



Bibimbap with Beef Bulgogi

Servings	4 servings
Prep Time	2 hours, 0 minutes
Cook Time	0 hours, 30 minutes

Summary

Now I'm not saying this recipe isn't complicated. It is. Overly so, and it helps if you have two cooks in the kitchen to get through all the steps with your sanity. But liking authentic Korean food the way we do here at Local Dish, it's definitely worth the effort.

Ingredients

- 1 pound sirloin steak, fat trimmed
- 1 Asian pear, peeled and finely grated
- 2 cloves garlic, grated
- 1 Tablespoon ginger, grated
- 3 Tablespoons plus 1 teaspoon low-sodium soy sauce
- 1 Tablespoon brown sugar
- 1 Tablespoon rice wine
- 2 Tablespoons sesame oil, divided
- 1 1/2 cups brown rice
- 1 cup bean sprouts
- 4 cups baby spinach
- 1 teaspoon sesame seeds
- 5 teaspoons vegetable oil
- 1 medium zucchini, cut into strips
- 2 carrots, cut into strips
- 2 cloves garlic, minced
- 4 large eggs
- Hot pepper paste (kochujang) or sriracha, optional

Instructions

1. Thinly slice sirloin across the grain into 1/2-inch strips. In a bowl, combine pear, garlic, ginger, 3 tablespoons soy sauce, sugar, rice wine, 1 tablespoon sesame oil, and salt and pepper to taste. Add sliced meat to sauce and marinate in the refrigerator for 2 hours.
2. In a saucepan, bring rice and 3 cups water to a boil. Reduce heat and simmer until water is absorbed, about 30 minutes.
3. Meanwhile, cook bean sprouts in boiling water for 3 to 4 minutes. Drain and toss with 1 teaspoon sesame oil, 1 teaspoon soy sauce, and salt to taste. Dunk spinach into boiling water for 1 minute. Drain and squeeze excess water from spinach. Toss with 2 teaspoons sesame oil and sesame seeds.
4. In a skillet, warm 2 teaspoons vegetable oil over medium heat and saute zucchini, carrot, and garlic for 5 minutes. Remove from heat, add 1 teaspoon vegetable oil to skillet, and cook steak for 3 minutes. Rinse skillet, then warm 2 teaspoons vegetable oil over medium heat and cook eggs over easy.
5. Divide cooked rice among plates and arrange vegetables, beef, radish, and egg on top of rice. Add hot pepper paste, if desired.

Sources

Women's Health magazine -
<http://www.womenshealthmag.com/nutrition/bulgogi-recipe>

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Authentic Korean at home - http://www.localdish.net/posts/authentic_korean_at_home