**Korean Beef with Rice**

|  |  |
| --- | --- |
| INGREDIENTS | PROCEDURE/METHOD: |
| **Beef:**  10 ml sesame oil  2 clove garlic, minced  300 g lean ground beef  50 ml brown sugar  50 ml soy sauce  5 ml fresh ginger, minced  1 green onion, diced  Salt and pepper  5 ml crushed red pepper (optional)  **Rice:**  250 ml rice  500 ml water  f.g salt  EQUIPMENT:   |  |  | | --- | --- | | Dry Measures | Frying pan | | Custard Cups | Metal Spatula | | Measuring Spoons | Table Spoon | | Wooden Spoon | Dish cloth | | Saucepan | Knife | | Cutting board |  | |  |  | | **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**. |