

Skillet Bibimba-Style Rice フライパン石焼きビビンバ風ごはん

Serves: 2 | Pan: 24–26 cm skillet with lid | Total time: ~30 minutes

Ingredients

Rice:

- 240 g Japanese white rice 米
- 300 ml water

Beef:

- 150 g thin-sliced beef (牛こま or 切り落とし)

Beef Seasoning:

- 1 T / 15 ml low-sodium soy sauce 醤油
- ½ tsp sesame oil ごま油
- 1 tsp sake 酒
- 1 tsp grated garlic にんにく
- ½ tsp gochujang (optional)

Vegetables:

- 1–2 packs ready-made namul ナムル

Finish:

- 1 onsen tamago or egg yolk 温泉卵 / 卵黄
- 1 T sesame seeds 白ごま



Instructions

1. Wash **rice** thoroughly until water is mostly clear.
 - Soak 20–30 minutes, then drain well.
2. Combine **beef** with **soy sauce**, **sesame oil**, **sake**, **garlic**, and **gochujang**.
 - Marinate **10–15 minutes**.
3. Lightly oil skillet.
4. Spread rice evenly across bottom of skillet.
5. Arrange marinated beef evenly over rice.
6. Add **water** gently around the edges of the Dutch oven.
 - Use **about 290 ml water** when using 無洗米.
 - Do not stir or disturb the rice layer.
7. Cover tightly and cook over **medium-low heat** for **5 minutes**.
 - You should begin hearing gentle simmering near the end of this stage.
8. Reduce heat to **very low**.
9. **Cook 12–15 minutes more** without opening the lid.
 - The heavy cast iron retains heat efficiently, so avoid increasing heat unnecessarily.
10. Increase heat slightly for **1–2 minutes** to develop the crispy rice layer (おこげ).
 - Listen for gentle sizzling, not aggressive crackling or burning smells.
 - A small amount of sesame oil drizzled around the inside edge of the pot at this stage is optional and improves crust formation.

11. Turn off heat and let **rest covered** for **10 minutes**.
 - This resting phase finishes steaming the rice and stabilizes the crispy bottom layer. Add ready-made **namul** over top.
12. Top with **onsen tamago** and **sesame seeds**.
13. Mix at table before serving.

Notes

- Adding namul at the end preserves texture and freshness.
- Final high-heat phase creates crispy rice crust.
- Onsen tamago works especially well here.
- Ready-made namul already contains seasoning.
- Optional mushroom addition: 80 g shimeji or maitake.

Nutrition

Per serving: Kcal: 560 | Protein: 27 g | Fat: 18 g | Sat Fat: 5 g | Carbs: 66 g | Sugars: 5 g | Fiber: 4 g | Sodium: 650 mg | Omega-3: 0.2 g

Total dish: Kcal: 1120 | Protein: 54 g | Fat: 36 g | Sat Fat: 10 g | Carbs: 132 g | Sugars: 10 g | Fiber: 8 g | Sodium: 1300 mg | Omega-3: 0.4 g