

# COOKING CLASSICS : KOREA PDF, EPUB, EBOOK



## **61 Best Korean Cooking Books of All Time - BookAuthority**

The crispy outer layer and moist internal layer of pork belly bites are savory and so delicious. This is . . . Savory and delicious pajeon is a perfect crowd pleaser with any Korean meal. Easy and delicious Korean style kelp noodle salad. Try this savory and slightly sweet and tangy Korean kelp noodle salad. This seaweed noodle salad is made with gluten free and . . . Light, refreshing and delightful kimchi soup recipe. The name of kimchi soup can . . . Get the latest recipes from My Korean Kitchen delivered to your email inbox. It's free! Never miss a new recipe. [Blog](#) [View Videos](#).

[About Recipes eBooks Shop](#) [Contact](#). Korean BBQ. Call us masochists, but one thing is certain: the more pepper, the better. [Gopchang](#) refers to

the small intestines from pork or cattle, which, chopped into rounded sections, can be cooked into soups, stir-fried, or grilled. Grilled, gopchang is yet another important aspect of Korean barbecue culture. Chewy without being rubbery, it's a bit more festive than samgyeopsal, although it's still a staunchly earthy food. And as most office workers in South Korea can tell you, it's divine with soju. Continuing along the masochistic strain, Koreans have a saying that goes, "fight heat with heat."

The most representative of these is samgyetang, a thick, glutinous soup with a whole stuffed chicken floating in its boiling depths. The cooking process tones down the ginseng's signature bitterness and leaves an oddly appealing, aromatic flavor in its stead -- a flavor that permeates an entire bird boiled down to a juicy softness. Bibimbap combines rice, vegetables and eggs with a spicy sauce. This Korean lunch-in-a-bowl mixes together a simple salad of rice, mixed vegetables, rice, beef, and egg, with sesame oil and a dollop of chili paste for seasoning. Although Korean kings from yesteryear would probably be shocked at how the royal dish has become so ingrained into the palate of the masses, we love how cheaply and quickly we can devour our favorite lunch.

The process of making gimbap resembles the Italian glasswork technique of millefiori, and indeed, the finished gimbap often looks too pretty to eat. Sautéed vegetables, ground beef, sweet pickled radish, and rice, rolled and tightly wrapped in a sheet of laver seaweed gim, and then sliced into bite-sized circles. When people think Asian cuisine, they often think soy sauce. But soy sauce is actually a byproduct of this soybean product, a paste made from dried and fermented soybeans in a process too complicated to describe here. This brown, textured paste is not the prettiest food in the world, and like Australian vegemite, the taste takes some getting used to.

But once that taste is acquired, good luck trying to make do without it. Most ganjatang places are open 24 hours, because South Koreans tend to crave this stew in the early hours of the morning as an alternative to hangover stew. This hearty dish features potatoes gamja, scallions, ground perilla seed, and bits of pork cooked in a pork bone broth. The real appeal of this stew lies in the unique taste of the perilla seed, which is perhaps more important to the flavor than the meat. Crunchy and filling, Korean pancake tastes best when it comes studded with shellfish, cuttlefish, and other varieties of seafood, to make haemul seafood pajeon. And with its traditional companion of Korean rice wine, makgeolli, pajeon makes the perfect meal for a rainy day. This dish is the soupier, spicier counterpart to jjajangmyeon and together they form the core of Korean Chinese home delivery cuisine.

But although noodles dominate in terms of sheer quantity, the onions and chili oil that flavor the soup are what really demand your attention. With copious amounts of chili oil-saturated onions and other vegetables on top of the noodles, few are able to finish this dish in its entirety, but many try. Another street food, sundae is a type of sausage, similar in content to blood pudding, with roots in Mongolian cuisine. This seasonal dish might taste bland to some, but once you learn to enjoy the subtle flavor of the bean, you will acquire a taste for this cold, creamy, textured noodle dish that no other dish will be able to satisfy in the summer.

