

#118: Asian Traditions**Bibim Bop Rice Bowl****Lenora Chong, Morrow's****Marinated Beef**

1/4 onion, peeled and quartered
1/2 Fuji apple, peeled and quartered
1/2 yellow kiwi, peeled
1/4 cup brown sugar
2 tablespoons chopped garlic
2 tablespoons fresh chopped ginger
1/2 cup soy sauce
1 tablespoon sesame oil
1 pound beef ribeye steak, cut into thin strips
1 tablespoon canola oil

Combine all the ingredients except the beef and canola oil in a food processor and puree until the mixture is well blended. Pour into a bowl and add the beef strips. Marinate 20 to 30 minutes, then scoop the beef from the liquid with a slotted spoon.

Heat the canola oil in a medium skillet. Add the beef strips and cook a few minutes, stirring, just until browned. Remove the pan from the heat and set aside.

Seasoned Vegetables and Egg Toppings

4 cups bean sprouts
3 tablespoons sesame oil, divided (plus extra for drizzling)
1 tablespoon, plus 1 teaspoon crushed Korean red pepper flakes (Gochugaru)
1 bunch of fresh spinach
8 large shiitake mushrooms, stemmed and sliced
1 tablespoon vegetable oil, divided
1 1/4 teaspoons salt, divided, plus extra for seasoning
2 carrots, peeled and julienned
1 cucumber, thinly sliced
1 teaspoon salt
1 tablespoon sugar
1 tablespoon canola oil
4 eggs

1 teaspoon black sesame seeds

4 cups cooked Asian rice (brown or any other rice can be substituted)

Korean pepper paste (Gochujang)

Heat a pot of water to boiling. Blanch the bean sprouts until wilted, then squeeze out the excess water. Place in a small bowl and toss with 1 tablespoon of sesame oil, 1 teaspoon Korean red pepper flakes (use more or less to taste) and a pinch of salt. Set aside.

Blanch the spinach in the boiling water. Remove and squeeze out excess water. Place in a bowl and add 1 tablespoon of sesame oil and a pinch of salt. Mix and set aside.

Sauté the mushrooms in 1/2 tablespoon vegetable oil and 1/2 tablespoon sesame oil until tender. Add 1/4 teaspoon salt and set aside.

Sauté julienned carrots in 1/2 tablespoon vegetable oil and 1/2 tablespoon sesame oil until tender. Add salt to taste and set aside.

In a small bowl, combine the sliced cucumbers, 1 teaspoon salt, 1 tablespoon crushed Korean red pepper flakes and 1 tablespoon sugar. Set aside.

Heat the canola oil in a large non-stick skillet and gently crack the eggs into the pan. Fry the eggs over low heat with the yolks up (sunny side up).

While the eggs are frying, assemble the bibim bop rice bowls. Place steamed rice in the center of each bowl, then divide the vegetables and beef between the bowls, arranging the ingredients around the outer edge of the rice. Drizzle sesame oil on the ingredients.

Place a cooked egg in the center of each bowl, on top of the rice, and sprinkle the yolks with black sesame seeds. Serve with Korean pepper paste.

Serves 4.