

15-Minute Global Bowls

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Contents

A culinary journey awaits

1	Korean Bibimbap Bowl
2	Brazilian Feijoada-Inspired Bowl
3	Mexican Chipotle Chicken Bowl
4	Mediterranean Quinoa Salad Bowl
5	Thai Peanut Noodle Bowl
6	Japanese Teriyaki Salmon Bowl
7	Indian Chickpea Curry Bowl

8 Middle Eastern Falafel
and Hummus Bowl

9 Vietnamese Lemongrass
Beef Bowl

10 Caribbean Jerk Shrimp
Bowl

Select a chapter to begin cooking

1

Korean Bibimbap Bowl

Welcome to the vibrant world of Korean Bibimbap, a dish that beautifully combines a variety of fresh ingredients into one harmonious bowl. This cookbook is designed for busy professionals, meal preppers, and adventurous home cooks who want to explore Korean cuisine in a practical and delicious way. Throughout these pages, you'll discover the art of balancing flavors, textures, and colors to create nutritious and visually stunning Bibimbap bowls that can be customized to your taste and schedule.

Essential Equipment

Mastering Bibimbap begins with having the right tools at hand. A sturdy stone bowl or a heavy-duty ceramic bowl is traditional and ideal for creating the signature crispy rice crust known as 'nurungji.' However, a regular bowl or a cast iron skillet can also work well for home cooking.

A sharp chef's knife is crucial for precise vegetable julienning and meat slicing, enhancing both presentation and cooking efficiency.

Additionally, a non-stick skillet or pan is useful for sautéing each component of the Bibimbap separately, preserving their distinct textures and flavors.



Essential Equipment

Pantry Staples and Ingredients

While Bibimbap is known for its versatility, some pantry staples are foundational for authentic flavors. Korean rice, preferably short-grain, provides the ideal sticky and slightly chewy texture.

Staples like soy sauce, sesame oil, gochujang (Korean red chili paste), and toasted sesame seeds are essential for seasoning and finishing your bowls.

Fresh vegetables such as spinach, bean sprouts, carrots, and zucchini are often used, along with proteins like beef, egg, or tofu for variety and nutritional balance.



Pantry Staples and Ingredients

Basic Techniques for Bibimbap

Preparation techniques are key to creating the distinct layers and flavors in a Bibimbap bowl. This includes stir-frying or sautéing vegetables separately to retain their freshness and texture.

Cooking rice to the perfect consistency is crucial – fluffy yet sticky enough to bind the ingredients.

Frying an egg sunny-side-up is a classic finishing touch, adding richness and creaminess.

Layering ingredients thoughtfully so each component retains its character while contributing to a balanced bite is a hallmark of great Bibimbap.



Basic Techniques for Bibimbap

Philosophy of Flavor and Balance

Bibimbap is more than just a meal; it's a celebration of balance — between spicy, savory, and sweet, between soft rice and crunchy vegetables, between warm and cool elements.

This philosophy encourages customization and creativity. By understanding the fundamental taste profiles and textures, you can compose your own perfect bowl that suits your preferences and nutritional goals.

This cookbook embraces this spirit, helping you master the core elements while inspiring you to experiment with seasonal ingredients and creative variations.



KITCHEN WHISPER

Always toast sesame seeds lightly before adding to your dish to unlock their nutty aroma.



PRO TIP

Use a sharp knife and cut vegetables uniformly to ensure even cooking and attractive presentation.



TIMING TIP

Let cooked rice rest briefly off the heat to allow moisture to distribute evenly, improving texture.

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As you embark on this culinary journey through Korean Bibimbap, you'll acquire practical skills, deepen your appreciation for balance in flavor and texture, and gain confidence to prepare meals that are as nourishing as they are delightful. Get ready to transform your kitchen with vibrant bowls full of wholesome ingredients and bold tastes. The delicious recipes ahead will bring the heart of Korea directly to your table.

