



Kid-Made Korean Bibimbap Masterpiece + Beautiful Banana Milk

By Erin Fletter

Prep Time 40 / Cook Time 37 / Serves 4 - 6

Shopping List

FRESH

2 garlic cloves

2 green onions stalks

1 inch piece fresh ginger root (for 2 tsp grated)

1/3 C grated fresh pear

8 oz (1/2 lb) firm tofu

3 large ripe bananas

See suggested fresh bibimbap toppings in ingredient list

DAIRY AND EGGS

4 to 6 eggs **** (see allergy subs below) ****

3 C milk **** (see allergy subs below) ****

PANTRY

1 1/2 C short-grained white rice

1/2 C soy sauce **** (see allergy subs below) ****

2 T honey/sugar/brown sugar

3 tsp rice vinegar or lime juice (or white wine/apple cider vinegar)

3 T toasted sesame oil **** (see allergy subs below) ****

1 tsp pure vanilla extract **** (see allergy subs below) ****

1 dash ground cinnamon

HAVE ON HAND

1 C ice

Fun-Da-Mentals Kitchen Skills

cube: to cut into square-shaped, bite-sized pieces with an equal 1/3 to 1/2-inch length on all sides, slightly larger than diced.

grate: to reduce food, like a carrot, to very small shreds or pieces of the same size by rubbing it on a tool with an outside surface that has holes with cutting edges (a grater).

knife skills: Bear Claw (growl), Pinch, Plank, and Bridge (look out for trolls).

steam: to cook food by heating it in the steam from boiling water.

blend: to stir together two or more ingredients until just combined; blending is a gentler process than mixing.

peel: to remove the skin or rind from something using your hands or a metal tool.

sprinkle: to scatter small drops or particles of an ingredient evenly or randomly over food.

Equipment

Blender (or pitcher + immersion blender)

Liquid measuring cup

Measuring spoons

Colander

Saucepan + matching lid

Nonstick skillet

Dry measuring cups

Medium bowl

Cutting board + kid-safe knife

Grater

Wooden spoon

Ingredients

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- 1 1/2 C short-grained white rice
- 2 garlic cloves
- 2 green onions stalks
- 2 tsp grated, peeled fresh ginger root
- 1/3 C grated fresh pear
- 1/2 C soy sauce ****(for GLUTEN/SOY ALLERGY sub coconut aminos)****
- 1 T honey/sugar/brown sugar
- 2 tsp rice vinegar or lime juice (or white wine/apple cider vinegar) + more for sprinkling on veggies
- 8 oz (1/2 lb) firm tofu
- 3 T toasted sesame oil, divided ****(for SESAME ALLERGY sub vegetable oil)****
- 4 to 6 eggs ****(Omit for EGG ALLERGY)****
- Suggested Bibimbap Toppings—don't be overwhelmed! You can choose a few toppings you like while considering balance in taste, texture, and color:
 - nori (dried seaweed sheets) ****(Omit for SHELLFISH ALLERGY)****
 - water chestnuts
 - edamame beans
 - corn
 - sesame seeds ****(Omit for SESAME ALLERGY)****
 - cucumber
 - green onions
 - apple
 - lettuce, spinach, or sautéed kale
 - snap peas
 - radish
 - cooked sweet potato
 - cooked eggplant
 - avocado

- bean sprouts
- carrot
- bell pepper
- sautéed zucchini
- sautéed cabbage
- sautéed asparagus
- sautéed green beans
- sautéed mushrooms

Beautiful Banana Milk

- 3 large ripe bananas
- 3 C milk **** (for DAIRY ALLERGY sub dairy-free/nut-free milk)****
- 1 C ice
- 1 T sugar or honey
- 1 tsp pure vanilla extract **** (for GLUTEN ALLERGY use certified gluten-free pure vanilla extract, not imitation vanilla flavor—check label)****
- 1 dash ground cinnamon

Food Allergen Substitutions

Kid-Made Korean Bibimbap Masterpiece

Gluten/Wheat: Substitute coconut aminos for soy sauce.

