

Sempio

# COOK KOREAN LIVE **FREE**

Stream live from Seoul and cook along



김밥



Free **Zoom** Cooking Class  
Live from Seoul, Korea

Wednesday, May 20  
6:30 - 7:30 PM (EDT)

### CLASS MENU

Gyeran-Mari Gimbab (계란말이 김밥)  
Korean-style Egg Drop Soup (계란국)

Together, we'll make Gyeran-mari Gimbab and Korean-style Egg Drop Soup using **Yondu**, a Korean vegetable umami.

## Shopping List

Please prepare the following ingredients before the class

### Ingredients

- Yondu** (Korean vegetable umami)\*
- Gimbab seaweed\*

\*Choose large seaweed sheets with Gimbab images on the package.



- 1 microwaved instant rice or 1 serving of rice (7oz, 200g)\*
- 4 eggs
- 1 small onion
- 1 small carrot
- 3 scallions *optional*
- 1 Korean green chili\* or 1 jalapeno *optional*

\*available at **MART**

### Basic Pantry Items

- Cooking oil
- Water
- Black pepper
- Roasted Sesame oil *optional*

## Before the Class

For a smoother cooking experience, please prepare the following before the class begins

1. Wash and dry all vegetables
2. Gather the cooking tools listed below
3. Come ready to cook and have fun!

## Equipment

- Kitchen knife
- Cutting board
- 2 mixing bowls
- Frying pan
- Spatula
- 1 small bowl
- Tbsp measuring spoon
- Medium pot



## Yondu is

a plant-based umami booster crafted from 3-month fermented organic soybeans and five savory vegetables. Just a splash adds a subtle layer of depth and natural complexity, delivering restaurant-quality flavor while letting your fresh ingredients shine.

## Have questions before the class?



DM us on Instagram  
**@yondu.usa**  
we're happy to help!

# 계란말이 김밥

## Gyeran-mari Gimbap

### Ingredients

2 sheets Gimbap seaweed (4g)  
1 serving cooked rice (7oz, 200g)  
3 eggs (180g)  
2 Tbsp cooking oil (20g)  
1/7 onion (40g)  
1/5 carrot (40g)  
1 scallion (5g)

### Seasoning

1 Tbsp *Yondu* (10g)

### Rice Seasoning

1/2 Tbsp *Yondu* (5g)  
1 Tbsp sesame oil (10g) *optional*



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### Instructions



#### Step 1. Prepare the vegetables

Finely chop the carrot, onion, and 1 scallion.



#### Step 2. Make the egg mixture

In a bowl, whisk together the eggs and *Yondu*. Add the chopped vegetables and mix well.



#### Step 3. Cook the Gyeran-mari (rolled omelet)

Heat a frying pan over medium heat and lightly coat with cooking oil. Pour in a thin layer of the egg mixture and cook until set. Roll the omelet and repeat to make two rolled omelets.



#### Step 4. Season the rice

In a bowl, combine the warm rice with *Yondu* and sesame oil. If you don't have sesame oil, you can skip it.



#### Step 5. Assemble the Gimbap

Place a sheet of seaweed on a flat surface and spread the rice evenly over it. Add the rolled omelet on top and roll tightly into a log. Slice into bite-sized pieces and enjoy!

\* The square pan and bamboo rolling mat shown in the photo are not required. In the actual class, we will use a regular round frying pan and roll the gimbap without a bamboo mat.

# 계란국

## Korean-style Egg Drop Soup

### Ingredients

1 egg (60g)  
2½ cups water (500ml)  
1/4 onion (70g)  
1 Korean green chili (10g) *optional*  
2 scallions (10g) *optional*

### Seasoning

2 Tbsp *Yondu* (20g)  
a pinch of black pepper

*\*You can substitute the vegetables with other options such as cabbage, carrot, celery, or mushrooms.*



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### Instructions

#### Step 1. Prepare the ingredients

Slice the onion thinly, and finely chop the green chili and scallions. Crack the eggs into a bowl and beat well.

*\* You can also add tofu, potatoes, crab meat, or shrimp if desired.*



#### Step 2. Cook the ingredients

In a pot, add water and *Yondu* and bring to a boil. Add the prepared vegetables (onion, green chili, and scallions) and simmer over medium heat for about 5 minutes.



#### Step 3. Finish the soup

Slowly pour in the beaten eggs and cook over medium heat for about 15–30 seconds until done.

Add a pinch of black pepper if desired.



### *Yondu,*

Vegetable Umami Seasoning is a plant-powered, flavor booster. One splash boosts veggies, grains, and more with deep, balanced flavor.

