

THE LOADED



LADLE TV



INGREDIENTS

- 1 cup uncooked short grain rice
- 1 T sesame oil for rice + a bit more for your fillings
- salt, to taste (start with 1/4 tsp)
- 1 pack nori sheets
- pickled daikon radish (danmuji, or may be called takuan in Japanese cuisine)*
- burdock root *
- carrot, 1, julienned
- tofu, half a block
- cornstarch for frying the tofu

*both daikon and burdock can be found in most local Asian grocery stores. Two we like are JJ Mart on Gottingen and OCO Mart on Quinpool.

Kimbab/Gimbap

A Korean rice roll. (Gim = seaweed; Bap = rice)



DIRECTIONS



1. Prepare the rice according to instructions. It is recommended to use a little less water than you normally would, so that the rice is the right consistency. After it's cooked, mix in the sesame oil and salt and let it sit to cool a bit.
2. Meanwhile, prepare your fillings: Cut the tofu into strips and coat with cornstarch. Fry in a pan over medium-heat for a few minutes until slightly crispy or the texture you want.
3. When the tofu is done, use the same pan to quickly fry up the carrots in a little bit of sesame oil with salt (you can also just add them raw if you prefer).
4. Bring a small pan of water to a boil and blanch your spinach: this means throw it in the water and let it boil briefly, no more than 45 seconds. then carefully strain it through a strainer and rinse in cold water to stop the cooking process. cut the ball of spinach in half and also add a little sesame oil & salt if you wish.
5. Cut your daikon radish and your burdock root in similar size strips as your carrots.
6. Now you are ready to assemble the rolls! If you have a sushi mat, you can use that for this part to make it easier. Otherwise, spread out a piece of cling wrap over your cutting board/work surface, bigger than the nori sheets. Lay out one piece of nori/seaweed, shiny side down, with the longer end vertical.
7. keep a small bowl of water beside you while you work for your hands if needed.
8. Wet your fingers and add about 3/4 cup of the rice onto the seaweed, pressing down evenly to cover the whole sheet except for a 2 or 3 cm strip at the top.
9. Layer your ingredients vertically. You don't want to overstuff your roll, so this first one can be a kind of tester roll. Once the filling is in place, lift up the plastic wrap and kimbap on the bottom edge and pull it up over the middle where the fillings are. continue rolling it up until you reach the top. The seaweed should hold together from the moisture of the rice.
10. Lightly brush the roll with some sesame oil. Using a sharp knife, cut the roll into 6-8 equal pieces, wiping the knife with a clean damp towel after each cut to make clean cuts.
There you have it! A simple kimbap recipe.