



Short and Sweet: Korean Kimbap - Makes 4 stuffed rolls and salad

*** = essential ingredient (can also refer to recommended subs, but try to find something similar!)

Before class prep list:

- ☐ Slice protein into thin strips against the grain
- ☐ Wash and soak rice 15min before class starts
- ☐ Wash and dry all produce
- ☐ Have ingredients out and ready to measure
- ☐ Read through recipes!

Pantry Ingredients:

Ingredients	Amount	Recommended subs
☐ Sushi nori*** ☐ Short or medium grain rice*** ☐ Sesame oil*** ☐ Sugar*** ☐ Soy Sauce*** ☐ Rice Vinegar*** ☐ Toasted sesame seeds*** ☐ Gochugaru (Korean red pepper flakes) ☐ Black pepper*** ☐ Salt	6 sheets 2 cups dry 6 Tablespoons 2 Tablespoons 1/4 cup 1 Tablespoon 1 Tablespoon 2 teaspoons 1/2 teaspoon	 - Usually sold in giant bags at Asian markets, sometimes can be found at Whole Foods - Can sub with aleppo pepper, or red chili flakes

Protein/Dairy:

Ingredients	Amount	Recommended substitutions
☐ Sirloin/Ribeye*** ☐ Eggs***	1/2 pound (8oz) 2 eggs	- Chicken thighs/breasts, or 8oz of firm tofu as a veg replacement

Produce

Ingredients	Amount	Recommended substitutions
☐ Carrot*** ☐ Cucumber*** ☐ Green onions*** ☐ Romaine lettuce***	1 large carrot 1 cucumber 1 bunch 1/2 head	 - Red leaf lettuce works too!

Suggested additional Korean ingredients:

- ☐ 1/2 cup kimchi
- ☐ Pickled yellow radish ([Danmuji](#), or [takuan](#))

Equipment list:

- ☐ Knife and cutting board
- ☐ Rice cooker, or pot with lid to cook rice
- ☐ Rice paddle or spatula
- ☐ Saute pan (non-stick preferred)
- ☐ Flat spatula
- ☐ Sheet pan with rack and aluminum foil
- ☐ Working oven
- ☐ Pair of tongs
- ☐ Medium bowl (or ziplock bag) to marinate meat
- ☐ 1 medium bowl
- ☐ 1 small bowl
- ☐ Sushi mat (optional)