



Cheese Gimbap

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A beloved classic gimbap featuring rich, creamy sliced cheddar cheese perfectly balanced with colorful savory fillings, making it a favorite delicacy for all ages.

 **Prep: 20 mins** | **Cook: 15 mins** |  **Easy** |  **Kid-Friendly** |  **High Protein**

Ingredients (2-3 servings)

- **Main Ingredients:** 2–3 bowls of warm cooked white rice, 4–5 sheets of dried seaweed for gimbap (gim), 4–8 slices cheddar cheese, 2 eggs, 4 gimbap ham strips, 1/2 carrot (julienned), 4 pickled radish strips (danmuji), 4 seasoned burdock root strips (eowong-jorim), 8–10 fresh perilla leaves
- **Rice Seasoning:** 1.5 tbsp sesame oil, 1/2 tsp salt, 1 tbsp toasted sesame seeds

Allergy Information

- **Contains:** Dairy (Cheddar cheese), Eggs, Pork (Ham), Soy (Seasoned burdock root), Sesame

Equipment

- Gimbap Bamboo Mat (Gimbal), Frying Pan, Paper Towel, Knife, Cutting Board

Cooking Instructions

1. **Prepping & Stir-Frying Fillings:** Thinly julienne the carrot, sprinkle lightly with salt, and stir-fry in a pan until softened, then let it cool. Pan-fry the gimbap ham strips lightly and set aside.
2. **Frying Egg Omelet:** Beat the eggs with a pinch of salt and fry into a thick omelet (jidan), then cut into long, thick strips.
3. **Seasoning the Rice:** In a bowl, gently mix warm cooked rice with sesame oil, salt, and toasted sesame seeds using a slicing motion with a spatula. Let it cool slightly until warm/lukewarm.
4. **Rolling the Gimbap:** Lay a sheet of dried seaweed on a bamboo mat. Spread a thin layer of rice over 3/4 of the seaweed. Lay 2 perilla leaves flat over the rice, then place the cheddar cheese slices on top of the leaves. Add the ham, egg strips, carrot, pickled radish, and burdock root, then roll tightly using the bamboo mat.
5. **Slicing & Serving:** Lightly brush sesame oil on the surface of the roll, slice

into bite-sized pieces (1.5–2 cm thick) using a sharp knife, and serve nicely on a plate.

Cooking & Pairing Tips

- **Preventing Melted Cheese with Perilla Leaves:** Placing cheese directly onto warm rice causes it to melt quickly and lose its shape. Laying fresh perilla leaves down first creates a barrier against heat and moisture, keeping the cheese intact and rich.
- **Controlling Rice Temperature:** If the rice is too hot, the cheese will melt and run while making the seaweed soggy. Let the rice cool to lukewarm before rolling for clean, sharp cross-sections.
- **Perfect Food & Beverage Pairing:** Pairs wonderfully with spicy *Tteokbokki* or *Ramyeon*, as the rich, creamy cheese cuts through the spicy heat. To drink, it goes great with iced barley tea or a cold soda.

Storage Instructions

- Gimbap is best enjoyed fresh on the day it is made. If storing leftovers, wrap tightly in plastic wrap and refrigerate for up to 1 day. Reheat by dipping sliced pieces in beaten egg and pan-frying lightly on low heat.

Nutrition Facts (Estimated)

- Total Content : Approx. 650g (2-3 servings total)
 - Calories : 920 kcal total (approx. 141 kcal per 100g / 306 kcal per 1 serving)
 - Sodium : 1,280mg (64%)
 - Total Carbohydrate : 125g (39%)
 - Sugar : 10g (10%)
 - Total Fat : 32g (59%)
 - Trans Fat : 0g
 - Saturated Fat : 9g (45%)
 - Cholesterol : 190mg (63%)
 - Protein : 32g (58%)
 - Calcium : 380mg (38%)
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Editor's Review

1. Sensual Variation Completed by Rich Creaminess and Perilla Leaves

The moment you take a bite, the rich, velvety flavor of cheddar cheese softly

envelops your mouth, instantly captivating the palate. Just as the smoothness of the deep yellow cheese feels deliciously decadent, the sharp, refreshing aroma of the perilla leaf underneath bursts forth, crafting a delicate harmony. Paired with the lively crunch of burdock and pickled radish alongside the subtle nuttiness of sesame-infused rice, this humble roll is elevated into a refined and sensual delicacy.

2. Aesthetics of the Cross-Section Forged by Temperature Control and Layering

Cheese Gimbap is the pinnacle of casual dining, bringing together a delicate sense of temperature control and advanced layering technique. Cooling the warm rice and placing perilla leaves as a thermal barrier to prevent the cheese from prematurely melting into chaos is brilliant culinary science designed to preserve texture. The skill of tightly rolling meticulously ordered ingredients into a solid wheel ensures that when sliced, each layer forms a precise, harmonious accord on the tongue without collapsing.

3. Tender Tranquility Layered Inside a Round Universe

Upon the endless canvas of black gim, vibrant ingredients gather to form a tight, circular microcosm. Components that once held distinct textures and flavors meet the gentle medium of golden cheddar cheese, achieving a state of complete harmony. Hidden behind the familiarity of a quick meal, this warm, reassuring wheel serves as an unpretentious, comforting sanctuary for those weary from the hustle of daily life.

