



EASY TO MAKE!

**LEARN HOW TO MAKE
KOREAN RICE BALLS,
JUMEOKBAP!**

WHAT ARE KOREAN RICE BALLS?

The Korean word for "rice ball," Jumeok-bap (주먹밥), literally means "rice held in the fist."
For centuries, rice balls have been used as a portable, easy-to-eat meal that can be eaten on the go.
Recently, it has become a favorite food of busy people like students for a quick meal outside the house.

Rice balls are versatile because they can be made with a variety of fillings. Some of the most basic ones include rice, salt, sesame oil, and sesame seeds. But you can add either or both vegetables and meat into these rice balls to make them more filling and nutritious.

Here we will share two popular Korean rice ball recipes. In addition, we will introduce Sikhye, a traditional Korean drink that goes well with rice balls.



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**SECRET
RECIPE
BOOK**



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Sikhye

Sikhye is a Korean traditional non-alcoholic drink that's made with barley malt and cooked rice. It's refreshingly sweet and malty!

Ingredients:
500g malt, 15 cups (3L) water, 200g sugar, 1 (25g) ginger, 1/2 tsp salt, 150g hard-boiled rice, some pine nuts, some dates to garnish

1. Soak the malt in water for about 20 minutes and squeeze it.

2. Separate the malt water with a sieve and squeeze the malt.

3. Sieve out the left-over malt in the malt water and let it mature for about 2 hours.

4. In the rice cooker, add the malt water and hard-boiled rice in. Let it mature for about 4 hours in a warm temperature.

5. Cool the rice grains in ice water. Boil the malt water in a pot.

6. Thinly slice the ginger and boil it with salt and sugar.

7. Sieve the rice grains and put it in a pot to boil.

8. Remove the ginger slices and cool it down at room temperature. Freeze it in a freezer.

9. Pour the sikhye in a cup and garnish it with dates and pine nuts.

Kimchi-Spam Rice Ball

Ingredients:
Spam, Kimchi, Soy Sauce, Red Pepper Powder, Salt, Sugar, Sesame Oil, Sesame, Gim(seaweed)

1. Chop spam and kimchi.

2. Stir-fry kimchi and cube spam with sugar on medium-low heat until water evaporates. When the water is almost gone, add sesame oil and mix it again.

3. Season rice with salt, sesame oil, and sesame seeds.

4. Take some of the rice and put it in your hands. Flatten the rice slightly.

5. Take the filling and put it in the center of the flattened rice. Press the filling down, add more rice, and shape it into a ball.

6. Coat the rice balls with seasoned seaweed flakes.



Tuna-Mayo Rice Ball

Ingredients:

Tuna, Onion, Mayonnaise, Black Pepper, Salt, Sesame Oil, Seasame, Gim(Seaweed)

1. Strain the canned tuna off its oil and discard the oil in the compost.

2. Chop onion and soak them in ice water for ten or so minutes to soften the taste.

3. Mix tuna and onion with 3 tbsp mayo, 1/2 tsp sugar, and black pepper.

4. Season rice with salt, sesame oil, and sesame, and mix well.

5. Grab a handful of rice and flatten the rice slightly.

6. Take the tuna filling and put it in the center of the flattened rice. Press the filling down, add more rice, and shape it into a ball.

7. Coat the rice balls with seasoned seaweed flakes.

