

Cucumbers

- ❖ 1 cucumber
- salt 1/4 teaspoon
- 1. Cut cucumber in half.
- 2. Scoop out the seeds with a spoon.
- 3. Slice lengthwise into 5 mm strips.
- 4. Sprinkle on salt, wait 20 minutes.
- 5. Pat dry with paper towel.

Spinach Namul

- ❖ spinach 1 bunch
- ❖ chrysanthemum leaves 1 bunch
- ❖ salt a little
- soy sauce 2 teaspoons
- sesame oil 2 teaspoons
- beef stock powder 1 teaspoon
- sesame seeds 1 teaspoon
- 1. Add salt to boiling water.
- 2. Boil spinach lightly.
- 3. Rinse in cold water.
- 4. Squeeze out water.
- 5. Add seasonings, mix well.



Carrots

- ❖ 1 carrot
- cooking oil a little
- salt 1/3 teaspoon
- 1. Cut carrots into 5 mm wide strips.
- 2. Heat a little cooking oil in a fry pan.
- 3. Fry carrots on medium heat.
- 4. Add salt, continue frying until softened.



Rolled Omelette

- ❖ 3 eggs
- dashi 3 tablespoons
- mirin 2 tablespoons
- soy sauce 1 teaspoon
- salt 1/4 teaspoon
- cooking oil a little
- 1. Crack eggs in bowl.
- 2. Add seasonings, mix well.
- 3. Heat a little oil in frying pan.
- 4. Pour in 1/4 of egg mixture.
- 5. When edges are cooked, roll egg toward you, leaving 1/4.
- 6. Push egg to far end of pan.
- 7. Pour in 1/4 of egg mixture.
- 8. Repeat steps 5 and 6, until all egg mixture has been used.
- 9. Remove omelette from pan, and cool.



Bacon

- ❖ 4 slices of bacon, lightly pan fried

Imitation Crab

- ❖ 6 sticks of crab, torn into 5 mm wide strips

Daikon pickle

- ❖ 1 daikon pickle, cut into 5 mm wide strips





Let's make Kimbap!

Fillings

- ❖ rolled omelette • imitation crab • bacon
cucumber • carrots • spinach namul
daikon pickle • cucumber • kimchi

Wrapping

- ❖ dried seaweed 4 sheets

Kimbap Rice

- ❖ warm rice 4 servings
- sesame oil 1 1/2 tablespoons
- salt 3/4 teaspoon
- sesame seeds 2 tablespoons

1. Add seasonings to warm rice, mix gently.
2. Put dried seaweed on sushi mat.
3. Spread rice on dried seaweed, leaving a 2 cm space at the top.
4. Arrange fillings in long strips on the rice, 2 cm up from the bottom.
5. Starting from the bottom, tightly roll up the kimbap.
6. When finished rolling, press ingredients inside on both ends.
7. Rub the outside of the roll with a little sesame oil.
8. Cut roll into 1.5 cm thick slices.
9. Arrange on plate, sprinkle with sesame seeds. Enjoy!

