



Kimchibokkeumbap

Kimchi Fried Rice | 김치볶음밥



A nutritious pot rice (sotbap) made by sautéing pork and kimchi, cooking them together with raw rice, and finishing with fragrant water dropwort (minari) to elevate the deep, savory umami flavors. *(Note: While named Kimchi Bokkeumbap, the recipe specifically describes the traditional technique for a one-pot rice dish!)*

 **Prep: 35 mins** | **Cook: 25 mins** |  **Moderate** |  **Mild-Spicy** |  **High Protein**

Ingredients (1-2 servings)

- **Main Ingredients:** 1 cup rice, 100g kimchi, 3 sheets fried tofu (yubu), 100g pork, 30g minari (water dropwort), 30g carrot
- **Seasoning Sauce:** 1 tbsp soy sauce, 1 tbsp chopped green onion, 1 tsp minced garlic, 1 tsp sesame oil, 1 tsp black pepper, 1 tsp crushed sesame seeds

Allergy Information

- **Contains:** Pork, Soy (Soy sauce, Fried tofu)

Equipment

- Pot (or traditional Sot/Stone Pot), Frying Pan, Mixing Bowl

Cooking Instructions

1. **Rice Prep:** Wash the rice thoroughly and let it soak in water for about 30 minutes before cooking.
2. **Pork Sautéing:** Slice the pork thinly and lightly season it with a pinch of salt, black pepper, sesame oil, and crushed sesame seeds. Heat oil in a pan and sauté the marinated pork until browned, then set it aside.
3. **Kimchi Sautéing:** Shake off the excess kimchi filling and squeeze out the juices tightly. Chop it into small pieces and sauté it briefly in an oiled pan.
4. **Vegetable Prep:** Julienne the carrots thickly, and cut the minari into similar lengths. Slice the fried tofu (yubu) into thin strips.
5. **Cooking Rice & Finishing:** Place the soaked rice in a pot and add all the prepared ingredients (sautéed pork, kimchi, carrots, and yubu), except for the minari. Add the appropriate amount of water and cook the rice. Once the rice is mostly cooked and enters the final steaming phase (뜸 들이기), place the minari on top and let it steam for a few more minutes. Serve warm with the

prepared seasoning sauce on the side.

Cooking & Pairing Tips

- **Moisture Control for Perfect Texture:** Squeezing the moisture out of the kimchi before sautéing prevents the pot rice from becoming overly mushy and intensifies the caramelized kimchi flavor.
- **The Science of Timing:** Adding the delicate minari only during the final residual heat (steaming) stage preserves its crisp texture and vibrant herbal aroma, which would otherwise be destroyed by prolonged boiling.
- **Perfect Beverage Pairing:** The rich, savory, and slightly spicy flavors pair wonderfully with a clear, mild soup (like bean sprout or radish soup) and a chilled glass of traditional makgeolli (rice wine).

Storage Instructions

- Store any leftovers in an airtight container in the refrigerator for up to 1–2 days. Reheat gently in a microwave or a pan, though the fresh aroma of the minari is best enjoyed immediately after cooking.

Nutrition Facts (Estimated)

- Total Content : Approx. 450g (1-2 servings total)
 - Calories : 650 kcal total (approx. 144 kcal per 100g / 325 kcal per 1 serving)
 - Sodium : 950mg (47%)
 - Total Carbohydrate : 85g (26%)
 - Sugar : 4g (4%)
 - Total Fat : 20g (30%)
 - Trans Fat : 0g
 - Saturated Fat : 6g (30%)
 - Cholesterol : 45mg (15%)
 - Protein : 28g (50%)
 - Calcium : 85mg (8%)
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Editor's Review

1. Fine Dining Perspective: Staged Moisture Control and Thermal Extraction: This dish cleverly reimagines a classic stir-fried staple into an elevated *sotbap* (one-pot rice), employing sophisticated moisture and thermal staging techniques. Squeezing excess brine from the kimchi before sautéing prevents

premature starch breakdown and soggy rice grains, while driving deep Maillard caramelization. Layering pre-sautéed pork alongside porous fried tofu (*yubu*) creates an absorbent lipid matrix that captures rendered fat and savory juices during the boil. Finally, withholding the delicate water dropwort (*minari*) until the final residual heat steaming phase protects its volatile herbal essential oils from heat degradation, achieving a flawless equilibrium of infused umami and crisp vitality.

2. Sensory Exploration: A Symphony of Umami Infusion and Herbal

Resonance: Lifting the lid releases an irresistible plume of steam woven with toasted sesame, savory pork fat, and the sweet-tangy aroma of caramelized kimchi. The first spoonful delivers an exquisite texture: individual rice grains, plump and imbued with the rich broth of pork and kimchi, meld with the tender sponge of fried tofu and the subtle crunch of carrots. As you chew, the vibrant, peppery bite of raw-steamed *minari* cuts through the rich umami, cleansing the palate with a refreshing herbal finish that invites another bite.

3. Symbolic Praise: Harmonious Innovation Born from One-Pot

Traditions: While bearing the name of everyday Kimchi Bokkeumbap, this recipe transcends casual comfort food by honoring the ancient, mindful craft of Korean pot-cooked rice (*sotbap*). It transforms humble, accessible ingredients—fermented kimchi, pork, and wild herbal greens—into a festive, unified feast cooked in a single vessel. This harmonious approach symbolizes the essence of Korean home cooking: transforming simple, fermented pantry staples into a deeply comforting, nutritionally complete ritual of warmth and hospitality.

4. Poetic Imagery: A Steaming Mosaic Nestled in Earth and Flame:

Unveiled within its warm pot, the rice resembles a colorful tapestry woven by the seasons. Glistening golden grains lie beneath jewels of crimson kimchi, succulent pork, and glowing orange carrots, framed by ribbons of amber-hued fried tofu. Resting atop this savory canvas is a crown of fresh emerald-green *minari*, glistening with trapped dew-like condensation. The aromatic steam rising from the pot transforms any dining setting into an intimate, rustic sanctuary of culinary comfort.

5. The Critic's Verdict: A Masterful Reimagining of a Beloved Classic: True culinary brilliance lies in reinventing familiar flavors through thoughtful, disciplined technique. By shifting from a high-heat wok stir-fry to a slow, steam-infused pot-rice method, this recipe achieves a remarkable depth of flavor and textural complexity. Kimchi Bokkeumbap (Sotbap-Style) stands as a triumphant fusion of rustic comfort and technical finesse, proving that even the most beloved everyday dish can be elevated into a refined, soul-warming masterpiece.

