



## **Brilliant Korean Bibimbap in a Mug + Sesame Crunchies + Fresh Banana Milk for One**

By Erin Fletter

**Prep Time 20 / Cook Time 3 / Serves 1 - 1**

### **Shopping List**

#### ☐ FRESH

☐ 1 ripe banana **\*\*(see allergy subs below)\*\***

☐ 1 green onion

☐ 1 small garlic clove

☐ 2 white or cremini mushrooms

☐ 1/4 red bell pepper

☐ 1/2 small carrot or 3 baby carrots

#### ☐ DAIRY AND EGGS

☐ 1 C whole milk **\*\*(see allergy subs below)\*\***

☐ 1 egg **\*\*(see allergy subs below)\*\***

#### ☐ PANTRY

☐ 3/4 C microwavable rice

☐ 1 tsp soy sauce **\*\*(see allergy subs below)\*\***

☐ 1/4 tsp toasted sesame oil **\*\*(see allergy subs below)\*\***

☐ 1 to 2 small nori seaweed sheets **\*\*(see allergy subs below)\*\***

☐ 1 1/2 tsp honey

☐ 2 tsp sesame seeds **\*\*(see allergy subs below)\*\***

- ☐ 1 dash ground cinnamon
- ☐ 1/2 tsp gochujang, optional **\*\***(see allergy subs below)**\*\***
- ☐ HAVE ON HAND
- ☐ 1/2 C ice

## Fun-Da-Mentals Kitchen Skills

**slice:** to cut into thin pieces using a sawing motion with your knife.

**knife skills:** Bear Claw (growl), Pinch, Plank, and Bridge (look out for trolls).

**chop:** to cut something into small, rough pieces using a blade.

**crack:** to break open or apart a food to get what's inside, like an egg or a coconut.

**mince:** to chop into teeny tiny pieces.

**microwave:** to heat or cook food or liquid quickly in a microwave oven, which uses high-frequency electromagnetic waves to generate heat in the food's water molecules.

**blend:** to stir together two or more ingredients until just combined; blending is a gentler process than mixing.

**peel:** to remove the skin or rind from something using your hands or a metal tool.

**pour:** to cause liquid, granules, or powder to stream from one container into another.

## Equipment

- ☐ Microwave
- ☐ Microwave-safe mug
- ☐ Potholder
- ☐ Cutting board + kid-safe knife (a butter knife works great)
- ☐ Cereal bowls (2)
- ☐ Measuring spoons
- ☐ Dry measuring cups
- ☐ Metal spoon
- ☐ Paper towel or dish towel
- ☐ Clean pair of kid scissors

- ☐ Soap for cleaning hands
- ☐ Liquid measuring cup
- ☐ Blender (or pitcher + immersion blender)
- ☐ Drinking glass

## Ingredients

### Brilliant Korean Bibimbap in a Mug + Sesame Crunchies

- ☐ 1/2 small carrot or 3 baby carrots
- ☐ 1/4 red bell pepper
- ☐ 2 white or cremini mushrooms
- ☐ 1 small garlic clove
- ☐ 1 green onion
- ☐ 3/4 C microwavable rice
- ☐ 1 tsp soy sauce **\*\*(for GLUTEN/SOY ALLERGY sub coconut aminos)\*\***
- ☐ 1/4 tsp toasted sesame oil **\*\*(for SESAME ALLERGY sub nut-free oil, like olive or vegetable)\*\***
- ☐ 2 tsp sesame seeds **\*\*(for SESAME ALLERGY sub pepitas or sunflower seeds)\*\***
- ☐ 1 egg **\*\*(Omit for EGG ALLERGY or sub 1/4 C firm tofu, if no soy allergy present)\*\***
- ☐ 1 to 2 small nori seaweed sheets **\*\*(Omit for SHELLFISH ALLERGY)\*\***
- ☐ 1/2 tsp gochujang, optional **\*\*(Omit for GLUTEN/SOY ALLERGY)\*\***

### Fresh Banana Milk for One

- ☐ 1 ripe banana **\*\*(for BANANA ALLERGY sub 1 ripe pear or 1 C frozen berries or peaches)\*\***
- ☐ 1/2 C ice
- ☐ 1 C whole milk **\*\*(for DAIRY ALLERGY sub dairy-free/nut-free milk)\*\***
- ☐ 1 1/2 tsp honey
- ☐ 1 dash ground cinnamon

## Food Allergen Substitutions

### Brilliant Korean Bibimbap in a Mug + Sesame Crunchies

**Gluten/Wheat:** Substitute coconut aminos for soy sauce. Omit optional gochujang (Korean red pepper paste).

**Soy:** Substitute coconut aminos for soy sauce. Omit optional gochujang (Korean red pepper paste).

**Sesame:** Substitute a nut-free oil, like olive or vegetable, for sesame oil. Substitute pepitas or sunflower seeds for sesame seeds.