And if the pale, spring green julienne cucumbers placed on the hand-ground, snow-white soybean doesn't tip you off, kongguksu is a highly nutritious dish that also happens to be vegetarian-friendly. Bad kalguksu can be very bad. But good kalguksu is divine. Although most kalguksu places will add mushrooms, sliced pumpkin, and seafood or chicken to the basic ingredients of noodles and broth, at the end of the day kalguksu is about the pleasure of the plain. This ox bone soup is easily recognizable by its milky white color and sparse ingredients. At most, seolleongtang broth will contain noodles, finely chopped scallions, and a few strips of meat. Yet for such a frugal investment, the results are rewarding.

There is nothing like a steaming bowl of seolleongtang on a cold winter day, salted and peppered to your taste, and complemented by nothing more than rice and kkakdugi kimchi. Originally tteokguk was strictly eaten on the first day of the Korean New Year to signify good luck and the gaining of another year in age. The custom makes more sense if you think in Korean: idiomatically, growing a year older is expressed as "eating another year. But this dish of oval rice cake slices, egg, dried laver seaweed, and occasionally dumplings in a meat-based broth is now eaten all year round, regardless of age or season. This humble, instantly recognizable stew is one of Korea's most beloved foods.

The ingredients are simple: doenjang, tofu, mushrooms, green peppers, scallions, and an anchovy or two for added flavor. Add rice and kimchi on the side and you have a meal -- no other side dishes necessary. While its distinctive piquancy might throw some off, that very taste is what keeps it on the South Korean table week after week. Galbi, which means "rib," can technically come from pork and even chicken, but when you just say "galbi" sans modifiers, you're talking about thick slabs of meat marinated in a mixture of soy sauce, chopped garlic, and sugar and grilled over a proper fire. Of course, beef galbi can be used to make soup galbitang and steamed galbi galbijjim. But these dishes, while excellent in their own right, are overshadowed by their grilled leader.

With diners working together to cook the ingredients on an iron plate, this fiery South Korean chicken dish was designed for sharing. On the other end of the galbi spectrum is the low-budget student favorite Chuncheon dakgalbi. In this dish, chunks of chicken are marinated in a sauce of chili paste and other spices, and stir-fried in a large pan with tteok, cabbage, carrots, and slices of sweet potato. Because of the tendency of the red dakgalbi sauce to splatter, it's common to see many diners wearing aprons over their clothes as they cook and eat.

As is frequently the case with many South Korean meat dishes, Bossam at its core is simple: steamed pork. But key to this dish is that the steamed pork is sliced into squares slightly larger than a bite, lovingly wrapped in a leaf of lettuce, perilla, or kimchi, and daubed with a dipping sauce. There are two traditional options: ssamjang, made of chili paste and soybean paste doenjang, or saeujeot, a painfully salty pink sauce made of tiny pickled shrimp. Wrapping and dipping are essential. Agujjim, also known as agwijjim, is a seafood dish that consists of anglerfish braised on a bed of dropwort and bean sprout. It is as spicy as it looks: the entire dish is a bright reddish color, from the chili powder, chili paste, and chili peppers used in the seasoning.

The white, firm flesh of the anglerfish, which is quite rightly called the "beef of the sea," is meaty and filling. And the tangle of dropwort and bean sprout that make up the majority of the dish aren't just there for decoration: the dropwort is tart and the bean sprouts crunchy. Japchae, a side dish of cellophane noodles, pork, and assorted vegetables sautéed in soy sauce, makes its most frequent appearances at feasts and potlucks. There are no precise rules governing the precise assortment of vegetables in japchae, but most recipes won't stray far from the standard collection of

mushrooms, carrots, spinach, onions, and leeks. This appropriate combination of blanched dubu tofu, sauteed kimchi, and stir-fried pork is a threesome made in heaven.

The dubu, which has the potential to be bland on its own, has the pork to add substance and the kimchi to add flavor. Another stalwart companion to alcohol, especially at more traditional bars and restaurants, dubu kimchi makes soju almost palatable. This viscous, yellow-orangejuk, or porridge, gets its distinctive color and flavor from the pumpkin, its namesake and its main ingredient. The pumpkin is peeled, boiled, and blended with glutinous rice flour, and the result is a bowl of porridge so creamy, golden, and sweet that in some ways it seems more pudding than porridge. Hobakjuk is often served as an appetizer to meals, or as a health food: it is supposedly beneficial to those suffering from intestinal problems. The specifics of medicinal science aside, it's not difficult to imagine that this mellow, mildly flavored meal can heal.

