



Boribapjeongsik

Barley Rice Served with Side Dishes | 보리밥정식



A rustic, traditional Korean meal set centered around nutty steamed barley rice (or a barley-rice blend) accompanied by a rich spread of seasonal seasoned vegetables (*namul*), savory soybean paste stew (*doenjang-jjigae*), fresh leafy wraps, red chili paste (*gochujang*), and toasted sesame oil.

 **Prep: 20 mins** | **Cook: 30 mins** |  **Easy to Moderate** |  **High Fiber & Nutrients** |  **Full Set Meal**

Ingredients (2 servings)

- **Barley Rice (*Boribap*):** 1 cup pressed/hulled barley, 1 cup white rice (or 100% barley for a rustic style), water as needed
- **Assorted Vegetables (*Namul Set*):** Seasoned spinach, spicy radish salad (*mu-saengchae*), soybean sprouts, braised bracken fern (*gosari*), sautéed zucchini, bellflower root (*doraji*), or mushrooms
- **Stew & Condiments:** Korean soybean paste stew (*Doenjang-jjigae* or thick *Gang-doenjang*), red chili paste (*gochujang*), toasted sesame oil, crushed sesame seeds
- **Fresh Leaf Wraps & Banchan:** Fresh lettuce, perilla leaves, young summer radish kimchi (*yeolmu-kimchi*), spicy stir-fried pork (*jeyuk-bokkeum*, optional)

Allergy Information

- **Contains:** Wheat/Barley (Gluten), Soy (*Doenjang*, *Gochujang*), Sesame

Equipment

- Rice Cooker or Pot, Large Mixing Bowls / Bibimbap Bowls, Earthenware Pot (*Ttukbaegi*), Small Dip Bowls

Cooking Instructions

1. **Steaming Barley Rice:** Wash barley and white rice thoroughly. (*If using unpolished raw barley, soak in cold water for at least 1 hour*). Cook in a rice cooker or pot with slightly more water than standard white rice until chewy and fluffy.
2. **Prepping Namul Side Dishes:** Blanch, drain, and lightly season individual vegetables (spinach, sprouts, zucchini, radish) with a touch of salt, minced garlic, sesame oil, and toasted sesame seeds.
3. **Simmering Soybean Stew:** Prepare a rich, savory soybean paste stew (*Doenjang-jjigae* or thick *Gang-doenjang*) with diced tofu, zucchini, onions, and green chili.
4. **Prepping Wraps & Sauces:** Wash fresh lettuce and perilla leaves

thoroughly. Place *gochujang* and fragrant sesame oil in small serving bowls.

5. **Assembling & Serving:** Scoop generous portions of warm barley rice into wide porcelain or earthenware bowls. Neatly arrange the colorful seasoned *namul*/vegetables, fresh leaf wraps, kimchi, and boiling stew around the table.

Cooking & Pairing Tips

- **Turn It into Bibimbap:** Spoon various seasoned *namul*/vegetables over the barley rice, add a dollop of *gochujang* (or a scoop of thick *gang-doenjang*), drizzle with sesame oil, and toss thoroughly for a delightful, wholesome bibimbap.
- **Digestive & Gut Health Powerhouse:** Barley is rich in dietary fiber (beta-glucan), making this meal set extraordinarily gentle on digestion, highly filling, and great for maintaining healthy blood sugar levels.
- **Perfect Food & Beverage Pairing:** Pairs exceptionally well with spicy stir-fried pork (*Jeyuk-bokkeum*) or grilled mackerel. Enjoy with a glass of cool barley tea (*boricha*) or chilled *Makgeolli* (Korean rice wine).

Storage Instructions

- Store cooked barley rice and seasoned side dishes separately in airtight containers in the refrigerator for up to 3–4 days. Reheat the rice and stew before assembling fresh bowls.

Nutrition Facts (Estimated)

- Total Content : Full Set Meal (per 1 serving set)
- Calories : 620 kcal per 1 serving set
 - Sodium : 1,180mg (59%)
 - Total Carbohydrate : 112g (34%)
 - Sugar : 10g (10%)
 - Total Fat : 12g (22%)
 - Trans Fat : 0g
 - Saturated Fat : 2g (10%)
 - Cholesterol : 0mg (0%)
 - Protein : 18g (33%)
 - Fiber : 16g (64%)

Editor's Review

1. Sensual Harmony of Popping Barley Grains and Savory Seasoned Greens

The moment the plump barley grains pop lightly between your teeth, a deep, nutty grain aroma softly awakens the palate. Tossed with crisp seasonal wild greens, savory gochujang, and a drizzle of fragrant sesame oil, every spoonful unfolds into a vibrant symphony of dynamic textures. Unpretentious yet deeply satisfying, the natural elasticity of the grains pairs with fermented umami to deliver an extraordinary culinary experience.

2. Textural Mastery Forged by Grain Balance and Fermented Emulsification

Boribapjeongsik stands as an exemplar of Korean grain dining, mastering moisture control to achieve an ideal balance between rice and barley. Preserving the distinct bounce of barley while harmonizing the moisture of seasoned vegetables and chili paste serves as essential culinary science, turning simple mixing into an art of textural equilibrium. It showcases a brilliant balance where diverse side dishes seamlessly converge.

3. Heartfelt Solace Grounded in Honest Earthly Bounty

Capturing the rustic warmth and honest spirit of the countryside, a hearty barley rice feast softly soothes a weary mind. Savoring a generous spoonful of wholesome grains and fresh greens free from aggressive seasonings acts as a gentle, purifying ritual that reconnects the spirit to the earth. Unadorned yet deeply fulfilling, this traditional meal offers a steadfast sanctuary of restoration and enduring warmth.

