KitchenBooQ

Beef Bulgogi Kimbap

Serves: 4 | Cooking Time 50 minutes | Level: Capable



INGREDIENTS

1 lb (450 g) beef sirloin or flank steak, thinly sliced against the grain
3 tbsp soy sauce
2 tbsp brown sugar
2 tbsp sesame oil
2 cloves garlic, minced
1 tsp freshly grated ginger
1/4 cup rice vinegar
1 cup (200 g) short-grain white rice
1 1/4 cups (300 ml) water
2 sheets nori (dried seaweed)
2 large eggs, beaten
2 medium carrots, julienned
4 oz (115 g) fresh spinach
1 tbsp toasted sesame seeds
1/4 cup (60 g) chopped kimchi, squeezed dry

PREPARATION

1. In a shallow bowl or dish, whisk together soy sauce, brown sugar, sesame oil, garlic, ginger, and rice vinegar. Add the thinly sliced beef, toss to coat evenly, cover, and refrigerate for at least 30 minutes (up to 4 hours) to tenderize and infuse flavor.

2. Rinse the short-grain rice under cold water until the runoff runs clear. Combine the rinsed rice and water in a medium saucepan, bring to a rolling boil over high heat, then reduce to low, cover tightly, and simmer for 15 minutes. Remove from heat and let stand covered for 10 minutes before fluffing with a fork. Stir in half of the toasted sesame seeds while the rice is still warm.

3. Bring a small pot of water to a boil, add spinach, and blanch for exactly 60 seconds. Drain immediately, plunge into cold water to halt cooking, then squeeze firmly to remove all excess moisture. Season lightly with salt and a few drops of sesame oil. In a nonstick skillet over medium heat, cook the julienned carrots until tender-crisp, about 3-4 minutes. Wipe the pan clean, pour in the beaten eggs, and cook into thin omelets. Let cool slightly, then roll or fold them before slicing into long strips.

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PREPARATION

4. Place a bamboo rolling mat on a clean work surface and cover it with plastic wrap. Lay one nori sheet shiny-side down. Spread half of the seasoned rice evenly over the nori, leaving a 1-inch border at the top edge. Arrange a horizontal line of beef, carrots, spinach, egg strips, and kimchi across the center of the rice.

5. Lift the edge of the mat closest to you, tuck it firmly over the filling, and roll forward while applying gentle pressure to compress the ingredients into a tight cylinder. Continue rolling until the nori is fully wrapped around the fillings. Moisten the top 1-inch border with water or a few grains of rice to seal it shut.

6. Let the kimbap rest for 5 minutes to set, then use a sharp serrated knife to slice each roll into bite-sized pieces. Arrange on a serving platter, sprinkle with remaining sesame seeds, and serve immediately. Pack leftovers in airtight containers for later.

Notes
Store all leftover kimbap in an airtight container in the refrigerator within 2 hours of cooking; consume within 3 days. Do not leave at room temperature under any circumstances to prevent bacterial growth. For extended storage, freeze individual rolls wrapped tightly in plastic and foil for up to 1 month; thaw overnight in the fridge before eating or gently warm in a skillet. The beef can be substituted with chicken breast or extra-firm tofu pressed and marinated identically. Squeezing the kimchi thoroughly prevents excess brine from making the rice mushy during rolling.