Soy: Substitute coconut aminos for soy sauce.

Sesame: Substitute vegetable oil for sesame oil. Omit sesame seeds for optional topping.

Egg: Omit eggs.

Shellfish: Omit the nori seaweed for optional topping.

Beautiful Banana Milk

Dairy: Substitute dairy-free/nut-free milk.

Gluten/Wheat: Use certified gluten-free pure vanilla extract, not imitation vanilla flavor.

Instructions

Kid-Made Korean Bibimbap Masterpiece

intro

We're making "Bibimbap" (BEE-bim-bap), a Korean dish of rice, fruit, and vegetables.

rinse + drain + steam

Rinse **1 1/2 cups of rice** in water until the water runs clear. Then drain well in a colander. Place the rinsed, drained rice in a saucepan with a tight-fitting lid and add **3 cups of water**. Over medium heat, cover and bring the water to a boil. Boil for about 2 minutes, reduce heat and simmer for another 5 minutes. Then reduce the heat to low and cook for about 15 minutes or until water has been absorbed. Remove from the heat, remove the lid, and place a clean towel over the pot.

chop + grate + whisk

Now it's time to make the tofu bulgogi (bool-GOH-gee) sauce! Chop up **2 garlic cloves** and **2 green onions** and add to a medium bowl. Grate **2 teaspoons peeled fresh ginger root** and **1/3 cup pear** and add them to the bowl. Then whisk in **1/2 cup soy sauce**, **1 tablespoon honey**, and **2 teaspoons rice vinegar** or lime juice.

cube + toss

Cube **8 ounces of tofu** and add to the bowl with the sauce. Toss gently to coat and cover, letting it rest for 10 minutes or up to 3 hours.

sauté + thicken

Pour the tofu and sauce from the bowl into a nonstick skillet on your stovetop and cook, uncovered, over medium-high heat for 10 to 20 minutes until the sauce gets a bit thick. Put the sauce in a bowl and let it cool to the side.

wipe + crisp

Quickly wipe out your skillet and heat **2 tablespoons of oil** over medium heat. Add your precooked rice and pat it out in an even layer with the back of a wooden spoon. Cook, do not stir, until rice is golden and crisp on the bottom, about 5 to 15 minutes. (Wipe out the skillet again to fry the eggs or use another skillet.)

slice + chop + grate

Meanwhile, choose at least 5 of the veggie toppings in the Ingredients list and prepare by slicing, chopping, and grating into matchstick-size pieces. (It's best to have at least five different color toppings on the rice for nutrition and aesthetics.) Sprinkle veggies with a bit of lime juice and set to the side.

fry + top + create

Fry up **4 to 6 eggs** in your nonstick skillet with **1 tablespoon of oil**. Then top the rice with the tofu bulgogi sauce, the prepared veggie toppings, and the fried eggs. For visual appeal, place the veggies so that adjacent colors complement each other. Create and enjoy!

Beautiful Banana Milk

peel + combine

Peel **3 bananas** and combine in a blender, or a pitcher for use with an immersion blender, with **3 cups milk**, **1 cup ice**, **1 tablespoon sugar**, and **1 teaspoon vanilla extract**.

blend + sprinkle

Blend everything up until very, very smooth. Pour into glasses and sprinkle with **1 dash of cinnamon** before serving!

Featured Ingredient: Rice!

Hi! I'm Rice!

"I'm just a little grass seed but loved the world over! I'm Rice! I'm an essential part of the diets of almost every culture! You may have eaten me with Mexican tacos, Korean bibimbap, Indian curries, Mongolian fried rice, Southern Creole gumbo, Filipino adobo, Hawaiian poke, or Japanese sushi, just to name a few!"

History & Etymology

Rice is a grain or grass, like wheat, millet, or barley. It was first cultivated in China somewhere between 6,000 and 9,000 years ago.

