



An Introduction to Korean Food

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The Characteristics of the Korean Food (1)



- For centuries, the Koreans have eaten the products of the sea, the field, and the mountains because of the features of Korean peninsula.
- Three parts of Korean peninsula (east, west, and south) are surrounded by the sea. The climate is bitterly cold in winter, and very humid and hot in summer.
- The particular climate of the Korean peninsula makes Korean food more abundant and varied.

The Characteristics of the Korean Food (2)



- A diverse array of foods and dishes can be found throughout Korea.
- Korea was once primarily an agricultural nation, and Koreans have cultivated rice as their staple food since ancient times.
- Today Korean cuisine is characterized by a wide variety of meat and fish dishes along with wild greens and vegetables.
- Various fermented and preserved food, such as *kimchi* (fermented spicy cabbage), *jeotgal* (seafood fermented in salt) and *doenjang* (fermented soy bean paste) are notable for their specific flavor and high nutritional value.

The Characteristics of the Korean Food (3)

- Koreans take unusual pride in preserving the recipes and cooking methods of their ancestors.
- Korean food is particularly appealing to foreigners because of the wide range of selections, delicious flavors, and nutritional value.
- The variety one experiences in eating Korean food is provided by side dishes. The food is known for its distinct aromas and peppery tastes.



Korean Spice

- The most unique feature of Korean food is the spice.
- The basic seasonings-red pepper, green onion, soy sauce, bean paste, garlic, ginger, sesame, mustard, vinegar, and wine have been combined in various ways to enhance Korean foods.



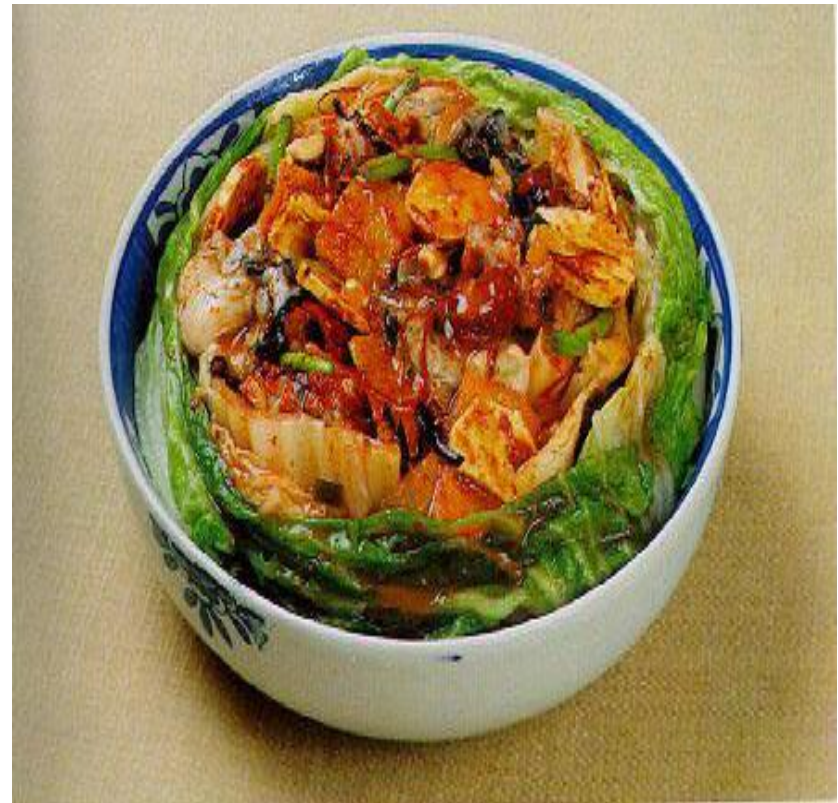
Hanjoungshik (한정식)



- The full course Korean meal is called *Hanjoungshik*. It is composed of grilled fish, steamed short ribs, and other meat and vegetable dishes with steamed rice, soup, and cabbage (*kimchi*).
- Korean food includes various side dishes. Favorite side dishes are bean-taste soup, broiled beef, fish, *kimchi* and steamed vegetables.

Kimchi

- *Kimchi* is the best known Korean food. It is a vegetable dish, highly seasoned with pepper and garlic.
- It is served with every kind of Korean meal and it stimulates the appetite.
- *Kimchi* contains significant amounts of good nutrition such as vitamin C and fiber.





