



Japgokbap

Steamed Multi-grain Rice | 잡곡밥



A quintessential healthy Korean staple dish featuring a blend of diverse grains cooked to chewy, nutty perfection. Rich in nutrients, dietary fiber, and deep, wholesome flavors with every bite.

 **Prep: 30 mins (plus soaking) | Cook: 45 mins |**  **Easy |**  **Vegan |**
 **High Fiber**

Ingredients (2-3 servings)

- **Main Ingredients:** 2 cups white rice, 1/2–1 cup mixed grains (e.g., brown rice, black rice, sorghum, glutinous barley, soybeans)
- **Liquid:** 2.5–2.8 cups water (slightly more than standard rice water)
- **Optional Ingredients:** 1/2 cup glutinous white rice (chapssal), a pinch of salt

Allergy Information

- **Contains:** Soy (if using soybeans in the grain mix)

Equipment

- Rice Cooker (or Pressure Rice Cooker), Strainer, Wooden Spatula

Cooking Instructions

1. **Soaking Mixed Grains:** Wash the mixed grains thoroughly. Since whole grains take longer to soften than white rice, soak them in cold water for at least 1 to 2 hours (or 3+ hours if using tough beans or whole grains).
2. **Washing & Soaking White Rice:** Wash the white rice (and glutinous rice, if using) thoroughly, rinse 2 to 3 times, and soak in water for 30 minutes.
3. **Adjusting Water Level:** Place the soaked white rice and mixed grains into the rice cooker pot. Pour in water—adding slightly more than usual (approx. 2.5–2.8 cups) to account for the higher water absorption of grains.
4. **Cooking:** Cook using the "Mixed Grain" (잡곡) mode on an electric rice cooker. *(Using a pressure rice cooker yields an even softer, stickier, and chewier texture).*
5. **Steaming & Fluffing:** Once the cooking cycle finishes, let the rice steam for 10 minutes. Gently fold and fluff the rice from bottom to top with a spatula so the grains are evenly distributed before serving.

Cooking & Pairing Tips

- **Gradual Grain Ratio Adjustment:** If you are new to multi-grain rice or find whole grains heavy on digestion, start with a white-rice-to-grain ratio of 8:2 or

7:3, then gradually increase the proportion of mixed grains over time.

- **The Soju Secret:** Adding 1 to 2 tablespoons of Korean soju (or cooking wine) to the rice water helps break down tough grain fibers, promotes the extraction of antioxidants, and creates a remarkably clean, soft flavor profile.
- **Perfect Food & Beverage Pairing:** Serves as the ultimate nutritious base for any Korean meal, pairing exceptionally well with fermented stews like *Doenjang Jjigae* or *Kimchi Jjigae*. Enjoy with a warm cup of roasted barley tea or corn silk tea.
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Storage Instructions

- Store leftover rice in an airtight container in the refrigerator for up to 2–3 days, or freeze in individual portions for up to 1 month. Reheat in a microwave with a splash of water to restore its moist, chewy texture.

Nutrition Facts (Estimated)

- Total Content : Approx. 700g (2-3 servings total)
 - Calories : 950 kcal total (approx. 135 kcal per 100g / 315 kcal per 1 serving)
 - Sodium : 15mg (1%)
 - Total Carbohydrate : 205g (63%)
 - Sugar : 1g (1%)
 - Total Fat : 4g (6%)
 - Trans Fat : 0g
 - Saturated Fat : 0.8g (4%)
 - Cholesterol : 0mg (0%)
 - Protein : 22g (40%)
 - Calcium : 60mg (6%)
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Editor's Review

1. A Symphony of Popping Textures and Concentrated Nutty Savor

The moment the hot pressure lid opens, a rich, heavy aroma released by sorghum, black rice, waxy barley, and beans completely envelops the senses. As you chew, the lively pop of whole grains offers a delightful contrast against the supple elasticity of white and glutinous rice, while the intrinsic sweet savor of the grains deepens with every bite. Free of artificial embellishments, the pure, concentrated nuttiness of the harvest delivers an extraordinarily abundant and sensual culinary satisfaction.

2. Aesthetics of Chewiness Crafted by Patient Soaking and Precise Moisture

Japgokbap is the pinnacle of Korean rice dining, combining patient soaking with delicate heating science to gently tame the rugged vitality of multi-grains. The technique of long-soaking to open the tough hulls of beans and whole grains—paired with precisely adjusting water ratios for optimal absorption—serves as the core science that transforms tough fibers into a cohesive, velvety elasticity. Perfecting the texture under high pressure while maximizing antioxidants elevates humble everyday staples into a refined, high-level dining experience.

3. Hefty and Wholesome Comfort Delivered by the Earth's Diverse Harvest

Treasures of the earth, each bearing distinct colors and textures, converge inside a hot pot to form a single, nutrition-packed microcosm. The way these individual harvests fill each other's voids to forge a cohesive warmth resembles a tender declaration of embracing life's diversity. As you slowly savor the heavy, honest nuttiness of every grain, fatigue washes away, leaving you anchored by the most fundamental and steadfast comfort the earth can provide.

