



Yeolmubibimbap

Young Summer Radish Bibimbap | 열무비빔밥



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A refreshing, vibrant Korean rice bowl featuring crisp young summer radish kimchi (yeolmu-kimchi), a runny fried egg, and a tangy-spicy gochujang sauce. Perfect for restoring lost appetite on hot days with its satisfying crunch and zesty flavor.

 **Prep: 15 mins** | **Cook: 10 mins** |  **Easy** |  **Spicy** |  **Vegetarian Option**

Ingredients (2-3 servings)

- **Main Ingredients:** 2 bowls warm cooked white rice, 1.5–2 cups young summer radish kimchi (yeolmu-kimchi), 2 eggs, 100g soybean sprouts (or spicy radish salad / mu-saengchae), 4–5 lettuce leaves (or perilla leaves)
- **Bibim Sauce:** 2 tbsp gochujang (chili paste), 1 tbsp plum extract (maesil-cheong), 1.5 tbsp sesame oil, 1/2 tsp minced garlic, 1 tbsp toasted sesame seeds
- **Optional Additions:** 2–3 tbsp yeolmu-kimchi juice, a scoop of concentrated soybean paste stew (gang-doenjang)

Allergy Information

- **Contains:** Eggs, Soy (Gochujang), Wheat (Gochujang), Sesame

Equipment

- Frying Pan, Mixing Bowl, Pot (for blanching sprouts), Knife, Cutting Board

Cooking Instructions

1. **Ingredient Prep:** Lightly squeeze excess liquid from the yeolmu-kimchi and cut into 3–4 cm pieces. Thinly shred the lettuce and perilla leaves. Blanch the soybean sprouts in boiling water, drain, and toss lightly with a pinch of salt and sesame oil.
2. **Making Bibim Sauce:** In a bowl, combine 2 tbsp gochujang, 1 tbsp plum extract, 1/2 tsp minced garlic, 1 tbsp sesame oil, and 1 tbsp toasted sesame seeds. *(Optional: Whisk in 1–2 tbsp of yeolmu-kimchi juice to make the sauce smoother and tangy).*
3. **Frying Eggs:** Heat oil in a pan over medium heat and fry the eggs sunny-side up (or over-easy), leaving the yolks runny.
4. **Assembling the Bowl:** Place warm cooked rice into wide serving bowls. Neatly arrange the chopped yeolmu-kimchi, seasoned soybean sprouts, and shredded lettuce around the rice, then place a fried egg in the center.
5. **Drizzling & Mixing:** Serve with the bibim sauce and an extra drizzle of sesame oil. Break the egg yolk and mix thoroughly before enjoying.

Cooking & Pairing Tips

- **Incorporate Kimchi Juice:** Whisking 1 to 2 tablespoons of tangy yeolmu-

kimchi brine into the gochujang sauce thins out its density and infuses the entire bowl with a refreshing, moist umami.

- **Gang-Doenjang Variation:** Swapping the sweet-and-spicy gochujang sauce for a dollop of thick, savory soybean paste stew (*gang-doenjang*) offers a rustic, deeply comforting alternative.
- **Perfect Food & Beverage Pairing:** Pairs delightfully with a cool bowl of cold soybean soup (*Kongguksu* broth) or a simple icy cold cucumber soup (*Oinaengguk*). Enjoy with a glass of iced corn silk tea or a crisp lager beer.

Storage Instructions

- Bibimbap is best enjoyed fresh upon assembly. Store leftover prepared vegetables, yeolmu-kimchi, and bibim sauce in separate airtight containers in the refrigerator for up to 2–3 days. Fry fresh eggs and assemble with warm rice right before eating.

Nutrition Facts (Estimated)

- Total Content : Approx. 650g (2-3 servings total)
 - Calories : 720 kcal total (approx. 110 kcal per 100g / 240 kcal per 1 serving)
 - Sodium : 1,050mg (53%)
 - Total Carbohydrate : 115g (35%)
 - Sugar : 18g (18%)
 - Total Fat : 18g (33%)
 - Trans Fat : 0g
 - Saturated Fat : 3g (15%)
 - Cholesterol : 185mg (62%)
 - Protein : 22g (40%)
 - Calcium : 120mg (12%)
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Editor's Review

1. A Sensual Summer Explosion of Crisp Freshness and Creamy Yolk

The moment the crisp, cool stems of yeolmu-kimchi yield beneath your teeth, their distinct sharp moisture and fermented acidity instantly awaken a dormant palate. As sweet-and-spicy gochujang sauce and fragrant sesame oil softly coat every grain of warm rice, the golden burst of a soft-boiled egg yolk gently envelops any sharp spice with velvety richness. Interwoven with the nutty pops of toasted sesame seeds and fresh lettuce, it completes a lively and sensual festival of flavor that effortlessly revives lost summer appetites.

2. Textural Mastery Forged by Kimchi Brine Emulsification and Moisture Control

