**Korean Beef with Rice**

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| INGREDIENTS  | PROCEDURE/METHOD:  |
| **Beef:** 10 ml sesame oil 2 clove garlic, minced 300 g lean ground beef50 ml brown sugar50 ml soy sauce 5 ml fresh ginger, minced1 green onion, dicedSalt and pepper  5 ml crushed red pepper (optional) **Rice:** 250 ml rice 500 ml water f.g salt EQUIPMENT:

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| Dry Measures  | Frying pan  |
| Custard Cups  | Metal Spatula  |
| Measuring Spoons  | Table Spoon  |
| Wooden Spoon  | Dish cloth  |
| Saucepan  | Knife  |
| Cutting board  |  |
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 | **Beef:** 1. Heat a large skillet over **medium** heat and brown hamburger with **garlic** in the **sesame oil**.
2. Drain fat and add **brown sugar**, **soy sauce, ginger, salt** and **pepper** and red peppers.
3. Simmer for 5 minutes to blend the flavors.
4. Serve over steamed rice and top with green onions.

**Rice:** 1. Put rice and water in a saucepan.
2. Bring to a **boil over high heat**. **Cover** with tight fitting led and **reduce** the heat to **low**.
3. Cook for **15 minutes**.
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