

# BIBIMBAP

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Sources:  
<https://lh4.googleusercontent.com/-Kh8Rw55JHf4/Uqz2w8l-OI/AAAAAAAAA8XA/JS6JtgQWdDI/1640/blogger-image-77755714.jpg>  
[https://upload.wikimedia.org/wikipedia/commons/0/08/Bibimbap\\_by\\_diznbonn\\_in\\_New\\_York.jpg](https://upload.wikimedia.org/wikipedia/commons/0/08/Bibimbap_by_diznbonn_in_New_York.jpg)

# BACKGROUND OF BIBIMBAP

- TRADITIONAL KOREAN MEAL CONSISTING OF:

- RICE
- GUK (KOREAN-STYLE SOUP)
- BANCHAN (SIDE DISHES)
- JANG (FERMENTED CONDIMENTS)



"Typical Banchan Settings Sigeumchi Namul (시금치나물)". Maangshi.com. Retrieved 2015-09-04.

- UNIQUE ETHNIC FOOD OF KOREA DERIVED NATURALLY THROUGH KOREAN BAPSANG CULTURE WITH RICE AND BANCHAN ON TABLE
- BAPSANG
  - TRADITIONAL KOREAN MEAL TABLE
  - HAS EVOLVED OVER THE LAST 1000 YEARS → BIRTH OF BIBIMBAP → EVOLUTION OF BIBIMBAP
- WOULD NOT EXIST IF RICE, KIMCHI, GOCHUJANG (RED PEPPER TASTE), OR JANG WERE NOT AVAILABLE

# BACKGROUND OF BIBIMBAP

- **MAIN FEATURES:**

- BAPSANG = ALL DISHES SERVED ON ONE TABLE AT THE SAME TIME IN OPEN SPACE PATTERN FOR ONE PERSON
  - MAIN DISH = COOKED RICE
  - BANCHAN (SIDE DISHES)
- BIBIMBAP IS ARRANGED ACCORDING TO RECIPES, INGREDIENTS, COLORS, AND TEMPERATURE
  - BALANCE, HARMONY



**3-dish table setting**



**5-dish table setting**



**7-dish table setting**



**9-dish table setting**

# COMPOSITION OF BIBIMBAP

- BIBIMBAP BREAKDOWN:
  - BAP (RICE)
  - GUK (KOREAN-STYLE SOUP)
  - BANCHAN (SIDE DISHES)
  - JANG (FERMENTED CONDIMENTS)
  - GOCHUJANG (RED PEPPER PASTE)
- NOTE SIMILARITIES TO BAPSANG
- SIMILAR TO WESTERN-STYLE MEALS:
  - TYPICALLY CONSIST OF ONE MAIN DISH (ENTREE)



Source:  
[http://www.misskoreablog.com/best\\_korean\\_bbq\\_restaurant\\_nyc/wp-content/uploads/2015/03/SBZ\\_0697.jpg](http://www.misskoreablog.com/best_korean_bbq_restaurant_nyc/wp-content/uploads/2015/03/SBZ_0697.jpg)



Source:  
[http://images.essentialkids.com.au/2013/05/20/4286273/GF-729\\_Perry\\_bibimbap-620x0.jpg](http://images.essentialkids.com.au/2013/05/20/4286273/GF-729_Perry_bibimbap-620x0.jpg)

# HISTORY AND ORIGIN THEORIES

- ORIGIN OF BIBIMBAP

- MANY THEORIES

- INEVITABLE WITH THE EXISTENCE OF BAPSANG CULTURE, BANCHAN, AND RICE
    - NO DEFINITIVE EVIDENCE CONFIRMING THE TRUE THEORY OF ITS ORIGINATION
    - THERE ARE SEVERAL STRONG THEORIES

# HISTORY AND ORIGIN THEORIES

- DERIVED FROM A MUCH OLDER DISH, **GOLDONGBAN**
- **GOLDONGBAN**
  - SIMILAR CONCEPT, DIFFERENT PURPOSE
    - **RICE, VEGETABLES, MEAT, AND SAUCE MIXED IN A BOWL**
  - JOSEON PERIOD (14TH-16TH CENTURY)
- **PURPOSE:**
  - RITUAL
  - LUNAR NEW YEARS
    - GET RID OF LEFTOVERS



