

Bibimbap Steak and Egg Burrito

For the Bulgogi Beef

Wash hands and change gloves when changing tasks throughout recipe.

- 1 pound beef shoulder (we use Teres Major from local Four Mile River Farm)
- 1/3 cup pineapple juice
- 1/4 cup soy sauce
- 1/2 Asian pear, cored (ours come from Lyman Orchards)
- 1 teaspoon minced garlic cloves (we get ours from Spring Valley Student Farm)
- 3 teaspoons chopped onion, (we get ours from Spring Valley Student Farm)
- 1 1/2 teaspoon ginger, grated
- 3 teaspoons brown sugar
- 1 1/2 teaspoons honey (ours comes from UConn Apiaries)
- 1 1/2 teaspoons toasted sesame oil
- 1/8 teaspoon freshly ground black pepper

Place beef shoulder in freezer for 30 minutes. Then, using a slicer or a sharp knife, slice into very thin slices. Place in the bottom of a roasting pan.

Combine the rest of the ingredients in a food processor and blend until combined. Pour over the thinly sliced beef. Cover with plastic wrap and refrigerate overnight to marinate.

Just before assembling the burritos, heat a flat top grill or a large frying pan to high. Add the meat (without marinade) and cook until slightly caramelized and charred 2-3 minutes, flipping throughout the 2-3 minutes with a spatula or tongs as the meat caramelizes. Remove from heat and keep warm until ready to build burritos.



Makes 6 Servings

For the Vegetable Blend

- 1/2 teaspoon garlic, chopped (we get ours from Spring Valley Student Farm)
- 1/4 teaspoon toasted sesame oil
- 1/2 teaspoon canola oil
- 1/4 pound carrots, julienned (we get ours from Spring Valley Student Farm)
- 2 ounces shiitake mushrooms, thinly sliced (we get ours from Chatfield Hollow Farm)
- 1/2 pounds fresh spinach (we get ours from Spring Valley Student Farm)
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1/8 teaspoon toasted sesame seeds

For the Gochujang Sauce

- 1/4 cup gochujang paste (find in the Asian section of grocery stores)
- 1 tablespoon sugar
- 1/2 tablespoons sesame oil
- 1/8 cup water

Blend all ingredients in a food processor until combined.

Also

- 1 1/2 cups cooked white rice
- 4 eggs, cooked over easy (kept warm until needed)
- 4 (12-inch) flour tortillas

To Assemble each Bibimbap Wrap

- 1 flour tortilla
- 1/2 cup white rice (about 3 oz.)
- 3 ounces cooked bulgogi beef
- 1 1/2 ounces vegetable blend (spinach, carrots, mushrooms)
- 1 over-easy egg
- Drizzle of gochujang dressing (about 1 tbsp.)

Lay flour tortilla on flat surface. Add a 3 oz. scoop of white rice followed by 3 ounces of thinly sliced cooked beef, 1 1/2 ounces of sautéed vegetables, 1 over-easy egg, and a drizzle of gochujang dressing. Roll up burrito style and cut in half on the bias.