

# Kimbap



I am calling these Korean rice rolls “sushi” because at first glance, they do resemble the Japanese rolls that Westerners associate with sushi. But *kimbap* is not considered fine or fancy fare in Korea, it's actually picnic and snack food that you eat with your hands. Traditional fillings include seasoned vegetables, egg, meat and/or imitation crab, but these days anything goes. From Seoul to NYC, fillings range from cheesy to spicy to fresh. *Kimbap* is like the Korean version of a sandwich—you can change the filling to fit any diet, palate, or occasion.

**Prep Time: 30 minutes**

**Cook Time: 40 minutes**

## Ingredients:

- Dried seaweed (nori) - 4 sheets
- 3 cups cooked rice
- 2 tsp sesame oil
- 3 tbs rice vinegar
- 1 tbs sugar
- 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, rice vinegar and sugar.
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.

(Serves 4)