This side dish, in which an egg is beaten into a bowl, lightly salted and steamed into a spongy, pale yellow cake, is absolutely essential when eating spicy food. Similar in consistency to soft tofu sundubu, but with more flavor, gyeranjjim is sometimes made with diced mushrooms, carrots, zucchini, leeks, and sesame seeds sprinkled on top. In South Korea we wait for summer just so we can start eating naengmyeon every week. The cold buckwheat noodles are great as a lightweight lunch option or after Korean barbecue, as a way to cleanse the palate. Mul naengmyeon, or "water" naengmyeon, hailing from North Korea's Pyongyang, consists of buckwheat noodles in a tangy meat or kimchi broth, topped with slivers of radish, cucumber, and egg, and seasoned with vinegar and Korean mustard gyeoja.

Bibim naengmyeon, or "mix" naengmyeon, generally contains the same ingredients, but minus the broth.

## The Top 14 South Korean Foods To Try

But within that basic structure, there is a deliciously wide variation of dishes for every season and palate. Koreans use a huge range of vegetables from wild greens to the leaves of flowers, everything from the sea including seaweed and jellyfish, and all types of meat and poultry in diverse preparations. Koreans may have numerous ways to pickle vegetables and wild greens for long storage, but they also prize raw fish and raw meat dishes. These are some of the classic plates you will find in Korean kitchens all over the world, in restaurants and homes, special events and family gatherings, and in everyday life.

Korean bibimbap looks gorgeous on the plate. It is also one easily tweaked for more or less spice for different palates. This recipe uses six vegetables, but you can use whatever you have in your refrigerator or garden. Koreans usually eat this rice dish with beef, but can also top bibimbap with a fried egg sunny-side-up. This is a white water summer kimchi, one that is vinegary rather than spicy. It's simple to make with a few days of brining, and it will keep for a long time in the refrigerator.

You'll enjoy it as a side dish or a cold soup. Bulgogi is probably the most popular Korean dish, with thinly sliced meat that has a smoky-sweet flavor. You can enjoy it broiled, grilled, or stir-fried. The beef is usually accompanied with lettuce wraps and gochujang spicy red pepper paste for wrapping and spicing up the meat. Mandoo or mandu is a symbol of good luck when prepared as part of Korean Lunar New Year festivities. These Korean dumplings can be added to a beef broth or anchovy broth for a dish called mandu-guk and served with tteok manu guk, a traditional cylindrical rice cake. This Korean dumpling recipe is made with ground beef or pork, but you will see them made with chicken or only vegetables. You can prepare them in advance and freeze them for future use. Chap chae also spelled jap chae is one of the most popular noodle dishes in Korea. The glass noodles are made from mung bean or sweet potatoes, and they become translucent when cooked. You can enjoy this dish cold or hot and as an appetizer or main dish.

Bossam are deeply savory Korean pork belly lettuce wraps that walk a fine line between a light meal and an indulgent feast. Serve them family-style so diners can assemble their own wraps according to their tastes. Crunchy and filling, Korean pancake tastes best when it comes studded with shellfish, cuttlefish, and other varieties of seafood, to make haemul seafood pajeon. And with its traditional companion of Korean rice wine, makgeolli, pajeon makes the perfect meal for a rainy day. This dish is the soupier, spicier counterpart to jjajangmyeon and together they form the core of Korean Chinese home delivery cuisine.

