

NEWSLETTER



Bibimbap and Its Variations: From the Classic to Today's Bomdong

Have you heard of bibimbap, one of the most iconic dishes in Korean cuisine? It's a bowl of hot rice topped with a colorful variety of sautéed and fresh vegetables, sliced meat, a fried egg, and the unmistakable spicy gochujang sauce. Its careful presentation showcases contrasts, and the harmonious blend of flavors and textures makes it irresistible to both locals and first-time visitors to Korea.

But Korean cuisine never stops reinventing itself. In recent months, "spring cabbage bibimbap" (bomdong bibimbap) has begun to gain popularity, especially on social media. The star of this version is bomdong, a Korean cabbage harvested in early spring after being grown through the winter. Unlike common cabbage, bomdong has open, wavy leaves, with a crisper texture and a mild, slightly sweet, very fresh flavor. These qualities make it the ideal ingredient for a light, seasonal bibimbap that's perfect for welcoming spring.

In bomdong bibimbap, fresh bomdong leaves are simply combined with rice, gochujang, and a touch of sesame oil to create a light, nutritious, and refreshing dish—ideal for the cold months of February and March.

Are you ready to discover this new Korean culinary trend that celebrates seasonal ingredients?

A Taste of Spring: Discover Bomdong



"Bomdong" is a type of Korean cabbage harvested in early spring. It's known for its tender leaves and delicate flavor, making it ideal for many fresh, healthy dishes during the season, such as salads, wraps, and simple Korean side dishes.

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