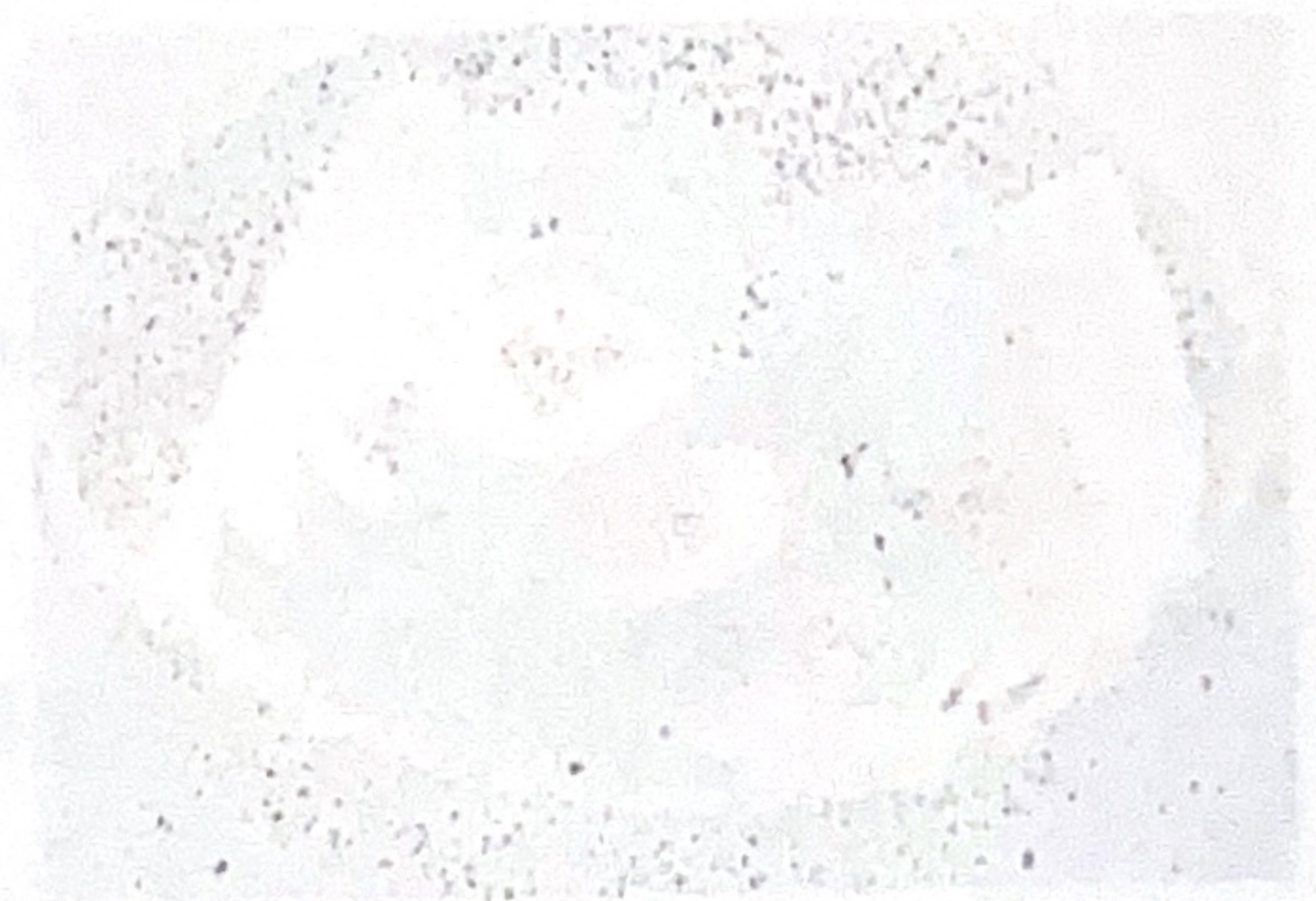


## F. Vegetables And Beef On Rice--*Bibimbap*



### □ **Ingredients: Per serving**

- 1 cup cooked rice
- 1 oz (30g) beef
- 1 oz (30g) each radish and carrot, spinach, soybean sprouts and fiddlehead, seasoned.
- Salad Oil

### □ **Marinade**

- 1/2 T soy sauce
- 2/3 t sesame oil
- 1/4 t sugar
- 1/4 t cooking wine

### □ **Procedures**

1. Cut beef into strips and marinate 5 minutes. In hot oil cook briefly; set aside. Place hot cooked rice in serving bowl.
2. Arrange 4 kinds of seasoned vegetable on rice. Place beef in center.
3. Heat oil in a skillet. Drop egg and cook.
4. Place fried egg on top of beef. Serve with Kochujang (hot sauce) and sesame oil in small dish. Mix everything when eating.

### □ **Facts about *Kochujang* (Hot Sauce)**

Kochujang has made many contributions to Korean cookery with its zestya flavor. It gives flavor and at the same time draws flavor from the ingredients. No one-pot dish, rice dishes, salads or stews are Korean without this sauce.

Each Korean family owns its recipe, but the common method is the "slow and steady" maturation to form a good harmony of hot, sweet and sour flavors. Born from the severe weather and

environment, Kochujang became the Korean's masterpiece of seasonings.

Make a large amount and store as it keep well. When buying commercial products, it is better to taste first for as they all differ.

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