# **Starport Foods**



## Korean Bibimbap Rice – Gluten Free



### Ingredients

| Foodservice Serving (yields about 3.5 lbs.) |   |
|---|---|
| 1 C.  | Brown Stir-fry Sauce (Gluten Free Starport 214)     |
| 4 C.  | Calrose Rice cooked (approx. 24 oz.)                |
| 8 oz.                                       | Ground beef, chicken or pork, marinated (see below) |
|   | Marinade Seasoning (Gluten Free Starport 356)       |
| 4 oz.                                       | Onions, sliced                                      |
| 4 oz.                                       | Shiitake mushrooms, sliced thin                     |
| 4 oz.                                       | Carrots, julienned                                  |
| 4 oz.                                       | Zucchini, julienned                                 |
| 2 Tbsp.                                     | Vegetable oil                                       |
| 1 Tbsp.                                     | Garlic, minced                                      |
| 2 each                                      | Eggs, scrambled                                     |
| 1 Tbsp.                                     | Seaweed flakes for garnish (optional)               |
|   |   |

**Condiment for rice:** 1C. **Spicy Red Hunan Sauce** (Gluten Free Starport 212) mixed with 1 Tbsp. Pure Roasted Sesame Seed Oil. Drizzle over rice for extra zest.



Ingredients

#### Instructions

- 1. Cook rice per manufacturer instructions. Calrose Rice is medium grain (sushi rice okay).
- 2. Heat pan and brown marinated ground meat until done. Drain off excess oil and set aside.
- 3. Heat pan at high heat, when hot, add oil and scrambled egg and cook until done. Chop cooked eggs into small pieces and set aside.
- 4. Heat pan at high heat, when hot, add oil and onions. Sauté for about 10 seconds, then add in garlic and sauté for another 30 seconds.
- 5. Add carrots, zucchini and shiitake mushrooms and sauté for 1 minute. Add in **Brown Stir-fry Sauce** remove and toss well with scrambled eggs and cooked rice.
- 6. Garnish with seaweed flakes (like Furikake or Kizami) and chopped green onions (optional).

#### **Marinate Ground Beef/Pork**

**To marinate:** For 10 lbs. sliced, ground or cubed beef/pork, add 0.4 lb. (1C.) **Marinade Seasoning** (Starport 356), dissolve in 1<sup>1</sup>/<sub>4</sub> C. water and 1 C. corn oil. Mix well and marinate meat for 30 minutes or more. May be bagged or covered in container and refrigerate overnight.