**“Korean Restaurant Week 2008” Participating Restaurants**

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- **Seoul Garden**
  - Location: 346 W 32nd St, Fl 2F, New York, NY 10001
  - Phone: 212-735-8800
  - Hours: Nabe-grilled skewer: 10:30 AM - 10:30 PM, Soup: 10:30 AM - 10:30 PM

- **Ships Korean BBQ**
  - Location: 37 W 23rd St, New York, NY 10001
  - Phone: 212-457-1800
  - Hours: Nabe-grilled skewer: 10:30 AM - 10:30 PM

- **Wong Downtown**
  - Location: 23 W 23rd St, New York, NY 10010
  - Phone: 212-695-8810
  - Hours: Nabe-grilled skewer: 10:30 AM - 10:30 PM

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**Rice Mixed with Vegetables and Beef**

Bibimbap is a dish mixed of cooked rice with various vegetables, beef, and prepared in a portion plate. It is said that Bibimbap came from the customs of rice breakdown and mixed in Korean daily life. The dish is very consistent in providing the mixing of cooked rice with various vegetables, noodles, and prepared meat together.

**Ingredients & Quantity**

- 4 cups cooked rice (cooked with water)
- 6 portions of vegetables
- 1 portion of beef
- 1 portion of noodles

**Rice Mixes with Vegetables and Beef**

**Nutritional Value**

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Value</th>
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<tbody>
<tr>
<td>Calories</td>
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<tr>
<td>Carbohydrates</td>
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</tr>
<tr>
<td>Protein</td>
<td>20g</td>
</tr>
<tr>
<td>Fat</td>
<td>15g</td>
</tr>
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</table>

**Recipe**

1. Heat up a pot of rice, and add the vegetables and beef into a bowl. Cook the rice and mix well.
2. Place the beef and vegetables into the rice bowl. Mix thoroughly.
3. Serve with a garnish of sesame seeds or green onions.

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**“Taste of Korea... in the heart of Manhattan”**

**Map**

- Midtown Area
  - 33rd St
  - Korea Palace
  - Korea Cultural Service NY

- Uptown Area
  - 51st St
  - Korea Palace

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**Korean Cultural Service NY**

- Phone: 212-686-2563
- Location: 348 W 51st St, Suite 405, New York, NY 10019

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**Korean Restaurant Week**

- Phone: 212-735-8800
- Location: 346 W 32nd St, Fl 2F, New York, NY 10001

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