

Kimbap

Ingredients

For the rice

- 3 cups cooked short-grain rice (medium-grain rice works well too)
- 1 tbsp sesame oil
- 1 tsp salt
- 1 tsp toasted sesame seeds

For finishing

- Sesame oil, for brushing
- Toasted sesame seeds, for garnish

For the fillings (mix and match)

- 3–4 sheets roasted seaweed (gim/nori)
- 2 eggs, beaten and cooked into a thin omelet, sliced into strips
- 1 medium carrot, julienned and sautéed with a pinch of salt
- 1 cucumber, julienned (seeds removed)
- 3–4 strips pickled yellow radish (danmuji)
- 4 oz spinach, blanched, squeezed dry, seasoned with sesame oil and salt
- 3–4 strips imitation crab sticks, beef bulgogi, or cooked ham (optional protein)

Instructions

1. Mix warm rice with sesame oil, salt, and sesame seeds. Let cool slightly.
2. Cook and slice each filling: omelet, carrot, cucumber, spinach, and protein.
3. Place a sheet of seaweed shiny side down on a bamboo mat or board.
4. Spread rice evenly over two-thirds of the seaweed, leaving the top edge bare.
5. Lay fillings in a horizontal line across the center of the rice.
6. Roll tightly from the bottom, pressing gently, and seal the edge with rice or water.
7. Brush roll with sesame oil, slice into ½-inch pieces, and sprinkle with sesame seeds.

Note & Storage

- Popular fillings include beef bulgogi, burdock root, and fish cake.
- Everyday rolls often use shortcuts like crab sticks or ham.
- Kimbap is best enjoyed fresh.
- The rice can dry out if stored too long.
- Store rolls wrapped in plastic wrap for up to 6 hours at room temperature.
- If refrigerated, bring to room temperature before eating.
- To soften, wrap in a damp paper towel and microwave briefly.