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## Easy Korean Recipes - My Korean Kitchen

Common seafood ingredients used include, but are not limited to, oysters, shrimp, squid, and clams. Haemul pajeon is generally eaten as a main dish and is known for its soft and chewy texture as well as its mixture of seafood flavors. A common dish particularly during the summer, samgyetang is a traditional soup made of chicken, garlic, rice, scallion, Korean jujube, Korean ginseng, and spices. It is known to have a high nutritional value. Not only is it known for its healthy contents but it also is popular simply for its creamy and meaty flavor. Versions of soondae differ in fillings and wrappings, and are often prepared differently according to the province or city in South Korea. Nevertheless, though the recipes differ, every soondae is chewy on the outside and soft and flavorful on the side, creating an interesting mix of textures as well as flavors.

Naengmyeon is a common cold Korean noodle dish that consists of long, thin noodles, cucumbers, slices of Korean pear, slices of beef and a hard-boiled egg. The noodles are often made of buckwheat, potatoes, and sweet potatoes, but can also be made of arrowroot and kudzu, depending on the type of naengmyeon. It is a popular dish especially during the summer to cool off under the scorching heat and thick humid air in South Korea. A sweet and grainy dish, hobakjuk is a traditional Korean porridge made from steamed pumpkin and glutinous rice that has been soaked in water.

Though its appearance is simple, it is extraordinarily sweet and flavorful due to the pumpkin. It is a popular meal during breakfast hours, and is often a perfect meal choice for people who are unwell and unable to consume heavy meals. It is served both hot and cold but is best when hot. We and our partners use cookies to better understand your needs, improve performance and provide you with personalised content and advertisements.

To allow us to provide a better and more tailored experience please click "OK". [Angela Lee](#). [Add to Plan](#). [Hoeddeok](#) sweet syrupy pancakes. [Bulgogi](#) marinated beef barbecue. [Samgyeopsal](#) pork strips. [Japchae](#) stir-fried noodles. [Kimchi](#) fermented vegetables. [Ddukbokki](#) spicy rice cake. [Sundubu-jjigae](#) soft tofu stew. [Bibimbap](#) mixed rice. [Seolleongtang](#) ox bone soup. [Haemul Pajeon](#) seafood vegetable pancake. [Samgyetang](#) ginseng chicken soup. [Soondae](#) blood sausage. [Naengmyeon](#) cold buckwheat noodles. [Mandoo](#) or [mandu](#) is a symbol of good luck when prepared as part of Korean Lunar New Year festivities. These Korean dumplings can be added to a beef broth or anchovy broth for a dish called [mandu-guk](#) and served with [tteok manu guk](#), a traditional cylindrical rice cake. This Korean dumpling recipe is made with ground beef or pork, but you will see them made with chicken or only vegetables. You can prepare them in advance and freeze them for future use.

[Chap chae](#) also spelled [jap chae](#) is one of the most popular noodle dishes in Korea. The glass noodles are made from mung bean or sweet

potatoes, and they become translucent when cooked. You can enjoy this dish cold or hot and as an appetizer or main dish. Bossam are deeply savory Korean pork belly lettuce wraps that walk a fine line between a light meal and an indulgent feast. Serve them family-style so diners can assemble their own wraps according to their tastes. Korean stuffed chicken soup is easy to make and follows the seeming universal culinary rule of thumb that it's consumed as a restorative when you are sick.

But it is especially used to fight heat with heat in the summer, as the ginseng and ginger will make you sweat. This spicy kimchi stew recipe also sometimes spelled kimchichigae is a great use for leftover or older kimchi. In fact, the older the kimchi, the better it is in this stew, as it adds rich flavor. It's one of the most popular stews in Korea, and you'll find it in many traditional restaurants. It is served hot and you're guaranteed to break a sweat when eating it. Keep plain rice handy as an antidote. Ox bone soup is an easy recipe, but it's one that you will simmer all day. Simmering the leg bones for several hours results in a milky-white, rich and meaty soup with garlic, ginger, and noodles. This rich but delicate short rib soup most likely originated more than years ago, during the waning days of the Goryeo Dynasty.