Sources: [http://tdkency.nfm.go.kr/eng/media/eng/S5/IM12/F07/D2233/INNER/Igr\\_39983.jpg](http://tdkency.nfm.go.kr/eng/media/eng/S5/IM12/F07/D2233/INNER/Igr_39983.jpg)

[https://upload.wikimedia.org/wikipedia/commons/thumb/1/19/Flag\\_of\\_the\\_King\\_of\\_Joseon\\_\(Fringeless\).svg/574px-Flag\\_of\\_the\\_King\\_of\\_Joseon\\_\(Fringeless\).svg.png](https://upload.wikimedia.org/wikipedia/commons/thumb/1/19/Flag_of_the_King_of_Joseon_(Fringeless).svg/574px-Flag_of_the_King_of_Joseon_(Fringeless).svg.png)

# FOOD FOR FARMERS THEORY

- MANY THEORIES BUT MOST ACCEPTED IS THE “FOOD FOR FARMERS” THEORY
- 2 APPROACHES:
  - APPROACH #1:
  - FARMING SEASON
    - NOT ENOUGH TIME TO PREPARE TRADITIONAL BAPSANG
    - TO-GO MEAL FROM LEFTOVERS OF PREVIOUS BAPSANG MEALS
    - CONVENIENCE



# “FOOD FOR FARMERS” THEORY

- **APPROACH #2:**

- FARMERS ATTEMPTED TO FIND A WAY TO PREPARE A DELICIOUS FOOD BY CONSUMING NAMUL (SEASONED VEGETABLE DISH) AND OTHER VEGETABLES BEYOND THE TRADITIONAL MEAL STYLE
  - **RESULT:**
    - A DISH COMPRISING OF RICE, VEGETABLES, MEAT, MIXED WITH GOCHUJANG IN A BOWL

# OTHER THEORIES

- PALACE FOOD THEORY
- MEAL PREPARED FOR KING, ROYALTY, AND SPECIAL GUESTS USING INGREDIENTS FROM DIFFERENT REGIONS



Source:  
[https://upload.wikimedia.org/wikipedia/commons/9/99/%EC%A1%B0%EC%84%A0\\_%ED%83%9C%EC%A1%B0.JPG](https://upload.wikimedia.org/wikipedia/commons/9/99/%EC%A1%B0%EC%84%A0_%ED%83%9C%EC%A1%B0.JPG)

# VARIATIONS OF BIBIMBAP

- MANY VARIATIONS AND COMBINATIONS
- CATEGORIZED BASED ON 3 CRITERIA:
  - **TOPPINGS**
    - VEGETABLES (SPROUTS, GREEN PUMPKIN, EGGPLANT, ETC.)
    - MEAT, FISH, EGG
  - **GEOGRAPHICAL LOCATION/REGION**
    - LOCAL PREFERENCES AND TASTES
    - AVAILABILITY OF INGREDIENTS
    - RELIGIOUS BELIEFS
  - **JANG (SAUCE)**
    - SOY-SAUCE BASE
    - GOCHUJANG (SPICY RED PEPPER SAUCE)
    - NO SAUCE



# REGIONAL VARIATIONS

- **JEONJU REGION (MOST FAMOUS TODAY)**
  - *SUNCHANG GOCHUJANG* (SPICY RED PEPPER SAUCE)
  - BEAN SPROUTS AND SLICED RAW BEEF
  - EGG
- **ANDONG REGION**
  - VEGETARIAN
  - FERMENTED BEAN PASTE
  - HUB FOR BUDDHISM
- **TONGYEOUNG REGION**
  - SEAFOOD (RAW KELP, SEAWEED, ETC.)
  - VARIOUS MOUNTAIN VEGETABLES AND HERBS
  - NO MEAT OR EGGS



# BIBIMBAP AND ITS MANY ROLES

- ANCIENT KOREAN PEOPLE BELIEVED FOOD HAD MULTIPLE FUNCTIONS
  - HEALTH
    - CAN PREVENT OR CURE ILLNESS
  - SOCIAL/RELIGION
    - TRADITION
    - USED IN RELIGIOUS CEREMONIES

