



Ssambapjeongsik

Leaf Wraps and Rice Combo | 쌈밥 정식



A traditional, feast-like Korean meal set centered around a vibrant array of fresh leafy greens (*ssam*) used to wrap warm rice, savory grilled or stir-fried meats (*Jeyuk-bokkeum*), grilled fish, and rich wrap paste (*ssamjang*), accompanied by a bountiful spread of side dishes (*banchan*).

 **Prep: 25 mins** | **Cook: 20 mins** |  **Easy to Moderate** |  **High Fiber & Protein** |  **Full Set Meal**

Ingredients (2 servings)

- **Main Staples & Hot Dishes:** 2 bowls warm cooked white or multi-grain rice, 200g spicy stir-fried pork (*Jeyuk-bokkeum*), 1 grilled salted mackerel (*Godeunggeo-gui*)
- **Fresh Leaf Wraps (*Ssam Variety*):** Red & green leaf lettuce, Napa cabbage leaves, perilla/sesame leaves, kale, crown daisy (*ssukgat*), steamed cabbage or pumpkin leaves
- **Sauces & Aromatics:** Seasoned wrap paste (*Ssamjang* or boiled seafood *Gang-doenjang*), 4 cloves garlic (sliced), 2 green/red chili peppers (sliced)
- **Side Dishes & Soup (*Banchan Set*):** Napa cabbage kimchi, seasoned wild mountain herbs (*namul*), pickled vegetables (*jangajji*), salted seafood (*jeotgal*), soybean paste stew (*Doenjang-jjigae*)

Allergy Information

- **Contains:** Soy (*Ssamjang*, *Doenjang-jjigae*, Soy sauce), Wheat, Fish (Grilled fish, *Jeotgal*), Pork, Sesame

Equipment

- Frying Pan / Grill Pan, Large Serving Platters, Small Dip Bowls, Rice Bowls, Earthenware Pot (*Ttukbaegi*)

Cooking Instructions

1. **Prepping Fresh Leaf Wraps:** Thoroughly wash lettuce, Napa cabbage, perilla leaves, kale, and crown daisy under cold running water. Spin or pat dry completely. (*Optionally steam cabbage or pumpkin leaves for 5–7 minutes until soft*).
2. **Prepping Ssamjang & Aromatics:** Combine soybean paste (*doenjang*), red pepper paste (*gochujang*), minced garlic, sesame oil, and crushed sesame seeds in a small bowl (or simmer a small pot of *Gang-doenjang*). Thinly slice garlic cloves and chili peppers.
3. **Cooking Main Proteins:** Stir-fry marinated pork with onions and scallions

over high heat until savory and slightly caramelized (*Jeyuk-bokkeum*). Grill or pan-fry salted mackerel until skin is crispy and meat is flaky.

4. **Preparing Stew & Side Dishes:** Simmer a pot of Korean soybean paste stew (*Doenjang-jjigae*) with tofu and zucchini. Arrange pickled garlic/radish (*jangajji*), salted seafood (*jeotgal*), kimchi, and seasoned herbs (*namul*) into individual small dishes.
5. **Assembling the Feast:** Lay out a wide platter filled with the colorful variety of fresh leaf wraps in the center of the table alongside the hot pork, grilled fish, and stew. Serve with individual bowls of warm rice and *ssamjang*.

Cooking & Pairing Tips

- **Dry Leaf Wraps Thoroughly:** Shake or spin off excess water from leafy greens before serving so they stay crisp and don't make the wrap soggy when held in your hand.
- **The Golden Wrapping Ratio:** Lay a broad base leaf (like lettuce) in your palm, top with a fragrant leaf (like perilla), add a spoonful of rice, a slice of savory pork or fish, a touch of *ssamjang*, and a slice of raw garlic for the ultimate balanced bite.
- **Perfect Food & Beverage Pairing:** Complements rustic traditional Korean side dishes and stews seamlessly. Pairs wonderfully with chilled *Makgeolli* (Korean rice wine) or cold roasted corn silk tea.

Storage Instructions

- Fresh unwashed leafy greens can be stored in a sealed bag lined with paper towels in the refrigerator crisper drawer for up to 3–5 days. Leftover cooked meats and stews can be stored in separate airtight containers in the refrigerator for up to 2 days. Reheat hot dishes thoroughly before assembling with fresh greens.

Nutrition Facts (Estimated)

- Total Content : Full Multi-Dish Combo Set (per 1 serving set)
- Calories : 780 kcal per 1 serving set
 - Sodium : 1,350mg (68%)
 - Total Carbohydrate : 85g (26%)
 - Sugar : 12g (12%)
 - Total Fat : 28g (52%)
 - Trans Fat : 0g
 - Saturated Fat : 7g (47%)
 - Cholesterol : 120mg (40%)
 - Protein : 45g (82%)
 - Calcium : 210mg (21%)

Editor's Review

1. Crisp Botanical Freshness and the Sensual Harmony of Savory Wraps

The moment a wide leaf of lettuce or perilla enfolds warm rice, smoky stir-fried pork, or crisp grilled fish alongside a dollop of savory ssamjang, an eruption of vivid textures fills the palate. Radiant plant juices collide with rich meat essence, while salted seafood and tangy pickled side dishes build a dynamic layer of umami that renders every bite endlessly exhilarating.

2. Textural Alchemy Forged by Raw Greens, Warm Grains, and Fermented Pastes

Ssambapjeongsik stands as an exemplar of traditional Korean table arrangement, harmonizing raw botanical moisture with warm grains and deep fermented seasonings. The gentle warmth of rice softens the structure of fresh leaves, while robust ssamjang and seasoned jeotgal gracefully cut through the fatty richness of proteins, showcasing a brilliant balance of temperature, nutrition, and textural architecture.

3. Heartfelt Solace Encapsulated Within Nature's Emerald Mantle

Held gently in the palm, an emerald leaf becomes a humble vessel where harvests from land and sea converge into a vibrant, wholesome universe. The act of gathering diverse side dishes into a single bountiful wrap and savoring it completely serves as a restorative ritual, reconnecting a weary soul with the grounding warmth of the earth. Unpretentious yet deeply fulfilling, this abundant feast delivers the most authentic comfort and enduring vitality.

