

*Topic:*

# *Korean gimbap*

*work performed: Fornalëva Julia*

*1st year student*

*0-716*

*I checked by (a): Dyachenko E.A.*

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# The original of food

- *Gimbap (Korean 김밥.) - A popular [1] Korean cuisine dish represents rolls wrapped in dried pressed sheets "seaweed» (김 Kim), filled with steamed rice (밥 dabs), with the addition of toppings, chopped or Laid stripes, usually pickled vegetables, fish, seafood, ham and an omelette. To the table gimbap served sliced slices [2], who eat, took chopsticks and dipped in soy sauce with sesame seeds.*
- *Gimbap descended from Japanese rolls "Futomaki" dish was borrowed during the Japanese occupation [3] [4] [5] [6] [7]. From sushi (sushi) gimbap characterized in that it contains almost no rice vinegar, and is not put in gimbap raw fish.*
- *gimbap usually consumed at picnics and even on the street, as well as snacks, in this case gimbap takuanom served with kimchi or [8].*



# Ingredients

- ▣ Rice (pre-cooked) 400 g.
- ▣ Gim (Nori) 4 sheets
- ▣ Egg 3 pc.
- ▣ 1/2 cucumber pieces.
- ▣ Carrot 1 pc.
- ▣ Crab sticks
- ▣ 6 - 8 pcs.
- ▣ Canned tuna 1 tin
- ▣ Boiled sausages 150 gr.
- ▣ Sesame seed (roasted) 1 tsp
- ▣ Sesame oil 3 - 4 tbsp
- ▣ Vegetable oil 1 tbsp
- ▣ Soy sauce 1 tablespoon + Supply
- ▣ Mayonnaise 1 tbsp



# *Preparing meals*

- 1. Cooking an egg pancake for filling. To do this, you need to whip the egg fork. Slightly salt the.



- 2. Heat the pan with vegetable oil. Pour the egg. If bubbles appear, gently pierce their fork.

- 3. Cook the pancake until tender.



- 4. Cut sausage into cubes and fry in sesame oil.



- 5. Crab sticks cut into two pieces and fry in sesame oil.

- 6. Carrots cut into strips and fry in sesame oil until soft.



- 7. Cucumber cut into strips. Egg rolls - ribbons. Tuna mash with a fork and mix with mayonnaise. The filling is ready.



- 8. In Figure Add sesame seeds and soy sauce. Mix.



- 9. Mat (mat twisting rolls) food wrap film. On the mat lay a sheet of gim / nori.



- 10. Put a little bit of rice and spread over the entire surface of the gim / nori, helping shovel. The edge of a sheet of nori rice without leave (3-4 cm.). To figure did not stick to the blade, blade periodically moisten with water.



- 11. Stepping back from the edge a little bit, put a small amount of tuna.



- 12. Place the tuna on omletnuyu tape.



- 13. Next, lay out the cucumber, carrot, sausage and crab sticks.



- 14. Now carefully wrap the filling in a sheet of nori with rice, helping mat.



- 15. Firmly press gimbap mat to give a smoother shape.



- 16. Of these four ingredients obtained gimbap.



- 17. Cut into portions each gimbap pieces. The knife must be very sharp. To rice will not stick to the knife, the knife periodically moisten with water.



# *bibliography*

- <http://vkusnyostrov.ru/recipes/product/117/>
- <https://ru.wikipedia.org/wiki/>

*Bon Appetit!*

