



# TEEN BATTLE CHEF



## KOREAN BIBIMBAP



20 mins



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12 - 14 servings



**3 cups** Any (Short or Long) White Rice  
**2 pounds** Beef, chicken, or tofu

**2** Zucchini

**2** Carrots

**2 large** Red Bell Peppers

**2 large** Onions, thinly sliced

**3 tablespoons** Olive oil

**1 cup** Bean Sprouts (optional)

**1 head** Broccoli, dice in 2 inch pieces

**12** Eggs

**4** Scallions, very thinly sliced for garnish

### Chili Sauce:

**6 tablespoons** Gochujang (red pepper paste)

**3 tablespoons** Sugar (or syrup)

**5 tablespoons** Water

**2 cloves** Garlic, minced

**2 teaspoons** Sesame oil

**¼ cup** Soy Sauce

**4 teaspoons** Rice Vinegar

**2 teaspoons** Rice Wine

**1 teaspoon** Sesame seeds

### Marinade for meat/protein source:

**3 cloves** Garlic, minced

**3 tablespoon** Rice wine

**¼ cup** Soy sauce

**2 teaspoons** Sugar

**2 teaspoons** Sesame oil

## PREP DIRECTIONS

- 1. MEASURE** and **WASH** white rice until water is clear. **COOK** rice per the directions on package. **REMOVE** from heat. **SET** aside.
- 2. SLICE** the protein thinly. **WHISK** minced garlic, rice wine, soy sauce, sugar, and sesame oil in a bowl. **ADD** meat. **MARINATE** for 10 minutes.
- 3. SLICE** the zucchini, carrots, onions, and bell pepper into matchsticks.
- 4. CHOP** broccoli into florets and halve, into approximately 2" pieces.



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## COOKING DIRECTIONS

1. **HEAT** 2 tablespoons of olive oil in a skillet. **ADD** onions, **SAUTÉ** until translucent but still firm. **REMOVE**, and **SET** aside in a small bowl.
2. **ADD** 1 teaspoon of oil to the same skillet and **SAUTÉ** red bell pepper with a pinch of salt over medium heat, until slightly soft. **REMOVE** and **SET** aside in separate bowl.
3. **ADD** zucchini and **SAUTÉ** similarly, followed by broccoli.
4. **ADD** carrots and **SAUTÉ** with a pinch of salt over medium heat, until slightly softened. **SET** aside in a separate bowl.
5. Meanwhile, **BOIL** the bean sprouts (if using) for 3 minutes with high heat, drain and **MARINATE** with salt and some sesame oil.
6. **ADD** marinated meat or tofu and **SAUTÉ** over medium heat. When meat is cooked completely, remove and set aside (Tofu cooks more quickly).
7. **ADD** ingredients for the chili sauce in a small saucepan. **COOK** over low heat until sugar is just dissolved. **REMOVE** from heat.
8. **SCOOP** rice into a large serving bowl. **TOP** with all the vegetables arranged individually per the photo, all the way around the bowl.
9. **HEAT** 1 teaspoon of olive oil in a small non stick skillet. **CRACK** egg into skillet, and **COOK** over low heat. **COVER** with a lid and slowly steam until white part is cooked and yellow is still a little runny, about 1 - 2 minutes. **REPEAT** for each egg. Set aside.
10. **DRIZZLE** the bibimbap with the chili sauce; **GARNISH** with scallions
11. **DIVIDE** rice into individual serving bowls. **PLACE** a cooked egg over each serving bowl of rice.
12. **MIX** the sauce into the bibimbap. **SERVE** over individual bowls and enjoy.



## EQUIPMENT NEEDED



- Chef Knives
- Cutting Boards + Paper Towels
- Measuring Spoons & Cups
- *Mise en Place* Bowls
- Mixing Spoons
- Wok Pan or Large Skillet
- Large Salad Bowl
- Tongs
- Medium Saucepan - Induction Ready
- Vegetable Peeler
- Rice cooker or Sauce Pan
- Medium Mixing bowl (for marinade)



- Tasting Spoons
- Serving Bowls
- Spoons
- Napkins

## SEASONAL INGREDIENT SUBSTITUTIONS

Using seasonal ingredients not only enhances flavor and freshness but also supports local farmers. They provide the best taste and nutrition when they're at their peak. If you can't find them, don't worry! You can always use similar ingredients to keep the dish's essence intact.



**Fall**

Tuna, Acorn or Butternut Squash



**Winter**

Red Beets or Parsnips, Mushrooms



**Spring**

Asparagus, Spinach, sauteed Kale



**Summer**

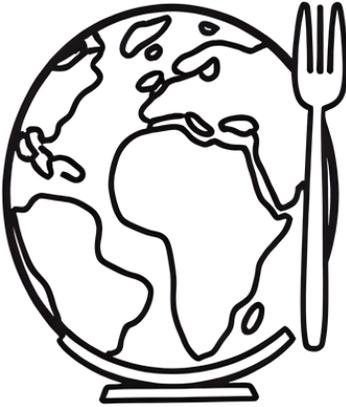
Zucchini or yellow Squash, Kimchi, String Beans



## CULTURAL FACTS: KOREAN BIBIMBAP

Bibimbap is a signature Korean dish. The word literally means "mixed rice". • Bibimbap is served as a bowl of warm white rice topped with namul (sautéed and seasoned vegetables) and gochujang (red chili pepper paste), soy sauce, or doenjang. • A raw or fried egg and sliced meat (usually beef) are common toppings. • The ingredients are stirred together thoroughly just before eating. It is best served hot.

### Korean Cuisine:



- Korean cuisine shares many similarities with other Asian cuisine, for example, the main ingredients are often the **rice and vegetables**.
- Common cooking methods are **steaming, stir frying and braising**.
- In Korea, people **eat less meat** compared to the rest of the world. Red meat is expensive and most of the time, it is **served at special events**.
- Seafood and chicken are the most common protein. The Korean cuisine is usually spicy and with a lot flavor. Rice is the main side dish and it helps to cool the heat of the spices.

## NUTRITION FACTS

- **CARBS** for fast energy = short-grain rice, carrots, zucchini, red bell peppers, sugar, rice wine, rice vinegar
  - **FIBER** for digestion, lower cholesterol, and fullness = broccoli, bean sprouts, carrots, zucchini, red bell peppers
- **PROTEIN** for building body tissues and energy = beef, chicken, tofu, eggs, sesame seeds, soy sauce
- **FAT** for long-lasting energy and fullness = olive oil, sesame oil, eggs, sesame seeds
- **VITAMINS & MINERALS** for immune health and strong metabolism = zucchini, carrots, red bell peppers, onions, broccoli, scallions, garlic, sesame seeds
  - **IRON** for oxygen transport and energy metabolism = beef, eggs, broccoli, sesame seeds
- **ANTIOXIDANTS** for cell protection and reduced inflammation = gochujang, garlic, sesame oil, sesame seeds, red bell peppers, carrots, broccoli