Origin of Kimchi

- *Kimchi* is derived from *chimchae*, which means *preserved vegetables with salt*, and as time went by, the word had been changed: *dimchae-kimchae- kimchi*. And now it is called *kimchi*.
- *Kimchi* in the early days was simply pickled vegetables; however, since the 18th century, red pepper has been used. There are three major reasons that *kimchi* had been developed as fermented food specially in Korea.
- First, Koreans, whose main industry was agriculture, enjoyed cabbage. Second, people discovered that fermenting this widely-produced vegetable created a tasty delight they called *kimchi*. Third, technology used salt to preserve fish: this process was adapted for *kimchi*.

Efficacy of Kimchi

1. Cleaning the intestines by lactic acid bacteria
2. Prevention of geriatric disease
3. Promotion of metabolism and digestion
4. Sufficient vitamins
5. Keeping balance of nutrition



Barbecued Beef-Pulgoki



- Barbecued beef (*pulgoki*) is the one of the most popular dishes in Korea, and also Westerners are pleased with the taste.
- *Pulgoki* literary means *fire beef*, but it is called generally called *Korean barbecue*.
- Thin, tender slices of beef are marinated in a soy sauce and cooked over a hot charcoal grill at the table.
- If it is made with pork, the recipe will be slightly different because of the particular odor of pork. Usually Korean barbequed pork includes red pepper paste and lots of ginger that creates an appealing aroma.



How to Cook Pulgoki

Ingredients (4 servings)

- 1/2 lb beef rib steak
- Roasted sesame oil
- 9 tbsp. finely chopped green onion
- 1/2 cup of each sliced vegetable (onion, green pepper, green onion, egg-plant, or pumpkin slices)
- For **marinade** (4 cups) 1.2 medium apple, quartered and sliced or 1/2 can of coke
- 1 oz ginger root, thinly sliced
- 1 oz garlic, thinly sliced
- 2 cups soy sauce
- 1/2 cup cooking wine
- 6 oz sugar (Hint: You can buy the marinated sauce at the Korean market.)

Methods

1. Slice the beef thinly and make it tender using knife.
2. Pour the coke and sugar to beef and mix well until the meat softens
3. Mix the marinated beef with the soy sauce, garlic, sesame oil, MSG, and sesame salt and let it stay for 2 hours.
4. Broil the seasoned beef over hot grill. (**Hint: when using oven, 570 degree of F for 10 minutes is good.**)

Broiled beef rib-*Kalbi*

- Broiled beef rib (*kalbi*) is also the popular dishes.
- The recipe is very close to that of barbecued beef.
- However the taste is quite different. Just try it !!. (It needs delicate trimming of the ribs)





How to Cook Kalbi

Ingredients (4 servings)

- · 4 Ib. beef ribs
- · Roasted sesame oil
- · 9 tbsp finely chopped green onion
- · vegetables (onion, green pepper, green onion, egg-plant, or pumpkin slices)
- · For **marinade** (2 cups) and seasonings, refer to "*pulgoki*" barbecue sauce (You can buy the marinate sauce at the Korean market.)

Methods

- 1. Cut spareribs into serving pieces, remove excess fat from the meat carefully.
- 2. With meaty side down, insert knife under bone and slice, leaving the end uncut.
- 3. Open out flat and slice the meat into half thickness, leaving the end uncut and open out flat.
- 4. Make a slit along the center of each bone. When grilled, it makes the meat apart easily.
- 5. Marinate and mix with seasonings and vegetables and let it stand for 2 hours or more. (Refer to the recipe of "*pulgoki*" barbecue)
- 6. Broil both sides on preheated grill.

Mixed vegetables with beef- *chapche*



- Mixed vegetables with beef (*chapche*) was usually made for a particular celebration or party. *Chapche* is now served anytime people want it and it is also very easy to make.
- The dish contains seasoned beef, vegetables, and noodles.
- It is very delicious as it has a very sweet taste.