It is commonly served at traditional Korean wedding receptions, as beef was a luxury item reserved for special occasions. Kimchi is one of the most distinctive parts of Korean cuisine, and the pickled and fermented vegetables are eaten at almost every meal. This pickled and fermented napa cabbage is the most popular and recognizable form of kimchi. There are hundreds of different kinds of kimchi that are both spicy and mild and different regions in Korea have their own kimchi specialties. Actively scan device characteristics for identification. Use precise geolocation data. Select personalised content. Create a personalised content profile. Measure ad performance. Select basic ads. Create a personalised ads profile.

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### **Korean cuisine - Wikipedia**

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This rich but delicate short rib soup most likely originated more than years ago, during the waning days of the Goryeo Dynasty. The decrease in rice consumption has been accompanied by an increase in the consumption of bread and noodles. Understanding the environmental characteristics of Korea is necessary to see its influence on Korean cuisine and culture. Korea is located between the Chinese Mainland and the islands of Japan, and it therefore shares many cultural characteristics with the two countries. However, its unique climate and geography have also produced many differences. Korea is located on the Korean Peninsula, which extends southward from the northeastern region of the Asian continental landmass. It shares its border with China and Russia to the north but is otherwise surrounded by water, resulting in a flourishing fishing industry.

Forested, mountainous terrain covers 70 percent of the nation, yielding a variety of wild edible greens that are also grown in dry-field farms. The conditions in the western and southern regions of the peninsula are therefore favorable to rice farms, while dry-field farms predominate in the northern and eastern regions. This provides an ideal environment for exploiting a rich variety of marine products. Due to the varying geographical features and climates of the four regions of Korea, they have resulted in differing regional cuisines.

Despite the development of transportation increasing contact between regions, and making local cultures less distinct, many of the unique local specialties and distinct styles of each province still remain. The climate of Korea is characterized by four distinct seasons—spring, summer, autumn and winter—yielding a diverse array of seasonal foods. Even the same ingredients may have different tastes and nutrients in each season, which produces a variety of flavor variation within recipes.

Unlike the abundant food materials available in the hot, humid summers and clear, dry springs and autumns, cold winters see Koreans eating dried vegetables and kimchi instead of fresh vegetables. Jeotgal, a salted fermented fish, was developed by the ancestors in the southern region of Korea as a way to preserve fish for a long period of time during the cold winters and hot summers. However, recent climate changes have introduced a subtropical climate to the peninsula, changing the types of seasonal food materials available.

Grains have been one of the most important staples of the Korean diet. Early myths of the foundations of various kingdoms in Korea center on

grains. One foundation myth relates to Jumong, who received barley seeds from two doves sent by his mother after establishing the kingdom of Goguryeo. During the pre-modern era, grains such as barley and millet were the main staples. They were supplemented by wheat, sorghum, and buckwheat. Rice is not an indigenous crop to Korea and millet was likely the preferred grain before rice was cultivated. Rice became the grain of choice during the Three Kingdoms period, particularly in the Silla and Baekje Kingdoms in the southern regions of the peninsula. Rice was such an important commodity in Silla that it was used to pay taxes. The Sino-Korean word for "tax" is a compound character that uses the character for the rice plant. The preference for rice escalated into the Joseon period, when new methods of cultivation and new varieties emerged that would help increase production.

As rice was prohibitively expensive when it first came to Korea, the grain was likely mixed with other grains to "stretch" the rice; this is still done in dishes such as boribap rice with barley and kongbap rice with beans. This method of rice cookery dates back to at least the Goryeo period, and these pots have even been found in tombs from the Silla period. The sot is still used today, much in the same manner as it was in the past centuries. Rice is used to make a number of items, outside of the traditional bowl of plain white rice. It is commonly ground into a flour and used to make rice cakes called tteok in over two hundred varieties.

It is also cooked down into a congeejuk or gruel mieum and mixed with other grains, meat, or seafood. Koreans also produce a number of rice wines, both in filtered and unfiltered versions. And for centuries, grains have also been used to make misu and misu-garu, drinks made from grain powder that are sometimes used as meal supplements.

