

**.Definition:** The word literally means "mixed rice". *Bibimbap* is served as a bowl of warm white rice topped with "Namul" (seasoned vegetables) and "Gochujang" (chili pepper paste), soy sauce, or "Dönjang" (a fermented soybean paste).

A raw or fried egg and sliced meat (usually beef) are common additions. But today is for Vegan so that I prepared Tofu instead of meat.

Bibimbap is not only one of the most delicious foods in the world but also one of the most healthiest food in the world. Because 6 nutrition are evenly and fairly contained in Bibimbap and is cooked in a way to keep the natural color and nutrition.



## **.How to cook ?**

-Important points: Cook in a way of keeping nutrition & colors of each ingredients

-Ingredients: Rice, pumpkin, carrot, onion, mushroom, egg plant, spinat, green bean sprout, rucola, tofu or meat, hot sauce

How to cook..will be continued in the cooking course soon.

Thanks,

Koryano Team