How to cook Chapche

- **Ingredients (4 servings)**

- 5 oz lean beef
- A: 2 T soy sauce, 1 T sesame oil, 1 t sugar, 1/2 cooking wine.
- Crushed garlic, roasted sesame seeds, finely chopped green onion
- 1 3/4 oz bean threads, 1 green onion, 4 dried mushrooms, soaked in water, 1 oz carrot, 1/3 oz dried cloud ear mushrooms, soaked in water.
- 1 green pepper, 2/3 t salad oil, salt and pepper.
- B: 1 t roasted sesame seeds, 2/3 t soy sauce, 1/2 t sugar
- 1/3 t sesame oil, crushed garlic, pepper, MSG

- **Methods**

- In salted boiling water, cooked bean threads 3- 4 minutes until transparent.
- Drain and cut into 2 1/2 inch length.
- Cut beef and make it into strips.
- Combine A and add beef to marinate.
- Slice green onion diagonally.
- Cut mushrooms into strips.
- Cut carrot and green pepper into the strips.
- Heat salad oil and add green onion. Cook briefly and season with salt and pepper. In the same manner cook all vegetables.
- Heat salad oil and cook beef strips.
- Combine B. Add bean threads and mix well.
- Add vegetables and beef. Mix and serve it.



How to cook Bibimbab

- **Ingredients (4 servings)**

- 4 cups of rice, 100g of young zucchini, 100g of broad bellflower roots, 100g of bracken,, 100 g of soybean sprout, 100g of carrots, 100g of beef, 4 eggs,, (You can substitute with egg plants, bean sprouts, cucumbers, or onions. The cooking method is similar. Slice into finger sized thin stripes and sauté.)

- **Methods**

- Soak the sliced young zucchini in salted water for a little while. Squeeze the water out and sauté in a pan.
- Take out the bitterness from the broad bellflower roots by rubbing them with salt. Rip them into thin strips and season with salt, sugar, and chili powder. And sauté in a pan.
- Sort the bracken into the lengths of 4-5cm and wash them. Sauté slightly in a pan after mixing well with seasoned soy sauce.
- Wash thoroughly soybeans and boil in a pot. After cooling down, mix them with seasonings: salt, black pepper, sesame oil, chopped garlic and green onions.
- Slice a carrot into thin pieces and sauté briefly in a pan.
- Cut beef into thick strips and marinate 5 minutes. Sauté in a pan.
- Fry 4 eggs sunny side up and put aside.
- Arrange the prepared beef and vegetables nicely onto the freshly cooked rice.
- Put a fried egg on the top of the ingredients.
- Place a spoonful of red bean paste "*kochujang*" and a tea spoonful of sesame oil per serving. The amount of red bean paste depends on the preference of individuals.
- Mix everything nicely and enjoy Bibimbab!

Rice beef noodle soup - *Sollongtang*



- *Sollongtang* is rice beef noodle soup seasoned with sesame seeds, salt, pepper, scallions, and sesame oil.
- It is served with rice as the main meal and is accompanied by side dishes and a radish *kimchi* called *kaktugi*.

Pork and *kimchi* casserole - *kimchichigue*

- Pork and *kimchi* casserole, *kimchichigue*, is a kind of soup but saltier than most soups.
- If the taste is salty and contains less water, we call it *chigue*.
- It is made with *kimchi* and pork. The taste is hot and spicy. Usually Koreans eat the soup as a main dish.



Mustard salad - *Kyujachae*



- Mustard salad, *Kyujachae*, is a cold vegetable salad with a hot mustard sauce that is very flavorful.
- This salad is quite similar to salads served in the West.

Nine-section dish - *kujulpan*

- At an elegant Korean dinner, the first course might be *kujulpan*.
- Strips of cooked meat and vegetables are arranged in a large sectioned dish with a stack of Korean pancakes in the center.
- The Korean pancakes are made up of rice flour, not wheat flour, so they are a little sticky and softer. They are cooked in a same way as American pancakes are made.
- The fillings are wrapped inside the pancakes with a seasoned soy sauce.

