

## **Kimbap Recipe (Seaweed Rice Rolls)**

### ***Korea's most popular on-the-go meal!***

The difference between Korean Kimbap and California roll (which is fresh and has fewer ingredients) is that Kimbap has precooked and seasoned ingredients, so there is no need to dip it in soy sauce.

1. Each roll takes about 3/4 to 1 cup of cooked rice. It takes about 1.5 cups of raw white rice for 4 rolls. With 2 cups of raw sticky rice, you can make 5 or 6 rolls. Remember to use a little less water to make kimbap rice.
2. Adjust the number and amount of the filling ingredients to your liking. Omit any ingredient(s) you don't want or have and/or add any ingredients you like. However, think about the color combinations and balance of nutrients and textures.
3. Cucumber is great as a substitute for spinach or as an addition.

#### Protein

For the meat, ground beef or bulgogi-style beef is most common. You can use a can of tuna, crab sticks, fishcake, less sodium SPAM or BBQ Kimbap ham, or a variety of sausages.

#### Vegetarian

You can buy firm tofu and burdock root pre-made for kimbap in the refrigerated section of a Korean/Asian market. You can also get the vegetarian Kimbap from a local Korean grocery store or Trader Joe's for a quick meal. You need to rub a bit of sesame oil to taste like an authentic Korean Kimbap! No dipping it in soy sauce!

Short-grain white rice or sticky rice or sushi rice, you can use other rice, but sticky rice works better. Cook the rice using a little less water than usual. Fresh cooked rice is best for Kimbap.

Mix the rice with sesame oil and salt while the rice is still hot/warm. This will be your last prep before assembling Kimbap.

Bamboo mat

## The most common Kimbap vegetables

- 1 bag pre-washed spinach, about 8 ounces
- 1 Asian cucumber, or 2 small cucumbers, about 5 ounces
- Precut pickled radish for Kimbap from Korean and Asian store (choose from white or yellow radish)
- 2 medium carrots, 1.5 teaspoons of minced garlic, divided
- Toasted sesame oil
- Toasted sesame seeds
- Salt
- 4 eggs
- Vegetable oil

Spinach bunch: Blanch the spinach in salted boiling water only until wilted, about 40 seconds. Drain quickly and shock in cold water. Squeeze out water. Cut into 3-inch lengths. Toss with 1 teaspoon of sesame oil, 1/2 teaspoon of sesame seeds, and salt (about 1/2 teaspoon).

Bush/Asian Cucumber: Cut the cucumber into 1/2-inch-thick sticks. Do not use the seedy part. Heat the pan with a little bit of oil over medium high heat. Stir fry the cucumber until softened. Lightly season with salt.

Julienne the carrots. Heat the skillet with a little bit of oil over medium high heat. Stir fry the carrots until softened. Lightly season with salt.

## Prepping protein options

Beef, crab sticks, fishcake, less sodium SPAM, or a variety of sausages, or tofu, or tuna

### Bulgogi meat or ground beef

- 8 ounces lean, tender beef, cut into thin strips
- 2 teaspoons soy sauce
- 1 teaspoon rice wine (or mirin)
- 1 teaspoon sugar
- 1 teaspoon sesame oil
- 1/2 teaspoon minced garlic

Cut the crab stick into about 3/4-inch-thick sticks. Heat a skillet with enough oil to cover the pan. Add the crab stick and fry until all sides are tender.

Sausages: Cut the sausages into about 3/4-inch-thick sticks. Heat a skillet with enough oil to cover the pan. Add the sausages and fry until all sides are softened. Make sure to add enough rice to cover all ingredients.

Tuna: Drain the tuna well in a strainer, pressing with a spoon to force more liquid to drain. Mix well with the celery, mayonnaise, dijon mustard, and lemon juice. Season with salt and pepper to taste. For tuna, wrap all wet ingredients in lettuce or perilla leaves and then roll with rice.



Less sodium SPAM or BBQ Kimbap Ham: Cut the spam into about 3/4-inch-thick sticks. Heat a skillet with enough oil to cover the pan. Add the spam pieces and fry until all sides are tender.

Square Fishcake: Cut the fish cake lengthwise into about 3/4-inch-thick strips. Heat the pan with cooking oil (about 1 teaspoon) over medium heat. Stir fry the fish cake with the soy sauce, sugar, sesame oil until softened, about 2 minutes.

Firm Tofu: Cut the firm tofu into about 3/4-inch-thick sticks. Pat dry with a paper towel, and lightly sprinkle with salt. Heat a skillet with enough oil to cover the pan. Add the tofu pieces and fry until all sides are golden brown.



Egg omelet: Beat the eggs in a bowl with a pinch of salt. Heat a small non-stick pan (for a thick omelet) over medium-low heat. Add the eggs to the pan, flip it over  $\frac{1}{3}$  ways when the bottom is set but the top is still runny, and flip the remaining  $\frac{1}{3}$  again to make a thick omelet. Transfer to a cutting board and let it cool. Cut lengthwise into 1/2-inch thick strips. (or, make a thin, round egg omelet and use 2 pieces per roll.)

### Assembling Kimbap

Are you ready to roll? Arrange all ingredients on a large plate and choose what you want to add.



Make sure you have a bowl of water and a small bowl of sesame oil with you.

1. While the rice is still hot/warm, add the sesame oil and salt. Mix well by lightly folding with a rice paddle or large spoon until evenly seasoned. Add more salt to taste if needed.
2. Put a seaweed sheet, shiny side down and longer side towards you, on a cutting board or a bamboo mat for firmer assembly if available. Spread about 3/4 cup to 1 cup of rice evenly over the seaweed, preferably using a rice paddle or your fingers. Leave about 1.5-inch space at the top. You can dip your fingers in the water bowl to evenly spread rice over the seaweed sheet. You can use bare hands or wear plastic gloves.



3. lay the prepared ingredients on top of the rice, leaving some uncovered rice at the top for sealing. Make sure to lift the entire bottom edge with both hands and roll over the filling away from you, tucking in the filling with your fingers. If using a bamboo mat, put firm pressure over the roll to close everything tightly. Then, continue to roll, putting pressure evenly over the roll using both hands. To seal the Kimbap roll, brush the end with a dab of water.

(Picture credit to Korean Bapsang [Kimbap Recipe | Korean Bapsang](#))



4. Finish rolling Kimbap and put one roll on top of the cutting board. Rub or brush the roll with a little bit of sesame oil for extra flavor and a shiny look. Apply a little bit of sesame oil to a sharp knife. (This will keep the rice from sticking to the knife. Repeat as necessary after each cut. If you don't like sesame oil, then apply a dab of water to cut it clean and evenly. Wipe the knife with a damp towel as needed.) Cut the roll into 1/2-inch-thick bite-size pieces.



5. Serve one roll of Kimbap per person and try to consume it at once. You can store it in an airtight container in the refrigerator. Heat it in a pan until the crust is

golden on medium heat and serve it. It's best to consume it on the day of making it to enjoy the full taste.



6. Beef Kimbap with neatly arranged ingredients!



