

kimbap

shòusī

This is a classic Korean snack – kim meaning ‘seaweed’ and bap meaning ‘rice’. My mama made kimbap for us to take to school. I’d sit and watch while she rolled them and cut them, and eagerly wait for the ‘ugly’ edges that needed to be disposed of immediately (into my mouth).

Time: 30 mins

Serving: 4 rolls (8–10 pieces each)

1 tbsp light sesame oil
 2 cups steamed glutinous
 (or sushi) rice, cooled
 3 eggs
 salt
 cooking oil
 2 carrots, peeled
 1 cucumber
 ¼ sushi takuan*
 2 cups pork floss*
 4 nori (dried seaweed) sheets

* Available at Asian supermarkets.

1. Gently mix the sesame oil into the rice without breaking the individual grains.
2. Beat the eggs, adding salt to taste.
3. On a low heat, cook the egg in an oiled frying pan as a sheet (don’t flip it).
4. Remove from the pan and cut the egg into strips.
5. Slice the carrot and cucumber into strips.
6. Place a nori sheet over a bamboo sushi roller.
7. Spoon a quarter of the rice onto the nori sheet. Oil a spatula and use it to spread the rice out evenly.
8. Place a quarter of the carrot, cucumber, sushi takuan, pork floss and egg strips on the edge of the nori, and roll tightly.
9. Use a lekker sharp and oiled knife to slice them. Gently place the knife on top and slice forward until halfway through the roll, then quickly reverse-slice towards yourself. This will help maintain its shape.

Tip: Sushi takuan is a sun-dried pickled daikon. It’s bright yellow (almost neon) and gets its colour from the peel of the orange persimmon. It’s crunchy, sweet, sour and salty at the same time. Substitute with sweet-and-sour dill gherkins if you can’t get your hands on sushi takuan.



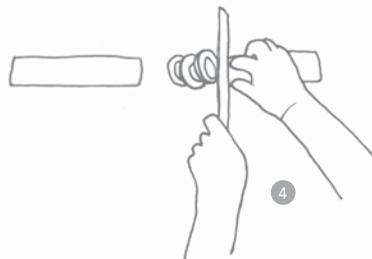
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