



Yukhae Bibimbab

Main Course, Serves 8

Yukhae:

640 g./1 1/2 lbs. beef
80 ml./1/3 cup honey
48 g./1 3/4 oz. chili powder
20 g./4 tsp. granulated sugar
24 ml./5 tsp. red bean paste
80 ml./1/3 cup sesame oil
Salt to taste

Bibimbab Sauce:

32 ml./2 tbsp. vegetable oil
16 g./1/2 oz. ground beef
24 ml./5 tsp. honey
240 ml./1 cup red bean paste
Sugar to taste
32 ml./2 tbsp. corn syrup
50 g./1 3/4 oz. chili powder
160 ml./2/3 cup anchovy stock
32 ml./2 tbsp. ox tail broth
24 ml./5 tsp. beef broth
24 g./3/4 oz. garlic

Vegetables:

500 g./1 lb. cham namul
(or substitute spinach)
Salt to taste
15 ml./1 tbsp. sesame oil
160 g./5 oz. dried black mushrooms
45-60 ml./3-4 tbsp. vegetable oil
16 eggs, separated
400 g./14 oz. carrots, peeled
and cut into julienne strips
600 g./1 1/3 lbs. turnips,
peeled and cut into julienne strips
500 g./1 lb. squash, cut into julienne strips
600 g./1 1/3 lbs. bean sprouts
8 whole garlic cloves

To Serve:

Steamed rice
Sesame seeds

For the Yukhae:

• Trim the beef and cut it into very thin strips. Stir together the remaining ingredients in a mixing bowl and toss with the beef. Marinate until ready to serve.

For the Bibimbab Sauce:

• Heat a medium skillet over medium-high heat and add the oil. When the oil is hot, add the ground beef and sauté for 1 minute. Add the honey, red bean paste, sugar, corn syrup and fine chili powder, and cook an additional 2 minutes. Pour in the anchovy stock and ox tail broth, beef broth, and garlic, simmer until thickened and smooth. Remove from the heat and cool.

For the Vegetables:

• Bring a pot of salted water to a boil. Prepare an ice water bath. Remove the stems of the cham namul and use only the leaves. Parboil the leaves and transfer them to the ice water bath. Remove, and squeeze out the excess water. Season the cham namul with salt and sesame oil.
• Soak the dried black mushrooms in water until soft. Remove and cut into thin strips.
• Heat a nonstick skillet over medium heat and add 15 millilitres/1 tablespoon of the vegetable oil. Add the egg whites to the oil and cook until firm. Cut the cooked whites into thin strips. In mixing bowl whisk together the egg yolks. Add the egg yolks to the pan, adding more oil if necessary, and cook until firm. Remove the egg yolks and cut into thin strips. Add the carrots to the pan and cook until crisp-tender; season with salt and set aside. Repeat with the turnips, squash, bean sprouts and garlic, cooking each vegetable separately.

To Serve:

• Traditionally this dish is served in a very hot stone bowl, with a wooden base. This keeps the dish hot for some time.
• First put the steamed rice into the hot bowl; add the prepared vegetables and eggs on top of the rice. Place each of the ingredients one by one around the inside of the bowl. The tip of each julienne strip should be going in the direction of the center of the bowl, with the same colour ingredients placed symmetrically opposite each other. Put the yukhae in a ball shape in the middle of the bowl, and pour some of the bibimbab sauce over all. Serve with additional sauce on the side and garnish with sesame seeds.

Grand Blue Cocktail

Beverage, Serves 1

30 ml./1 oz. white rum
45 ml./1 1/2 oz. simple syrup
15 ml./1/2 oz. lemon juice
Mint leaves
Soda water
Crushed ice

• Place the rum, syrup, lemon juice and mint leaves in a cocktail shaker; shake. Pour into a chilled glass and fill with soda and crushed ice. Garnish with mint leaves.



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