Encompassing a wide range of temperate climates, The Korean Peninsula supports the growth of many cultivated and wild fruit species. Asian pears of numerous varieties, apples, melons and berries and more are typical of summer and fall produce. Legumes have been significant crops in Korean history and cuisine, according to the earliest preserved legumes found in archaeological sites in Korea. They are also made into soy milk, which is used as the base for the noodle dish called kongguksu. A byproduct of soy milk production is biji or kong-biji, which is used to thicken stews and porridges. Soybeans may also be one of the beans in kongbap, boiled together with several types of beans and other grains, and they are also the primary ingredient in the production of fermented condiments collectively referred to as jang, such as soybean pastes, doenjang and cheonggukjang, a soy sauce called ganjang, chili pepper paste or gochujang and others.

Nokdu Mung bean is commonly used in Korean cuisine. Ground Nokdu is used to make a porridge called nokdujuk, which is eaten as a nutritional supplement and digestive aid, especially for ill patients. Starch extracted from ground nokdu is used to make transparent dangmyeon cellophane noodles. The dangmyeons are the main ingredients for japchae a salad-like dish and sundae a blood sausage, and are a subsidiary ingredient for soups and stews. The muk have a bland flavor, so are served seasoned with soy sauce, sesame oil and crumbled seaweed or other seasonings such as tangpyeongchae.

Cultivation of azuki beans dates back to ancient times according to an excavation from Odong-ri, Hoeryong, North Hamgyong Province, which is assumed to be that of Mumun period approximately BCE. Azuki beans are generally eaten as patbap, which is a bowl of rice mixed with the beans, or as a filling and covering for tteok rice cake and breads. A porridge made with azuki beans, called patjuk, is commonly eaten during the winter season. In old Korean tradition, patjuk is believed to have the power to drive evil spirits away. Condiments are divided into fermented and nonfermented variants.

Fermented condiments include ganjang, doenjang, gochujang and vinegars. Nonfermented condiments or spices include red pepper, black pepper, cordifolia, mustard, chinensis, garlic, onion, ginger, leek, and scallion spring onion. Gochujang can be found in many writings. The Hyangyak-jipseongbang, which dates back to around during the Chosun Dynasty, is one of the oldest writings mentioning gochujang.

Gochujang is a fermented bean paste that has red pepper powder, soybean powder and rice flour added to it to create a spicy paste. It typically can be added to most dishes. Gochujang can be used as a seasoning and sometimes as a dipping sauce. Many variations come from jang, fermented bean paste. Some variations can include doenjang soybean and brine, kanjang soybeans, water, and salt, chogochujang gochujang and vinegar, and jeotgal mixture of other jangs and seafoods. Vegetables such as cucumbers, carrots, and cabbage use gochujang as a dip. Gochujang is a common seasoning for foods such as Korean barbecue including pork and beef.

One popular snack food that is very commonly eaten with gochujang is bibimbap. Bibimbap includes rice, spinach, radish, bean sprouts. Sometimes beef is added to bibimbap. Another popular dish including gochujang is tteokbokki. Gochujang was used to revitalize people who were sick with colds or exhaustion during the Chosun Period. There have been some studies that show that red peppers fight obesity and diabetes. Gochujang is also added to many foods so that there can be additional nutritional value with each meal. In antiquity, most meat in Korea was likely obtained through hunting and fishing. Ancient records indicate rearing of livestock began on a small scale during the Three Kingdoms period.

Meat was consumed roasted or in soups or stews during this period. Those who lived closer to the oceans were able to complement their diet with more fish, while those who lived in the interior had a diet containing more meat. Beef is the most prized of all, with the cattle holding an important cultural role in the Korean home. Beef is prepared in numerous ways today, including roasting, grilling gui or boiling in soups. Beef can also be dried into yukpo, a type of po, as with seafood, called eopo. The cattle were valuable draught animals, often seen as equal to human servants, or in some cases, members of the family. Cattle were also given their own holiday during the first 'cow' day of the lunar New Year.

The importance of cattle does not suggest Koreans ate an abundance of beef, however, as the cattle were valued as beasts of burden and slaughtering one would create dire issues in farming the land. Pork and seafood were consumed more regularly for this reason. The Buddhist ruling class of the Goryeo period forbade the consumption of beef.