Rice is a seed from a grass species, usually *Oryza sativa* or Asian rice. The other domesticated rice species is *Oryza glaberrima* or African rice. African rice has been grown for 3,000 years and is hardier, more pest-resistant, and nuttier tasting rice than Asian rice.

Rice is a staple food and supplies as much as half of the daily calories for half the world's population. In many countries, they eat rice at every meal. No wonder a few Asian countries value rice so highly that some of their translations of the word "eat" or "meal" also mean "rice."

China consumes the most rice worldwide. Annually, Asians eat over 300 pounds of rice per person, and Americans eat about 26 pounds per person.

Rice is the second-highest worldwide crop produced after maize (corn). However, since maize is mainly grown for purposes other than human consumption, rice is the most important grain for human consumption.

The English word "rice" comes from Middle English which comes from the Old French "ris," from the Italian "riso," and finally, from the Greek "oruzo."

Anatomy

Most types of rice are annual plants, meaning they live only one year. But several types of rice can survive and produce grains for up to 30 years.

Rice is often categorized by its size—either short, medium, or long grain. Short grain, or japonica rice, has the highest starch content and makes the stickiest rice, while the long grain, or indica variety, is lighter and tends to remain separate when cooked.

In addition to japonica and indica, there are two other categories: aromatic and glutinous. Aromatic is a medium to long-grained rice that generally results in a light and fluffy texture. Varieties in this category include Basmati and Jasmine, which you can find in grocery stores (more about these below). Glutinous rice (also called sticky, sweet, or waxy rice) has very low amylose (starch component) content, making it very sticky when cooked.

Rice is also classified by its milling process. White rice has been milled the most, having had its hull (or husk), bran, and germ layers removed. Brown or whole grain rice has been milled to remove its hull, and rough or paddy rice has not been milled at all and cannot be consumed.

There is an abundance of different kinds of rice—globally, over 120,000 varieties.

Rice cultivation is suited for countries with low labor costs and high rainfall as it is very labor-intensive and needs large amounts of water to grow.

How to Pick, Buy & Eat

Brown rice is 100 percent whole grain and, therefore, the most nutritional of the many different forms. Brown rice retains the bran and germ because it is not milled as much as white rice, which loses a lot of nutrients in the milling process. However, brown rice takes longer to cook, about 45 minutes, compared to white rice, which takes 15 to 20 minutes.

Aromatic rices, named because they have distinct flavors and aromas (especially while cooking), include Basmati and Jasmine. Basmati is long-grained rice from India. It contains a compound also present in freshly baked bread and pandan spice and has nutty, spicy, and floral flavors. Jasmine rice is long-grained rice from Thailand and Cambodia. It also has the same compound found in Basmati rice and is similar but perhaps adds more of a grassy floral and slightly sweeter fragrance to a meal. Some people describe its flavor as close to popcorn. Jasmine is also stickier.

Arborio is short-grained rice from Italy. Its grains remain firm when cooked and are chewy and creamy. Arborio rice is often used in making risotto and rice pudding because of its creamy texture and starchy taste that goes well with other flavors.

Rice is truly an international food, found in the cuisines of just about every country. It is often served as a side dish but can also be a vital component of main dishes and desserts.

Rice flour is made from finely ground rice. It is a thickening agent that prevents liquids from separating in refrigerated and frozen foods. Rice noodles used in many Asian dishes are made with rice flour, and you can also find it in desserts, like "mochi" and other rice cakes. It is a gluten-free alternative to wheat flour.

Nutrition

Rice is a complex carbohydrate with very little sodium or fat, and it supplies 20 percent of the world's food energy.

Rice contains several B vitamins and manganese. Brown or whole grain rice is more nutritious than white rice, but white rice is often enriched by adding some B vitamins and iron back in. Brown rice is also high in magnesium, phosphorus, protein, and fiber.