

**OVERALL time: 60 mins**

## KOREAN BBQ BIBIMBAP

Korean BBQ Bibimbap is a vibrant dish that brings together marinated meat, fresh vegetables, and rice, all topped with a fried egg and spicy gochujang sauce. This Korean classic offers a perfect blend of textures and bold flavors, making it a satisfying and colorful meal for any occasion.

Metric

**Number of servings : 4**

### ingredients

#### For the rice

- 500 ml sushi rice
- 30 ml sugar
- 5 ml salt
- 100 ml rice vinegar

#### For the meat

- 400 g beef steak (boneless ribeye, sirloin, Denver steak / chuck under blade steak etc)
- 30 ml soy sauce
- 30 ml mirin
- 30 ml sesame oil
- 2 spring onions, sliced
- 15 ml ginger, grated
- 15 ml garlic, grated
- 30 ml honey
- 15 ml Cape Herb & Spice Korean Style BBQ Rub, plus more to taste

#### For the sauce

- 30 ml rice vinegar
- 30 ml mirin
- 30 ml honey
- 30 ml soy sauce
- 10 ml sesame oil
- 10 ml ginger, finely grated
- 1 small clove garlic, finely grated

- 5 ml Cape Herb & Spice Korean Style BBQ Rub

#### To serve

- 4 sunny side up fried eggs
- 2 carrots, julienned and sautéed with a little ginger
- 100 g mung bean sprouts, blanched and drizzled with a little sesame oil
- 4 baby marrows, sautéed with a little garlic
- 250 g shiitake mushrooms, sautéed
- Cape Herb & Spice Korean Style BBQ Rub, to taste

## THIS IS WHAT YOU WILL NEED TO DO

**PREP TIME: 40 mins | COOKING TIME: 20 mins**

#### For the rice:

In a sieve, rinse the rice with cold running water, until the water runs completely clear.

Soak rinsed rice in water for 30 minutes.

Drain.

Place rice in a pot with 500ml fresh cold water and cover.

Bring rice to a boil over medium-high heat.

Once boiling immediately turn heat to the lowest setting.

Cook for 10 minutes.

Switch off the heat and let sit, covered, for 15 minutes.

In a small saucepan, dissolve the sugar and salt in the rice vinegar over low heat.

Spread the hot steamed rice onto a large baking tray.

Pour vinegar mix evenly over rice and fold gently with a wooden spoon to mix.

Cover rice until serving.

#### For the meat:

Combine soy, mirin, sesame oil, spring onions, ginger, garlic and honey in a large mixing bowl.

Whisk well.

Slice beef thinly, against the grain.

Add the sliced beef and season generously with **Cape Herb & Spice Korean Style BBQ Rub.**

Mix thoroughly, massaging the marinade into the beef.

Transfer to a ziplock bag.

Leave to marinate in the fridge overnight.

*If you do not have the time - aim for at least an hour to infuse the flavour.*

When ready to cook, heat a griddle pan on high heat.

Add the marinated beef and cook in batches, not crowding the pieces.

Cook for 2-3 minutes, until cooked through and well caramelised.

For the sauce:

Combine all ingredients in a small saucepan.

Heat briefly just to bloom the spices and mix well.

To serve:

Heat up previously prepared vegetables and freshly fry the 4 eggs.

Dish rice into bowls.

Plate meat and vegetables into little separate piles on top of the rice.

Finish with the fried egg in the middle and then drizzle each bowl with the sauce and serve the rest on the side.

To eat, mix everything together and enjoy!

## **TOP TIP**

Bibimbap is a hearty dish with a lot of components.

To maximise efficiency:

Marinate the meat the day before.

Prep and cook the various vegetables for serving ahead of time / the day before.

The types of vegetables can vary according to what you have in your fridge or what is in season. Traditionally all the vegetables are cooked and seasoned separately which does make a difference to the overall dish but you can veer from the tradition if desired.

The many components may seem tedious but keep the integrity of the individual flavours and then they really sing when combined at the end.

