

BiBimBap – Korean Bowl

By Heather Ostern

Ingredients:

1 lb. ground bison
2 Tablespoons toasted sesame oil
2 cloves garlic, minced
¼ cup reduced sodium soy sauce
3 tablespoons packed brown sugar
3 tablespoons rice vinegar
1 tablespoon water
Cooked white rice

I usually double the ingredients above because my family scarfs this stuff down!

Condiments:

Limes
Siracha hot sauce (a red sauce sometimes called “rooster sauce”)
Fried Eggs (as many as you want to use)

Ingredients for Pickled Slaw:

1 cup peeled and sliced cucumbers
1 cup salad mixture with cabbage (I usually grab an Asian bag of already washed and prepared salad with cabbage included)
¼ cup rice vinegar
2 tablespoons granulated sugar
½ teaspoon salt

I usually double or triple the ingredients for pickled slaw. You can experiment with this recipe by reducing the amount of sugar.

Directions:

1. Whisk vinegar, sugar and salt together in a bowl. Then add the cucumbers and cabbage salad to the vinegar mixture. Put in the fridge for an hour or more. After serving it the first time, you can place it back in the refrigerator and use it with the rest of the leftovers the next day!
2. Prepare the white rice.
3. Using a large frying pan, brown the bison. Set aside in a bowl.
4. Add sesame oil to the large frying pan and add garlic. Cook for 30 seconds, being careful not to burn the garlic by keeping the flame on medium. It's okay if you brown the garlic, but you don't want it to burn.
5. Add in the soy sauce, the rice vinegar, the brown sugar and the water.
6. Bring the liquid to a boil and reduce the heat. For about 5 minutes, simmer the mixture while uncovered. Stir occasionally and eventually return the bison back to the frying pan.
7. Fry eggs to order. I like 1 egg cooked all the way through, but Gerry likes 2 eggs a little runny in the middle. So you do you!

Putting your Korean Bowl together:

1. Put rice in your bowl.
2. Add bison mixture on top of the rice, being sure to include some of the juice.
3. Now you can add the slaw on top of the bison mixture.
4. Crown all this yumminess with a perfect egg or two!
5. If you can handle the heat, then decorate the top of the egg with some Siracha sauce.
6. And finally, since I like a little zip to my Korean bowl, I usually squirt a little lime juice on top of everything. You can also add cilantro to the overall recipe if you like more of a Thai influence! Enjoy!