



Miele

Bibimbap (Korean mixed rice)

By Miele

30 minutes plus pickling time

Preparation Time

2 hours 15 minutes

Cooking Time

6 servings

Serves

INGREDIENTS

Sticky pork

1.5 kg pork belly
50 g ginger, sliced
5 garlic cloves, crushed
200 ml soy sauce

Pork glaze

1 tbsp sesame oil
2 tbsp gochujang
4 tbsp apricot jam
1 tbsp soy sauce
1 tbsp honey
1 tbsp sesame seeds
1 tbsp chardonnay vinegar
5 garlic cloves, crushed
30 g ginger, finely grated

Seasoned bean sprouts

400 g bean sprouts
1 tbsp salt flakes
3 spring onions, white part thinly sliced
1 garlic clove, crushed
1 tbsp sesame seeds
1 tsp sesame oil

Rice

1½ cups medium grain white rice
1½ cups water

Seasoned spinach

400 g baby spinach
1 garlic clove, crushed
1 tsp sesame oil
1 tbsp sesame seeds

Pickling liquid

135 g caster sugar
165 ml vinegar
330 ml water
12 g salt flakes

Pickled shimeji

120 g shimeji mushrooms
300 ml pickling liquid, boiling

Pickled carrots

120 g carrots, julienned
300 ml pickling liquid, boiling

Eggs

6 eggs
Extra virgin olive oil

Dressing

125 ml soy sauce
1 tbsp sesame oil
30 ml chardonnay vinegar
30 ml rice wine vinegar
60 ml water
1 garlic clove, crushed
1 tbsp caster sugar

To serve

Sesame seeds
Kimchi, optional

METHOD

Sticky pork

1. Slice the pork belly into strips, approximately 1.5cm thickness. Combine remaining ingredients and rub all over pork belly.
2. Place the pork in an unperforated steam container into the steam oven and Steam at 95°C for 2 hours or until tender.
3. In a medium bowl, combine all the pork glaze ingredients and stir well.
4. Chop the pork into 1.5cm pieces, add to the glaze ingredients and toss until completely covered.
5. Preheat the oven on Fan Grill at 200°C.
6. Place the pieces of pork on a grilling and roasting insert, placed into the multi-purpose tray. Grill on shelf position 4 for 15 minutes, or until the pork is beginning to caramelize.

Rice

1. In an unperforated steam container, combine rice and water. Steam at 100°C for 20 minutes.

Seasoned bean sprouts

1. Place the bean sprouts in a perforated steam container and steam at 100°C for 1 minute.
2. Mix the bean sprouts together with the remaining ingredients and set aside.

Seasoned spinach

1. Place the spinach in a perforated steam container and steam at 100°C for 1 minute.
2. Squeeze out the excess moisture before mixing with the remaining ingredients and set aside.

Pickling liquid

1. Place all the ingredients in a small saucepan, bring to the boil on high heat, Induction setting 9, until dissolved. Divide the mixture in half.

Pickled vegetables

1. Place the shimeji in a container, pour over one half of the pickling liquid and leave to stand.
2. Place the carrots in a separate container, pour over the remaining pickling liquid and leave to stand.

Fried eggs

1. Preheat a non-stick frying pan on Temp control setting 3, or Induction setting 7. Fry eggs in oil for 2-3 minutes, or until cooked to your liking.

Dressing

1. Whisk together all ingredients in a bowl and set aside.

To serve

1. Place some rice in the middle of each bowl. Going around the rice, place the pork, bean sprouts, spinach, pickled shimeji and carrots and top with the fried egg. Sprinkle with sesame seeds and drizzle over the dressing. If using kimchi, place on top.

Hints and tips

- Gochujang is a Korean chilli paste – often referred to as the “miso” of Korean cuisine.