Recipe concept, photography and video by Bianca Davies: @beeblegum on Instagram | <http://thesecretlifeofbee.co.za/>

<https://www.capeherb.co.za>

Metric

# ingredients

## For the rice

- 500 ml sushi rice
- 30 ml sugar
- 5 ml salt
- 100 ml rice vinegar

## For the meat

- 400 g beef steak (boneless ribeye, sirloin, Denver steak / chuck under blade steak etc)
- 30 ml soy sauce
- 30 ml mirin
- 30 ml sesame oil
- 2 spring onions, sliced
- 15 ml ginger, grated
- 15 ml garlic, grated
- 30 ml honey
- 15 ml Cape Herb & Spice Korean Style BBQ Rub, plus more to taste

## For the sauce

- 30 ml rice vinegar
- 30 ml mirin
- 30 ml honey
- 30 ml soy sauce
- 10 ml sesame oil
- 10 ml ginger, finely grated
- 1 small clove garlic, finely grated
- 5 ml Cape Herb & Spice Korean Style BBQ Rub

## To serve

- 4 sunny side up fried eggs
- 2 carrots, julienned and sautéed with a little ginger
- 100 g mung bean sprouts, blanched and drizzled with a little sesame oil
- 4 baby marrows, sautéed with a little garlic
- 250 g shiitake mushrooms, sautéed
- Cape Herb & Spice Korean Style BBQ Rub, to taste

**Number of servings : 4**

## THIS IS WHAT YOU WILL NEED TO DO

**PREP TIME: 40 mins | COOKING TIME: 20 mins**

### For the rice:

In a sieve, rinse the rice with cold running water, until the water runs completely clear.

Soak rinsed rice in water for 30 minutes.

Drain.

Place rice in a pot with 500ml fresh cold water and cover.

Bring rice to a boil over medium-high heat.

Once boiling immediately turn heat to the lowest setting.

Cook for 10 minutes.

Switch off the heat and let sit, covered, for 15 minutes.

In a small saucepan, dissolve the sugar and salt in the rice vinegar over low heat.

Spread the hot steamed rice onto a large baking tray.

Pour vinegar mix evenly over rice and fold gently with a wooden spoon to mix.

Cover rice until serving.

### For the meat:

Combine soy, mirin, sesame oil, spring onions, ginger, garlic and honey in a large mixing bowl.

Whisk well.

Slice beef thinly, against the grain.

Add the sliced beef and season generously with **Cape Herb & Spice Korean Style BBQ Rub.**

Mix thoroughly, massaging the marinade into the beef.

Transfer to a ziplock bag.

Leave to marinate in the fridge overnight.

*If you do not have the time - aim for at least an hour to infuse the flavour.*

When ready to cook, heat a griddle pan on high heat.

Add the marinated beef and cook in batches, not crowding the pieces.

Cook for 2-3 minutes, until cooked through and well caramelised.

### For the sauce:

Combine all ingredients in a small saucepan.

Heat briefly just to bloom the spices and mix well.

To serve:

Heat up previously prepared vegetables and freshly fry the 4 eggs.

Dish rice into bowls.

Plate meat and vegetables into little separate piles on top of the rice.

Finish with the fried egg in the middle and then drizzle each bowl with the sauce and serve the rest on the side.

To eat, mix everything together and enjoy!

## **TOP TIP**

Bibimbap is a hearty dish with a lot of components.

To maximise efficiency:

Marinate the meat the day before.

Prep and cook the various vegetables for serving ahead of time / the day before.

The types of vegetables can vary according to what you have in your fridge or what is in season. Traditionally all the vegetables are cooked and seasoned separately which does make a difference to the overall dish but you can veer from the tradition if desired.

The many components may seem tedious but keep the integrity of the individual flavours and then they really sing when combined at the end.

Recipe concept, photography and video by Bianca Davies: @beeblegum on Instagram | <http://thesecretlifeofbee.co.za/>

<https://www.capeherb.co.za>