



Korean “Sushi” Rolls Kim Bap

김밥

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Ingredients:

- Dried seaweed (nori)- 4 sheets
- 2 cups cooked rice
- 2 tsp sesame oil
- 2 tsp salt
- TRADITIONAL FILLINGS
- 1 carrot, julienned
- cucumber, cut into long strips
- 2 eggs
- beef (bulgogi)
- 1/2 pound of spinach, parboiled
- pickled radish, cut into strips
- imitation crab (optional)
- fishcake (optional)
- ALTERNATE POPULAR FILLING SUGGESTIONS:
- smoked salmon and cream cheese
- kimchi and cheese
- spam, mayo, and veggies
- ham and cheese
- tuna salad with romaine lettuce and cheese
- fresh or seasoned vegetables for vegetarians

Preparation:

1. When rice is almost cooled, mix with sesame oil and salt.
2. Stir fry carrots briefly with a dash of salt.
3. Stir fry cucumber with a dash of salt.
4. Whisk eggs until evenly yellow and fry into flat omelet.
5. Cut cooked egg into long strips.
6. Cook bulgogi according to recipe directions.
7. Using a bamboo sushi roller or a piece of tin foil, lay the dried seaweed shiny side down.
8. Spread about ½ cup of rice onto 2/3 of the seaweed, leaving the top 1/3 bare (if you moisten your fingers or a spoon to pat down the rice, you'll get less of a sticky mess).
9. Lay the first ingredient down around 1/3 of the way up from the bottom of the seaweed.
10. Lay the other fillings down on top.
11. Roll from the bottom (as if you're rolling a sleeping bag), pressing down to make the fillings stay in.
12. As you continue to roll, pull the whole thing down towards the end of the bamboo mat.
13. Spread a tiny dab of water along the top seam to hold the roll together.
14. Set aside and continue with other seaweed sheets.
15. Cut each roll into 7-8 pieces.

Recipe Function: Warm the spleen and stomach

Application: Poor appetite, insomnia, high cholesterol, and good for picnic.