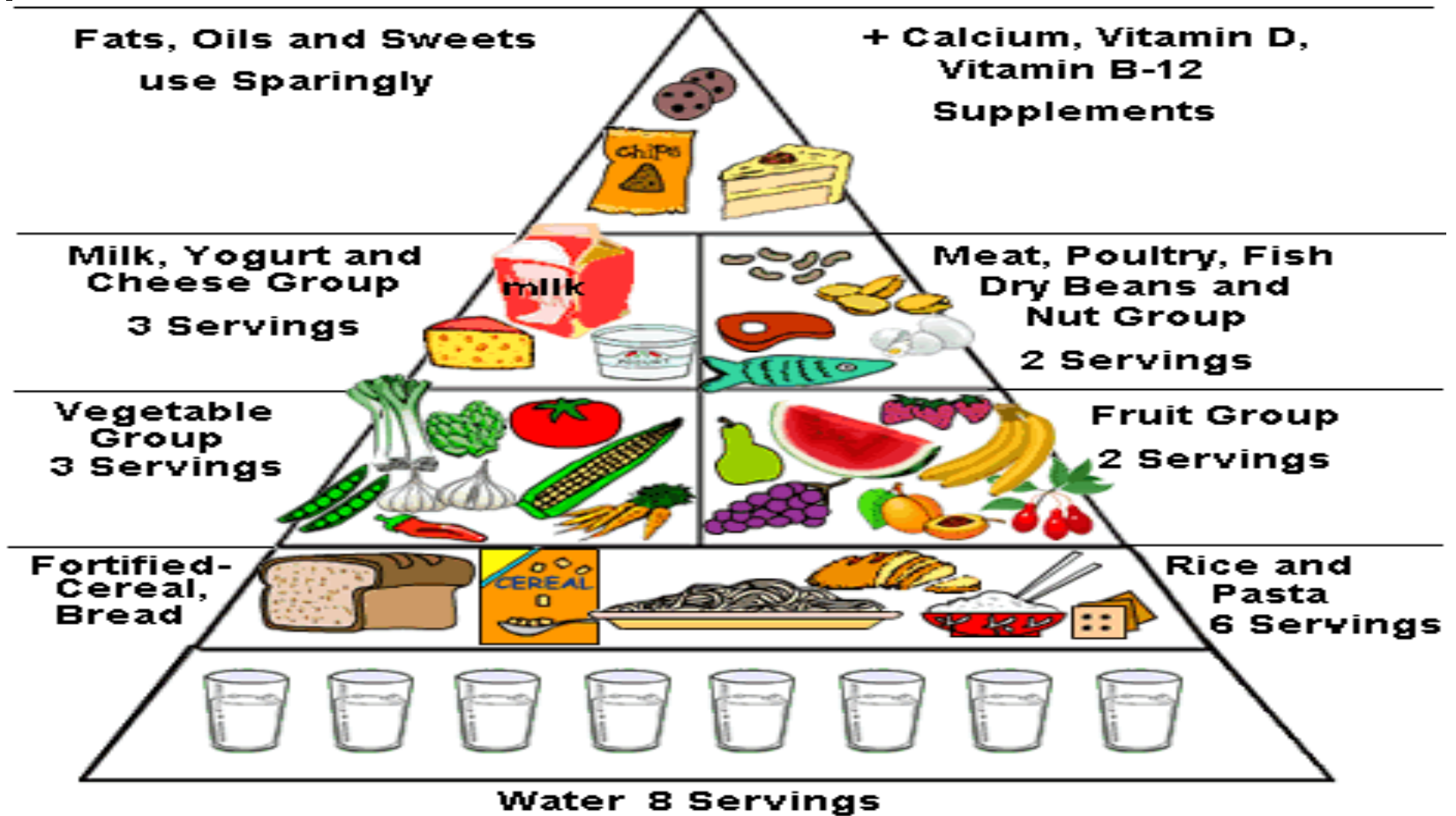


Persimmon punch- *sujunggwa*



- It is the one of the most popular traditional drinks in Korea.
- Usually Koreans drink it with pine seeds in the winter.
- It is also a very healthy drink which contains lots of vitamin C.

Food Pyramid





Health Benefits of Grains

- Grains are important sources of many nutrients, including **dietary fiber**, several **B vitamins** and minerals (**iron**, **magnesium**).
- Consuming foods rich in fiber, such as whole grains, as part of a healthy diet, reduces the risk of coronary heart disease.
- Consuming foods rich in fiber, such as whole grains, may reduce constipation. Fiber is important for proper bowel function.
- B vitamins play a key role in metabolism – they help the body release energy from protein, fat, and carbohydrates. B vitamins are also essential for a healthy nervous system.
- Eating at least 3 ounce equivalents a day of whole grains may help with weight management.
- Eating grains fortified with folate before and during pregnancy helps prevent neural tube defects during fetal development.
- Iron is used to carry oxygen in the blood.

