

ASIA

KIMBAP OR LARGE KOREAN RICE AND VEGETABLE MAKIS

Ingredients (For 4 to 5 Kimbaps)

- 4-5 toasted algae sheets (kim)
- 400-500 g cooked Asian sticky rice
- 2 eggs
- 1 carrot
- 1/2 cucumber, sliced lengthwise
- 1 yellow radish (pickled daikon radish - Danmuji)
- 1 slice of boneless ham
- Sesame oil
- Sesame seeds
- Salt

Preparation:

Season the rice with 2 tbsp sesame oil and a bit of salt. Stir.

Beat the eggs and prepare a fine omelette in a frying pan with a little oil.

Cut the omelette, the carrot, the half cucumber, the daikon radish and the slice of ham into a julienne. Sauté the carrots and ham in an oiled pan.

Place a sheet of algae on the sushi mat, shiny side down. Coat 2/3 of the sheet with rice, ensuring that the layer is homogeneous without crushing the rice. Arrange the julienned ingredients lengthwise along the first third of the rice. Using a sushi mat, roll the algae over itself in one layer to wrap up the ingredients. Press the roll gently to stick the rice to the sheet of algae. Continue the operation until you reach the end of the algae sheet and finish by pressing well all along the mat. Spread a coat of sesame oil along the roll to finish adhering it and to make the kimbap shiny.

Cut the kimbap into fine slices using a very sharp knife. Arrange the kimbap on a plate and sprinkle with a few sesame seeds. You might serve the kimbap with soya sauce.

