



Baekban

Combination Meals | 백반



A quintessential Korean home-style set meal (*Gajeong-sik Baekban*) centered around a bowl of warm white rice, a hot bowl of soup or stew, a main protein, and a vibrant spread of everyday seasonal side dishes (*banchan*). Simple, wholesome, and deeply comforting, it reflects the heart of traditional Korean home cooking.

 **Prep: 20 mins** | **Cook: 25 mins** |  **Easy** |  **Comfort Food** |  **Home-style Set**

Ingredients (2 servings)

- **Staple & Soup:** 2 bowls warm cooked white rice, 2 bowls comforting daily soup or stew (e.g., *Doenjang-jjigae*, *Kimchi-jjigae*, or *Miyeok-guk*)
- **Main Protein:** 1 piece pan-fried salted fish (e.g., mackerel or yellow croaker) or stir-fried pork (*Jeyuk-bokkeum*)
- **Everyday Side Dishes (*Banchan Spread*):** Napa cabbage kimchi, rolled egg omelet (*Gyeran-mari*), seasoned spinach (*Sigeumchi-namul*), braised potatoes (*Gamja-jorim*), stir-fried anchovies (*Myeolchi-bokkeum*), toasted seaweed sheets (*Gim*)

Allergy Information

- **Contains:** Soy, Wheat, Fish/Pork, Eggs, Sesame (*Varies based on side dish selection*)

Equipment

- Frying Pan, Soup Pot, Small Bowls for Banchan, Rice Bowl, Soup Bowl

Cooking Instructions

1. **Cooking Rice & Soup:** Steam a fresh batch of white or multi-grain rice. Simmer a classic home-style soup or stew such as soybean paste stew (*Doenjang-jjigae*) or seaweed soup (*Miyeok-guk*).
2. **Pan-Frying Main Protein:** Pan-fry a lightly seasoned fish fillet until golden and crispy, or stir-fry marinated pork with onions and scallions in a frying pan over medium-high heat.
3. **Prepping Quick Banchan:** Fry a thick rolled egg omelet (*Gyeran-mari*) and slice into bite-sized rounds. Gently blanch and season fresh spinach with garlic, salt, and sesame oil.
4. **Arranging the Meal:** Place the warm rice bowl on the left and the hot soup bowl on the right. Position the main protein dish in the center.
5. **Serving:** Surround the main dishes with small porcelain saucers containing Kimchi, seasoned vegetables, egg rolls, and stir-fried anchovies for a

balanced, home-cooked feast.

💡 Cooking & Pairing Tips

- **The Magic of Balanced Banchan:** A well-balanced Baekban combines contrasting textures and flavors—something warm and savory (stew), something crispy/salty (fried fish or seaweed), something soft (rolled egg), and something fresh/tangy (kimchi).
- **Meal Prep Friendly:** Most Baekban side dishes (*mit-banchan*) can be prepared ahead of time in bulk and stored in the refrigerator, allowing you to assemble a full meal set in under 15 minutes on weekdays.
- **Perfect Food & Beverage Pairing:** Best enjoyed piping hot with warm barley tea (*boricha*) or roasted corn silk tea.

Storage Instructions

- Banchan side dishes store well in separate airtight containers in the refrigerator for 3–5 days. Reheat the rice, soup, and main protein right before serving.

Nutrition Facts (Estimated)

- Total Content : Full Home-style Set Meal (per 1 serving)
 - Calories : 620 kcal per 1 serving set
 - Sodium : 1,120mg (56%)
 - Total Carbohydrate : 88g (27%)
 - Sugar : 6g (6%)
 - Total Fat : 18g (33%)
 - Trans Fat : 0g
 - Saturated Fat : 4g (27%)
 - Cholesterol : 110mg (37%)
 - Protein : 28g (51%)
 - Fiber : 7g (28%)
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Editor's Review

1. Nostalgic Comfort Bursting from Fluffy Rice and Homestyle Side Dishes

The moment a spoonful of piping-hot white rice pairs with a soothing soup, crisp kimchi, and savory grilled dishes, the familiar warmth of home-cooked dining softly embraces the palate. Free from aggressive artificial seasonings, the gentle balance of seasoned wild greens and savory sides builds dynamic layers of texture, delivering an endlessly comforting and satisfying culinary experience.

2. Culinary Balance Forged by Nutritional Harmony and Varied Techniques

Baekban stands as an exemplar of traditional Korean home dining, establishing a flawless nutritional balance centered around steamed white rice, soups, pan-seared proteins, and fermented sides. Uniting diverse cooking methods—blanching, sautéing, stewing, and pickling—on a single table demonstrates an intuitive mastery that achieves a harmonious equilibrium of temperature, texture, and flavor.

3. Heartfelt Solace Encountered at a Table Steeped in Nostalgic Care

Embodying the quiet warmth and maternal care of daily family meals, this humble spread never loses its soothing charm. Sitting before a steaming bowl of rice and an array of comforting side dishes amidst daily fatigue acts as a tender ritual that gently heals a weary spirit. Unpretentious yet deeply nourishing, Baekban offers a steadfast sanctuary of restoration and enduring warmth.

