

midtown

- **Seoul Garden** (서울가든) ----- Map **A**
34 W. 32nd St. #2 Fl. New York, NY 10001 **212-736-9002**
 1. Sundubu-jjigae<순두부찌개>: Spicy soft tofu stew **\$8.95**
 2. Naengmyeon<냉면>: Cold buckwheat noodle **\$9.95**
 3. Jeonju-bibimbap<전주비빔밥>: Jeonju-style bibimbap **\$12.95**

- **Shilla Korean B.B.Q** (신라화관) -----
37 W. 32nd St. New York, NY 10001 **212-967-1880**
 1. Shilla Galbi<신라특갈비>: Marinated and grilled beef ribs **\$27**
 2. Haemul-Pajeon<해물파전>: Seafood and green onion pancake **\$17**

- **WonJo Restaurant** (원조) ----- Map **A**
23 W. 32nd St. New York, NY 10001 **212-695-5815**
 1. Sutbul-galbi <숯불갈비>: Grilled boneless short rib marinated in special sauce **\$27.99**
 2. Haemul-Pajeon<해물파전>: Seafood and green onion pancake **\$17.95**
 3. Naengmyeon<냉면>: Cold buckwheat noodle **\$12.95**

- **Woo Chon Restaurant** (우촌) ----- Map **B**
8-10 W. 36th St. New York, NY 10018 **212-695-0676**
 1. Sundubu-jjigae<순두부찌개>: Spicy tofu stew **\$13**
 2. Galbi Bulgog<갈비불고기>: Grilled boneless short rib marinated in special sauce **\$25**
 3. Haemul-Pajeon<해물파전>: Seafood and green onion pancake **\$10-19**

uptown

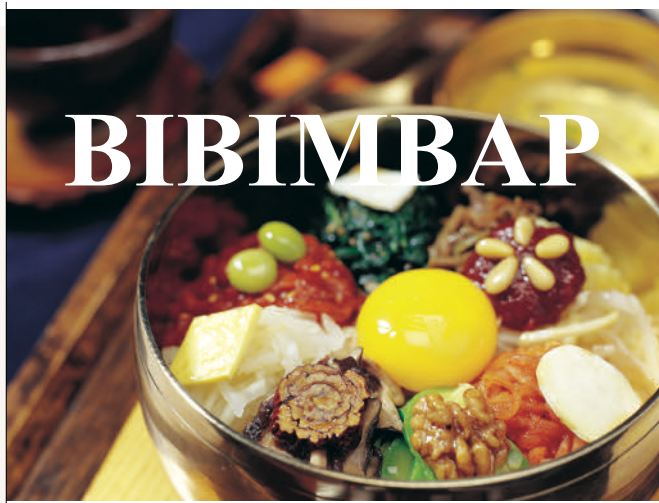
- **Mill** (밀) ----- Map **D**
2895 Broadway New York, NY 10025 **212-666-7653**
 1. Dolsot bibimbap<돌솥비빔밥>: Steamed rice served with assorted vegetables, beef and hot pepper paste sauce in a stone bowl **\$9.95**
 2. Ojingeo bokkeum<오징어볶음>: Stir-fried squid with spicy sauce **\$9.95**
 3. Japchae<잡채>: Potato starch noodles stir-fried with vegetables **\$8.95**

* All information is valid as of September 2008

* Restaurants appear in alphabetical order and dishes shown are recommended by each restaurant

* Prices may vary according to time of meal(lunch or dinner) and may change without notice

* This brochure is made by the Korean Cultural Service NY, Korea Tourism Organization and aT Center with support of the Korean-American Association of Greater New York



BIBIMBAP

Rice Mixed with Vegetables and Beef

Bibimbap is a dish mixed of cooked rice with various vegetables, beef, garnishes and fried red pepper paste. It is said that this dish came from the customs of memorial service and rural villages. This dish is very convenient to provide, just mixing of cooked rice with various vegetables, namul and red pepper paste together.

Total weight after cooking	Weight for one serve	Service temperature	Total heating time	Total cooking time	Standard utensil
1.64kg (4 serves)	410g	50-65°C	43 min	2 hours	24 cm pot, 30 cm frying pan

Bibimbap Nutrition Facts (Amount Per Serving)	
Carbohydrate	108g
Protein	19g
Fat	11g
Sodium	970mg
Calorie	600kcal