Health Benefits of Vegetables and Fruits



- **Vegetables are important sources of many nutrients, including potassium, dietary fiber, folate (folic acid), vitamin A, vitamin E, and vitamin C.**
- **Eating a diet rich in fruits and vegetables may reduce risk for stroke and perhaps other cardiovascular diseases, diabetes, and certain cancers, such as mouth, stomach, and colon-rectum cancer.**
- **Diets rich in foods containing fiber, such as fruits and vegetables, may reduce the risk of coronary heart disease.**
- **Eating fruits and vegetables rich in potassium may reduce the risk of developing kidney stones and may help to decrease bone loss.**
- **Eating foods such as vegetables that are low in calories per cup instead of some other higher-calorie food may be useful in helping to lower calorie intake.**
- **Vitamin A keeps eyes and skin healthy and helps to protect against infections.**
- **Vitamin E helps protect vitamin A and essential fatty acids from cell oxidation.**
- **Vitamin C helps heal cuts and wounds and keeps teeth and gums healthy. Vitamin C aids in iron absorption.**

Health Benefits of Milk Products



- Milk and milk products are important sources of many essential nutrients such as calcium, potassium, and vitamin D.
- Diets rich in milk and milk products help build and maintain bone mass throughout the lifecycle. This may reduce the risk of osteoporosis.
- The intake of milk products is especially important to bone health during childhood and adolescence, when bone mass is being built.
- Diets that include milk products tend to have a higher overall nutritional quality.
- **Calcium** is used for building bones and teeth and in maintaining bone mass. Milk products are the primary source of calcium in American diets. Diets that provide 3 cups or the equivalent of milk products per day can improve bone mass.
- Diets rich in **potassium** may help to maintain healthy blood pressure. Milk products, especially yogurt and fluid milk, provide potassium.
- Vitamin D functions in the body to maintain proper levels of calcium and phosphorous, thereby helping to build and maintain bones. Milk that is fortified with vitamin D is a good source of this nutrient. Other sources include vitamin D-fortified yogurt and vitamin D-fortified ready-to-eat breakfast cereals.
- Milk products that are consumed in their low-fat or fat-free forms provide little or no solid fat.

Health Benefits of Meat and Beans



- Meat, poultry, fish, dry beans and peas, eggs, nuts, and seeds supply many nutrients. These include protein, B vitamins, **vitamin E**, **iron**, zinc, and **magnesium**.
- Proteins function as building blocks for bones, muscles, cartilage, skin, and blood. They are also building blocks for enzymes, hormones, and vitamins. Proteins are one of three nutrients that provide calories (the others are fat and carbohydrates).
- B vitamins help the body release energy, play a vital role in the function of the nervous system, aid in the formation of red blood cells, and help build tissues.
- Vitamin E helps protect vitamin A and essential fatty acids from cell oxidation.
- Iron is used to carry oxygen in the blood. Many teenage girls and women in their child-bearing years have iron-deficiency anemia. They should eat foods high in heme-iron (meats) or eat other non-heme iron containing foods along with a food rich in vitamin C, which can improve absorption of non-heme iron.
- Magnesium is used in building bones and in releasing energy from muscles.
- Zinc is necessary for biochemical reactions and helps the immune system function properly.



Health Benefits of Oil

- Most of the fats you eat should be polyunsaturated (PUFA) or monounsaturated (MUFA) fats. Oils are the major source of MUFAs and PUFAs in the diet. PUFAs contain some fatty acids that are necessary for health—called “essential fatty acids.”
- The MUFAs and PUFAs found in fish, nuts, and vegetable oils such as sesame oil do not raise LDL (“bad”) cholesterol levels in the blood. In addition to the essential fatty acids they contain, oils are the major source of vitamin E in typical Korean diets.
- While consuming some oil is needed for health, oils still contain calories. In fact, oils and solid fats both contain about 120 calories per tablespoon. Therefore, the amount of oil consumed needs to be limited to balance total calorie intake.



Resources

- Connor, Mary E. *The Koreas: A Global Studies Handbook (2002)*. Santa Barbara: ABC-CLIO, Inc. pp. 246-247.
- <http://www.koreainfogate.com/taste/food/recipemain.asp>
- <http://asiarecipe.com/kormain.html#bul>
- <http://www.asiafood.org/koreafood.cfm>
- http://efl.htmlplanet.com/korean_food.htm
- <http://www.mypyramid.gov/>