



Taste of Korea: KIMBAP 김밥



 2-6 servings  45 minutes

INGREDIENTS

ROLLS:

- 1-4 cups dry rice
- 1/4 cup Sesame Oil
- Seaweed (1 sheet per roll)
- Korean pickled radish
- Cucumber
- Carrot
- Spinach
- Protein of choice
- Vegetables of choice

DIPPING SAUCE

- Soy Sauce
- White or rice vinegar
- Sesame oil
- Sesame seeds
- Crushed red pepper
- Green onion for garnish

DIRECTIONS

ROLLS:

1. Make sticky rice.
 - Wash rice and steam
 - Measure depth of rice using index finger and thumb.
 - Fill with enough water so that the measurement you took of the depth of rice is the same measurement you get for water above the rice.
 - Close steamer lid and hit the button to “Cook” setting.
 - When it clicks back to “Warm”, open lid, let some of the steam out and close it back up for around 5 minutes.
 - Put all the rice in a large bowl. Use the rice paddle to mix it with the sesame oil. Make sure to let a lot of air in and the steam out.
 - Let the rice cool
2. Make Dipping Sauce
 - Take roughly equal parts soy sauce and vinegar
 - Add a dash or two of sesame oil. Add crushed red pepper and whisk well.
 - Sprinkle sesame seeds and sliced green onion on the top.
3. Roll Kimbap
 - Place a piece of seaweed flat in front of you. Place the longest side parallel to you.
 - Use a rice paddle to make a THIN layer of rice on the seaweed. Leave about ½ inch to 1-inch of the seaweed uncovered (the long edge farthest from you.)
 - On the long side closest to you, add your fillings.
 - Tightly roll the seaweed starting with the end closest to you, rolling towards with the side that has the exposed seaweed. As you roll, do so slowly and take time to squeeze all down the length of the roll to make it tight.
 - Wet your fingers in the cup of water and apply the water to the exposed end of the seaweed. Then seal the roll using the wet seaweed.
 - Dip the bread knife in the cup of water. Use the wet bread knife to slice the roll into pieces, or just pick the whole thing up and bite into the tube.