Ingredients & Quantity

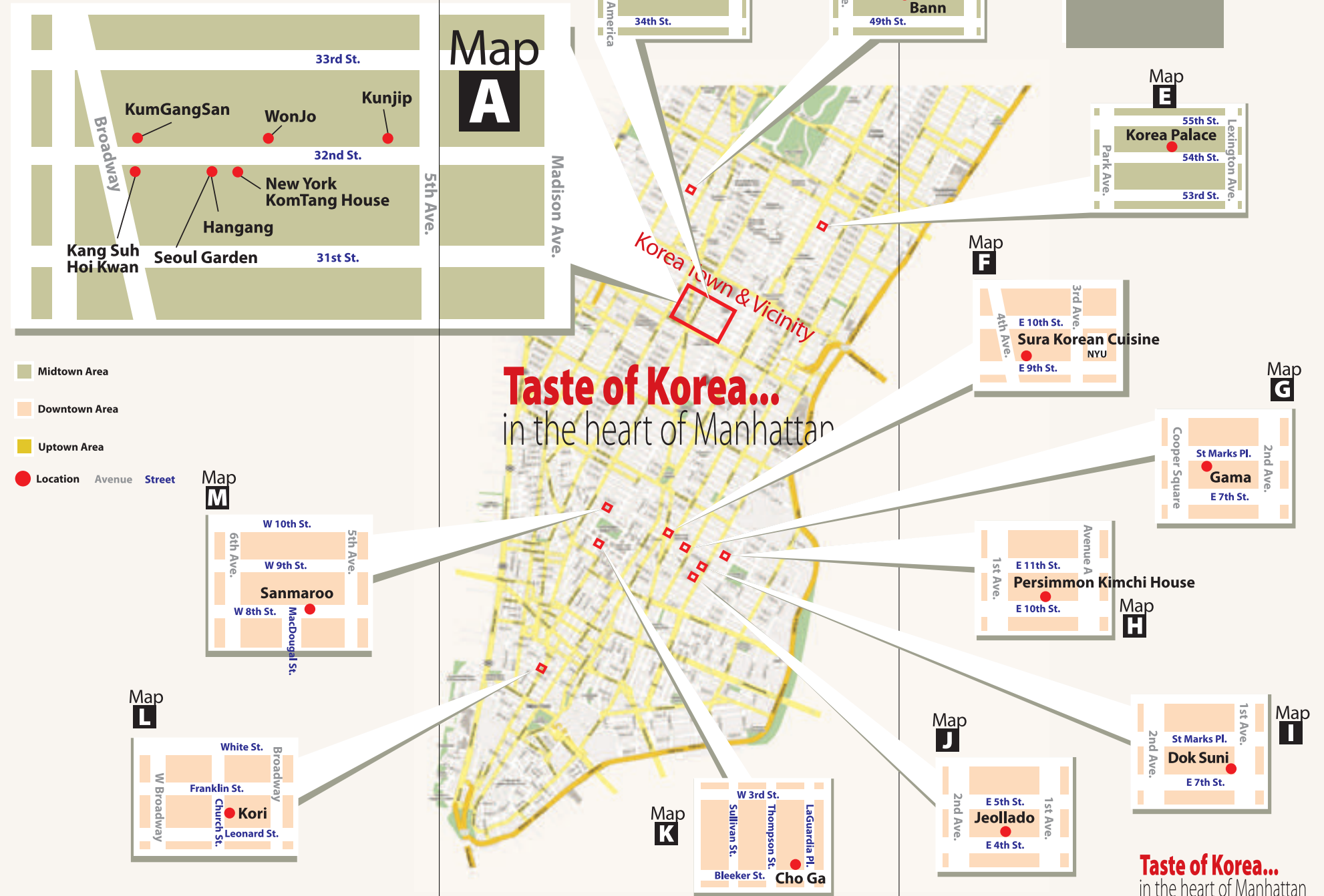
- 450 g (2½ cups) non-glutinous rice, 600g (3 cups) water
- 300 g young pumpkin, 2 g (½ tsp salt)
- 200 g skinned bellflower roots, 4 g (1 tsp) salt
- 120 g beef (top round), 200 g soaked bracken
- Seasoning sauce: 18 g (1 tbsp) soy sauce, 6 g (½tbsp) sugar, 9 g (2tsp) minced green onion, 5.5 g (1 tsp) minced garlic, 2 g (1 tsp) sesame, 0.3 g (½tsp) ground black pepper, 4 g (1 tsp) sesame oil
- 2 ea (120 g) egg,
- 3 g kelps, 26 g (2 tbsp) edible oil
- Fried red pepper paste: 95 g (5 tbsp) red pepper paste, 20 g minced beef, 9 g (2 tsp) minced green onion, 5.5 g (1 tsp) minced garlic, 90 g (6 tbsp) water, 18 g (1½ tbsp) sugar, 19 g (1½ tbsp) sesame oil

Recipe

- Put the rice and water in the pot, heat it up for 4 min. on high heat. When it boils, continue to boil for another 4 min. then lower the heat to medium, boil it for 3 min. When the rice become sodden, lower the heat to low, steam for 10 min. to be well-done. (1.03 kg).
- Preheat the frying pan and oil, stir-fry pumpkin on high heat for 30 sec. spread out and cool down (80 g).
- Preheat the frying pan and oil, stir-fry bellflower roots on medium heat for 5 min. (120 g).
- Preheat the frying pan and oil, stir-fry beef and bracken respectively on medium heat for 3 min. (beef 80g, bracken 164g).
- Pour edible oil into the pan, oil fry kelps on medium heat for 10 sec. Crush it into large size.
- Put the minced beef, green onion, garlic and half of the sesame oil in the pot, stir-fry them on medium heat for 2 min. Add red pepper paste, sugar and sesame oil, stir-fry for 5 min. Add water in to it, stir-fry for another 3 min. to make fried red pepper paste (167 g).
- Serve steamed rice with prepared stuffs and fried red pepper paste on top.

- When rice boiling water overflow during boiling, open the lid shortly and shut down again.
- To provide good taste, rice should be cooked properly, neither too hard nor too watery.
- When preparing fried red pepper paste with home-made red pepper paste, add sugar a little bit more.
- Fried red pepper paste may be added more, or reduced upon request.

"Korean Restaurant Week 2008" Participating Restaurants



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