2

Brazilian Feijoada-Inspired Bowl

🕒 PREP 20 min • 🍲 COOK 1 hour 30 min • ⏰ TOTAL 1 hour 50 min • ✪ SERVES 4

• ⭐ LEVEL Intermediate



Finished dish

INGREDIENTS FOR BRAZILIAN FEIJOADA-INSPIRED BOWL

- 1 lb Black beans (soaked overnight and drained)
- 6 cups Water
- 2 tbsp Olive oil
- 1 Onion (medium, diced)
- 4 Garlic cloves (minced)
- 2 Bay leaves (whole)
- 8 oz Smoked sausage (sliced)
- 1 lb Pork shoulder (cut into 1-inch cubes)
- 4 oz Bacon (chopped)
- 1 Orange (zested and juiced)
- 1 tsp Salt (to taste)
- 1/2 tsp Black pepper (freshly ground)
- 4 cups Cooked white rice
- 4 cups Kale (washed, chopped, stems removed)
- 1/2 cup Farofa (toasted cassava flour)

○ 2

tbsp Fresh cilantro

(chopped, for garnish)

Brazilian Feijoada is a beloved, hearty stew traditionally made with black beans and a variety of pork cuts. This Feijoada-Inspired Bowl adapts that classic comfort dish into a streamlined, approachable meal perfect for busy professionals and meal preppers. Packed with bold smoky flavors, tender chunks of pork, and nutritious kale, this bowl pairs the rich feijoada stew with fluffy rice and farofa for added texture. It's a feast of complex yet accessible Brazilian flavors delivered in a convenient, bowl-friendly format.

"The aroma of slow-simmered black beans mingling with smoky pork and zesty orange fills the kitchen with comforting, irresistible warmth."

Preparing the Bean Stew Base

Rinse the soaked black beans under cold water. In a large pot, combine the black beans, 6 cups of water, bay leaves, and a pinch of salt. Bring to a gentle boil, then reduce to simmer and cook partially covered for about 1 hour or until beans are tender but not falling apart.

While the beans cook, heat olive oil in a large skillet over medium heat. Add diced onions and sauté until translucent, about 5 minutes. Stir in minced garlic and cook for another minute until fragrant.

Add chopped bacon to the skillet and cook until the fat is rendered and pieces start to crisp. Then add cubed pork shoulder and sliced smoked sausage. Brown the meat evenly, about 8 minutes, stirring occasionally.



CHEF'S TIP

Cooking the meat separately before adding to the beans builds a richer flavor base and prevents the stew from becoming greasy.

Combining and Simmering the Stew

Once the beans are tender, add the sautéed meat mixture to the pot. Stir to combine thoroughly. Add orange zest and juice to brighten the deep, smoky flavors.

Season with salt and freshly ground black pepper to taste. Let the stew simmer uncovered on low heat for another 30 minutes, allowing flavors to meld and the stew to thicken slightly.

Occasionally skim off any excess foam or fat that rises to the surface to keep the stew clean and flavorful.



COOKING INSIGHT

Simmering uncovered helps thicken the stew naturally. Be patient for the best texture and flavor development.

Preparing the Rice and Kale

While the stew simmers, prepare the rice according to package instructions or using your preferred method. Fluff it with a fork when done and keep it warm.

Heat a tablespoon of olive oil in a skillet over medium heat. Add the chopped kale and sauté until wilted but still vibrant green, 3 to 4 minutes. Season lightly with salt and set aside.

Toast the farofa in a dry skillet over medium heat, stirring constantly until golden and fragrant, about 2 minutes. Remove from heat and set aside.



SERVING SUGGESTION

To add extra flavor, toss the sautéed kale with a squeeze of fresh orange juice just before serving.

Assembling the Feijoada-Inspired Bowl

Spoon a generous portion of fluffy white rice into each serving bowl. Ladle the rich black bean and pork stew alongside the rice.

Add a serving of sautéed kale on the side for a fresh, nutritious balance.

Sprinkle a light dusting of toasted farofa over the stew and kale for a pleasant crunchy contrast.

Garnish the bowl with freshly chopped cilantro and a little extra orange zest to enhance aroma and presentation.



FINISHING TOUCH

Serve with an optional wedge of lime on the side to squeeze over the bowl, adding a bright, zesty finish.



COOKING TIP

Use a heavy-bottomed pot to prevent beans from scorching during slow cooking.



SUBSTITUTION

If short on time, canned black beans can substitute soaked dried beans. Rinse well before use and reduce initial cooking time accordingly.



BEVERAGE

Pair this hearty bowl with a light Brazilian-style Caipirinha cocktail to complement the smoky richness.

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Serving Suggestions

Serve the feijoada-inspired bowl piping hot for a satisfying meal that balances rich smoky flavors with fresh vibrant greens and texture from the farofa.

Leftovers keep well refrigerated for up to 4 days and reheat beautifully on the stovetop or microwave, making this recipe ideal for meal prepping busy weeks ahead.