The Mongols dispensed with the ban of beef during the 13th century, and they promoted the production of beef cattle. This increased production continued into the Joseon period, when the government encouraged both increased quantities and quality of beef. Chicken has played an important role as a protein in Korean history, evidenced by a number of myths. One myth tells of the birth of Kim Alji, founder of the Kim family of

Gyeongju being announced by the cry of a white chicken. As the birth of a clan's founder is always announced by an animal with preternatural qualities, this myth speaks to the importance of chicken in Korean culture.

Chicken is often served roasted or braised with vegetables or in soups. All parts of the chicken are used in Korean cuisine, including the gizzard, liver, and feet. Young chickens are braised with ginseng and other ingredients in medicinal soups eaten during the summer months to combat heat called samgyetang. Pork has also been another important land-based protein for Korea. Records indicate pork has been a part of the Korean diet back to antiquity, similar to beef. All parts of the pig are used in Korean cuisine, including the head, intestines, liver, kidney and other internal organs.

Koreans utilize these parts in a variety of cooking methods including steaming, stewing, boiling and smoking. Fish and shellfish have been a major part of Korean cuisine because of the oceans bordering the peninsula. Evidence from the 12th century illustrates commoners consumed a diet mostly of fish and shellfish, such as shrimp, clams, oysters, abalone, and loach, while sheep and hogs were reserved for the upper class. Both fresh and saltwater fish are popular, and are served raw, grilled, broiled, dried or served in soups and stews. Common grilled fish include mackerel, hairtail, croaker and Pacific herring. Smaller fish, shrimp, squid, mollusks and countless other seafood can be salted and fermented as jeotgal. Fish can also be grilled either whole or in fillets as banchan. Fish is often dried naturally to prolong storing periods and enable shipping over long distances. Fish commonly dried include yellow corvina, anchovies myeolchi and croaker.

Shellfish is widely eaten in all different types of preparation. They can be used to prepare broth, eaten raw with chogochujang, which is a mixture of gochujang and vinegar, or used as a popular ingredient in countless dishes. Mollusks eaten in Korean cuisine include octopus, cuttlefish, and squid. Korean cuisine uses a wide variety of vegetables, which are often served uncooked, either in salads or pickles, as well as cooked in various stews, stir-fried dishes, and other hot dishes. Several types of wild greens, known collectively as chwinamul such as Aster scaber, are a popular dish, and other wild vegetables such as bracken fern shoots gosari or Korean bellflower root doraji are also harvested and eaten in season.

Medicinal food boyangshik is a wide variety of specialty foods prepared and eaten for medicinal purposes, especially during the hottest day period in the lunar calendar, called sambok. Hot foods consumed are believed to restore ki, as well as sexual and physical stamina lost in the summer heat. Dog meat is less popular today in South Korea than in the past, being viewed largely as a kind of health tonic rather than as a diet staple, [57] especially amongst the younger generations who view dogs as pets and service animals. That said, historically the consumption of dog meat can be traced back to antiquity. Dog bones were excavated in a neolithic settlement in Changnyeong, South Gyeongsang Province.

The Balhae people enjoyed dog meat, and the Koreans' appetite for canine cuisine seems to have come from that era. This poem, which is an important source of Korean folk history, describes what ordinary Korean farming families did in each month of the year. In the description of the month of August the poem tells of a married woman visiting her birth parents with boiled dog meat, rice cake, and rice wine, thus showing the popularity of dog meat at the time Ahn, Seo, According to one survey conducted in, dog meat was the fourth most commonly consumed meat in South Korea, [61] but in, Samgyetang is a hot chicken soup to boost energy in the hot summer season.

It is made with a young whole chicken stuffed with ginseng, garlic and sweet rice. The main dishes are made from grains such as bap a bowl of rice, juk porridge, and guksu noodles. Many Korean banchan rely on fermentation for flavor and preservation, resulting in a tangy, salty, and spicy taste. Certain regions are especially associated with some dishes for example, the city of Jeonju with bibimbap either as a place of origin or for a famous regional variety.

