



Sogogigimbap

Beef Gimhap | 소고기김밥



A hearty Korean gimhap roll featuring savory-sweet seasoned beef (bulgogi-style), fragrant perilla leaves, and a colorful array of crisp, seasoned vegetables. Perfect for a satisfying meal, lunchbox, or outdoor picnic.

 **Prep: 20 mins** | **Cook: 15 mins** |  **Easy** |  **High Protein** |  **Picnic Favorite**

Ingredients (2-3 servings / 4-5 rolls)

- **Main Ingredients:** 2–3 bowls warm cooked white rice, 4–5 sheets dried seaweed for gimhap (*gim*), 200g minced or thinly sliced beef (bulgogi-cut), 3 eggs, 1/2 carrot, 1/2 bundle spinach (or cucumber), 4–5 pickled radish strips (*danmuji*), 4–5 braised burdock root strips (*ueong-jorim*), 8–10 fresh perilla leaves
- **Beef Marinade:** 2 tbsp soy sauce, 1 tbsp sugar, 1/2 tbsp minced garlic, 1 tbsp sesame oil, 1 tbsp mirin (cooking wine), a pinch of black pepper
- **Rice Seasoning:** 1.5 tbsp sesame oil, 1/2 tsp salt, 1 tbsp toasted sesame seeds

Allergy Information

- **Contains:** Beef, Eggs, Soy (Soy sauce), Wheat (Soy sauce), Sesame

Equipment

- Gimhap Bamboo Mat (*Gimba*), Frying Pan, Knife, Cutting Board, Mixing Bowls

Cooking Instructions

1. **Marinating & Stir-Frying Beef:** Toss the beef with 2 tbsp soy sauce, 1 tbsp sugar, 1/2 tbsp minced garlic, 1 tbsp sesame oil, 1 tbsp mirin, and black pepper. Stir-fry in a hot pan over high heat until all liquid completely evaporates, then set aside to cool.
2. **Prepping Fillings:** Beat eggs and fry into a thick omelet (*jidam*), then slice into long strips. Julienne the carrot and sauté lightly with a pinch of salt. Blanch the spinach in boiling water, squeeze out excess water, and toss with salt and sesame oil.
3. **Seasoning the Rice:** Gently mix warm white rice with 1.5 tbsp sesame oil, 1/2 tsp salt, and 1 tbsp toasted sesame seeds using a slicing motion with a spatula, then let cool slightly.
4. **Rolling the Gimhap:** Place a sheet of seaweed rough-side up on a bamboo mat. Spread a thin, even layer of rice over 3/4 of the sheet. Lay 2 perilla leaves flat over the rice, then stack the stir-fried beef, egg strip, sautéed carrot, spinach, pickled radish, and braised burdock root. Roll tightly using the

bamboo mat.

5. **Slicing & Serving:** Lightly brush the top of the gimbap with sesame oil. Slice into 1.5–2 cm thick bite-sized pieces and arrange neatly on a plate.

Cooking & Pairing Tips

- **Dry-Fry the Beef Completely:** Cooking off all liquid and fat prevents moisture from seeping into the rice, keeping the gimbap from becoming soggy or bursting open.
- **Wrap Beef in Perilla Leaves:** Laying perilla leaves under the beef acts as a moisture barrier and adds a fresh herbal note that balances the richness of the meat.
- **Perfect Food & Beverage Pairing:** Pairs exceptionally well with spicy *Tteokbokki*, *Ramyeon*, or a warm bowl of fish cake soup (*Eomuk-guk*). Enjoy with cold barley tea or a refreshing soda.

Storage Instructions

- Best consumed fresh on the day it is made. Wrap leftovers in plastic wrap and refrigerate for up to 1 day. Reheat by coating sliced pieces in beaten egg and pan-frying over low heat (*Gimbap-jeon*).

Nutrition Facts (Estimated)

- Total Content : Approx. 750g (4–5 rolls / 2–3 servings total)
 - Calories : 920 kcal total (approx. 123 kcal per 100g / 307 kcal per 1 serving)
 - Sodium : 1,150mg (58%)
 - Total Carbohydrate : 132g (41%)
 - Sugar : 12g (12%)
 - Total Fat : 26g (48%)
 - Trans Fat : 0g
 - Saturated Fat : 5.5g (37%)
 - Cholesterol : 210mg (70%)
 - Protein : 38g (69%)
 - Calcium : 190mg (19%)
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Editor's Review

1. Sensual Layers of Sweet-Savory Beef and Aromatic Perilla Leaves

The moment the rich, sweet-and-savory umami of high-heat-seared beef hits the

tongue, it weaves seamlessly with the crisp, herbal aroma of perilla leaves, igniting a densely satisfying culinary celebration. The plush softness of a thick egg strip, the lively crunch of pickled radish and burdock, and the sweet snap of carrots intertwine with fragrant, sesame-infused rice in a continuous variation of textures. Savoriness from the beef juices and toasted sesame seeds lingers long after each bite, leaving a deeply refined finish.

2. Aesthetics of the Cross-Section Forged by Moisture Control and Perilla Barriers

Beef Gimbap stands as a testament to precise culinary science, where controlling meat moisture secures structural integrity. Flash-frying the marinated beef over high heat until completely dry prevents the seaweed from turning soggy, while placing perilla leaves as a protective barrier to lock in rich juices serves as a brilliant preservation technique. Slicing the tightly rolled cylinder yields clean, vibrant cross-sections where colorful ingredients maintain flawless visual and textural balance without collapsing.

3. Heartwarming Solace and Picnic Joy Encapsulated in a Round Roll

Encased within a dark ring of seaweed, diverse harvests of land and sea settle cohesively into a rich, harmonious microcosm. Echoing the joyful anticipation of a sunny picnic lunchbox, each lovingly rolled slice overflows with an affectionate warmth that grounds and uplifts the spirit. Just as these structured ingredients respect each other's bounds while enriching the whole, a single satisfying bite of Beef Gimbap delivers the most steadfast, vibrant energy to power through your day.