# NUTRITION

- INGREDIENTS BASED ON **YIN-YANG AND 5 ELEMENTS THEORY**
- DIFFERENT INGREDIENTS COMPLEMENT EACH OTHER NUTRITIONALLY



# NUTRITIONAL SIGNIFICANCE (CONT.)

- **RICE**
  - CARBOHYDRATES
  - CAN BE COOKED IN BEEF LEG BONE BROTH TO ADD NUTRIENTS
- **RAW BEEF, FISH, EGG**
  - PROTEIN
- **SESAME OIL**
  - FAT AND FLAVOR



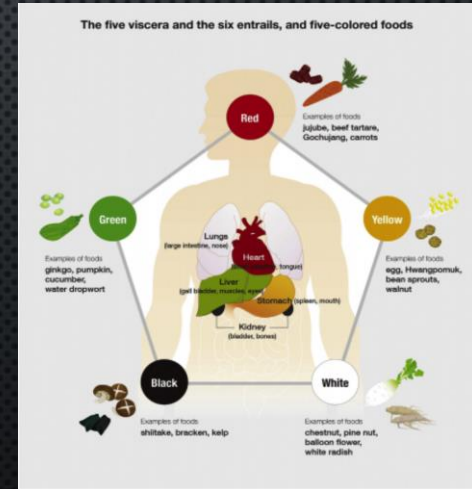
# NUTRITIONAL SIGNIFICANCE (CONT.)

- **VEGETABLES**
  - **MICRONUTRIENTS**
    - VITAMINS, MINERALS, PHYTOCHEMICALS
    - MANY POSSIBILITIES AND COMBINATIONS
    - CAN BE CUSTOMIZED FOR PERSONAL PREFERENCE OR DIETARY NEEDS



# YIN-YANG AND 5 ELEMENTS THEORY

- BELIEF IN **YIN AND YANG / 5 ELEMENTS**
  - DICTATES INGREDIENTS OF BIBIMBAP AND MANY OTHER KOREAN DISHES
  - A PERSON'S PHYSICAL HEALTH DETERMINED BY PROPER BALANCE OF YIN-YANG AND 5 ELEMENTS
    - **YIN-YANG:**
      - LIGHT/DARK (SUN AND MOON)
    - **5 ELEMENTS**
      - GREEN: LIVER
      - YELLOW: STOMACH
      - WHITE: LUNGS
      - RED: HEART
      - BLACK: KIDNEYS



# NUTRITIONAL PERSPECTIVE OF YIN YANG 5 ELEMENTS THEORY

- **GREEN**

- **GREEN FOODS THAT ARE INCLUDED IN BIBIMBAP:**

- ASIAN CHIVES, BAMBOO SHOOTS, GARLIC STEMS AND GREEN CHILLI PEPPERS
    - VITAMIN A, C, K
    - IRON, CALCIUM
    - FIBER



- **YELLOW**

- **YELLOW FOODS THAT ARE INCLUDED IN BIBIMBAP:**

- YELLOW CARROTS, PUMPKIN, SQUASH AND YELLOW KIMCHI
    - VITAMIN A, C

- **WHITE:**

- **WHITE FOODS THAT ARE INCLUDED IN BIBIMBAP:**

- CHICKEN, DAIKON
    - PROTEIN
    - ZINC, COPPER, PHOSPHOROUS



- **RED:**

- **RED FOODS THAT ARE INCLUDED IN BIBIMBAP:**

- RED CHILLI PEPPERS, RADISH, CABBAGE AND SWEET RED BEANS
    - MANGANESE, LYCOPENE
    - FIBER



- **BLACK:**

- **BLACK FOODS THAT ARE INCLUDED IN BIBIMBAP:**

- SHIITAKE MUSHROOMS, BLACK MUNG BEAN SPROUTS
    - VITAMIN C, D, E, B12



Sources:

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# CONCLUSION

“EAT FROM THE SAME CAULDRON”  
LIVING AND THOSE THAT HAVE PASSED