Restaurants will often use these famous names on their signs or menus. Soups are a common part of any Korean meal. Unlike other cultures, in Korean culture, soup is served as part of the main course rather than at the beginning or the end of the meal, as an accompaniment to rice along with other banchan. Soups known as guk are often made with meats, shellfish and vegetables. Soups can be made into more formal soups known as tang, often served as the main dish of the meal. Jjigae are a thicker, heavier seasoned soups or stews. Stews are referred to as jjigae, and are often a shared side dish.

Jjigae is often both cooked and served in the glazed earthenware pot ttukbaegi in which it is cooked. The most common version of this stew is doenjang jjigae, which is a stew of soybean paste, with many variations; common ingredients include vegetables, saltwater or freshwater fish, and tofu. The stew often changes with the seasons and which ingredients are available. Other common varieties of jjigae contain kimchi kimchi jjigae or tofu sundubu jjigae. Kimchi refers to often fermented vegetable dishes usually made with napa cabbage, Korean radish, or sometimes cucumber. There are 4 types of raw materials which are major ones: spices, seasonings, and other additional materials. Red and black pepper, cinnamon, garlic, ginger, onion, and mustard are the example of spices. In the late 15th century, it depicted Korean's custom that Korean ancestors buried kimchi jars in the ground for storage for the entire winter season, as fermented foods can keep for several years.

Kimchi is a vegetable-based food which includes low calorie, low fat, and no cholesterol. Also, it is a rich source of various vitamins and minerals. It contains vitamins such as vitamin A, vitamin B, vitamin C, and vitamin K and minerals which are calcium, iron, phosphorus, and selenium. Noodles or noodle dishes in Korean cuisine are collectively referred to as guksu in native Korean or myeon in hanja. While noodles were eaten in Korea from ancient times, productions of wheat was less than other crops, so wheat noodles did not become a daily food until In Korean traditional noodle dishes are omnyeon or guksu jangguk noodles with a hot clear broth, naengmyeon cold buckwheat noodles, bibim guksu cold noodle dish mixed with vegetables, kalguksu knife-cut noodles, kongguksu noodles with a cold soybean broth, japchae cellophane noodles made from sweet potato with various vegetables and others.

In royal court, baekmyeon literally "white noodles" consisting of buckwheat noodles and pheasant broth, was regarded as the top quality noodle dish. Naengmyeon with a cold soup mixed with dongchimi watery radish kimchi and beef brisket broth was eaten in court during summer. Banchan is a term referring collectively to side dishes in Korean cuisine. Soups and stews are not considered banchan. Gui are grilled dishes, which most commonly have meat or fish as their primary ingredient, but may in some cases also comprise grilled vegetables or other vegetable ingredients. At traditional restaurants, meats are cooked at the center of the table over a charcoal grill, surrounded by various banchan and individual rice bowls.

The cooked meat is then cut into small pieces and wrapped with fresh lettuce leaves, with rice, thinly sliced garlic, ssamjang a mixture of gochujang and dwenjang , and other seasonings. It is a popular dish especially during the summer to cool off under the scorching heat and thick humid air in South Korea. A sweet and grainy dish, hobakjuk is a traditional Korean porridge made from steamed pumpkin and glutinous rice that has been soaked in water. Though its appearance is simple, it is extraordinarily sweet and flavorful due to the pumpkin. It is a popular meal during breakfast hours, and is often a perfect meal choice for people who are unwell and unable to consume heavy meals. It is served both hot and cold but is best when hot. We and our partners use cookies to better understand your needs, improve performance and provide you with personalised content and advertisements.

To allow us to provide a better and more tailored experience please click "OK". Angela Lee. Add to Plan. Hoeddeok sweet syrupy pancakes. Bulgogi marinated beef barbecue. Samgyeopsal pork strips. Japchae stir-fried noodles. Kimchi fermented vegetables. Ddukbokki spicy rice cake. Sundubu-jjigae soft tofu stew. Bibimbap mixed rice. Seolleongtang ox bone soup. Haemul Pajeon seafood vegetable pancake. Samgyetang ginseng chicken soup. Soondae blood sausage.

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