**Egg:** Omit or substitute 1/4 C firm tofu (if no soy allergy is present) for 1 egg.

**Shellfish:** Omit the nori seaweed topping.

## Fresh Banana Milk for One

**Banana:** For 1 banana, substitute 1 ripe pear or 1 C frozen berries or peaches.

**Dairy:** Substitute dairy-free/nut-free milk.

## Instructions

### Brilliant Korean Bibimbap in a Mug + Sesame Crunchies

#### slice + chop + mince

Slice **1/2 carrot** into thin coins. Chop **1/4 red bell pepper** and **2 mushrooms** into bits. Mince **1 garlic clove** into tiny pieces. Slice **1 green onion** into thin pieces and set aside for garnish.

#### add + measure + mix

Add the carrot, bell pepper, mushrooms, and garlic to a cereal bowl. Measure and add **1 teaspoon soy sauce** and **1/4 teaspoon sesame oil** and mix everything together. Add **3/4 cup of microwavable rice** to your mug, then the chopped veggies with sauce.

#### measure + add + stir

Measure and add **1 teaspoon of sesame seeds** to the same cereal bowl and stir to coat in any remaining sauce. Set this bowl aside (these are your Sesame Crunchies!).

#### cover + microwave + crack

Cover your mug with a dish towel or damp paper towel and microwave on high for 1 minute. Crack **1 egg** into a small bowl while you wait (check for shells!). Carefully remove the mug with a potholder and slide the egg on top of the veggies.

#### cover + microwave + check

Cover the mug again and microwave on high for another minute. Check the egg: if it's not cooked, cover and microwave for another 30 seconds. Check again. Finish cooking for 30 seconds if the egg needs it. The egg white should be fully set. Let stand for 30 seconds before removing from the microwave with a potholder.

cut + top + eat

Use a clean pair of scissors to cut 2 **nori seaweed sheets** into thin strips. Top mug with the nori seaweed strips, sliced green onion, and Sesame Crunchies, and eat! Careful: it will be hot!

### Fresh Banana Milk for One

peel + measure + blend

Peel **1 ripe banana** and drop it into your blender. Measure and add **1/2 cup ice, 1 cup milk, 1 1/2 teaspoons honey**, and **1 dash of ground cinnamon**.

blend + pour

Blend until thick and smooth. Pour into a drinking glass and shout "Cheers!" in Korean: "Geonbae!" (KAHN-bay).

## Featured Ingredient: Sesame!

Hi! I'm Sesame!

"I can be a seed or an oil pressed out of a sesame seed. Sesame oil is used in Asian cooking, but it is a healthy oil you can also use to dress and cook other foods. You can find sesame seeds in Asian dishes, like Bibimbap, in salads, on the tops of hamburger buns, in chips, crackers, and even cakes!"

Sesame seeds are believed to be one of the oldest oilseed crops in the world. Many species of sesame grew wild in Africa. The sesame plant was domesticated about 5,500 years ago in the Indian subcontinent.

The ancient Egyptians may have grown sesame as early as 1600 BCE or as late as 30 BCE.

Ancient Romans cooked with sesame seeds and made a spread of ground sesame seeds and cumin.

In India, sesame seeds symbolize immortality and are used in sacred rituals. During funerals, Indians offer vases of sesame to help the dead pass to the afterlife. Indians also burn sesame oil in votive offerings because they consider it sacred.

The word "sesame" comes from late Middle English, from the Latin "sesamum" and Greek "σῆσαμον: sēsamon," from an ancient Semitic language, like Akkadian, "šamaššamu."

Sudan produces the most sesame seeds worldwide, followed by Myanmar, Tanzania, and India. Japan imports the most sesame. They primarily use the oil from the seeds in their cooking.

Sesame is a hardy crop. It can survive a drought, high heat, and heavy rain.

Sesame seeds can be white, tan, brown, red, or black. We generally see white and black sesame seeds.

White seeds are mild, while black seeds taste more intense and visually striking.

Tahini is a paste made from ground sesame seeds. It is added to dressings or sauces and can be added to spreads, such as hummus and baba ghanoush.

You can make sesame milk by soaking sesame seeds in water overnight and blending until smooth. Strain with a cheesecloth before serving.

Sesame seeds are a rich source of natural antioxidants, protein, fiber, B vitamins, iron, calcium, magnesium, phosphorus, copper, and zinc. They benefit your immune system and contribute to healthy blood pressure and blood sugar.

Sesame seeds can trigger allergic reactions. If you have a sesame allergy, food, cosmetic, and skin-care product labels should be carefully checked for sesame. Cross-reaction with nut allergies is also possible.