



Korean traditional and daily food



Samgyetang, Ginseng chicken soup

- Gyesamtang is called. Slightly larger than that chick with the spirit world is called baeksuk curbs. Remove the chicken intestines in the stomach of glutinous rice wrapped in a clean cloth and put jujube, garlic, water, poured generously hooked on pot and boil the pot when the meat is matured enough to produce rescue. Wrapped in a cloth, put in carrot soup ingredient of ginseng wooreona completely orphaned by making the broth with salt only fit to drink, or put in soup seasoned meat is eaten. However, ginseng chicken rice mix along with chicken on the bone in the case gomyeon ginseng ginseng nutrients seep nutrients is reduced

Samgyetang, Ginseng chicken soup





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- How to make samgyetang.
- 1. Cut the chicken into the tail and wash clean.
- 2. Wash rice in water is called a clean.
- 3. Chicken skewer the neck loosened so well using sutures.
- 4. Referred to in the belly of the chicken rice and ginseng, chestnuts, jujubes, garlic and fill.
- 5 Chicken legs crossed each side taking sheath on the bark loosened so that the legs twisted bundle.



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- 6. Pour the chicken and remaining ingredients in a pot of water, put the goose that ripe boil.
- 7. If you pay roll ripe goose with salt and pepper to the liver.
- 8. Complete.



Galbi, rib

- Light cow ribs 6 ~ 7 cm in length stub out the side, vertically on the inside sheath well in taking the meat fall off the bone, and flesh of the outer sheath, taking part in the sauce soaks into extra depth, the meat is well baked. Chopped leek, garlic, ginger, pepper, sugar, sesame seeds, sesame oil and soy sauce to the mix makes. Apply yourself a marinade for ribs 1, and between meat sauce to toss the soaked deuldorok well. Pear to the end of the paint on the hot-hot charcoal grill lightly with oil rubbing the ribs be baked from 1-2 geotjjok put yourself a grill. The sauce that has accumulated on the surface be careful not to fall, and marinade 1-2 times during baking paint evenly As can burn.



Galbi,rib





Galbi, rib

- How to make galbi.
- 1. Pitmul in cold water, remove the ribs to drain the water and sprinkled with sugar mellows the ribs.
- 2. Insert the amount of the sauce in the pan 1/2 the amount of boiled and cooled until the pear and sesame oil, sesame seeds and soy sauce makes a conjunction.
- 3. Trim ribs marinated in soy sauce and marinate for 2 hours or more places.
- 4. I lay in pan and pour soy sauce-based sauce glazed ribs, insert remind bake.
- 5.complite.



japchae / Sauted Vegetables with Potato Noodles

- Often creates a feast of food, the main ingredient aside time to time without a lot of material written after the name of the cluster as called chop suey, chop suey face. Chae-seo-ryo rump of beef in sauce liar, and the onion finely in length while seolmyeo, cucumbers, carrots sliced 3 ~ 4 cm in length while the cucumber with salt jeolinda. Host and broke the head and tail trim, St Bellflower finely split and salted wooryeoseo rub was h. Chae-seo-go referred altitude rinsed, and then one by one remove the neck, called the naemyeo washed, sliced egg split into yellowish fans Zidane.
- Marinated beef and shiitake soup poles apart so closely fry, pickled cucumber and sesame oil, sesame seeds bellflower sure to squeeze in the roasting tin on the muchyeo unfolded in a large bowl and cool. Less salty carrot and mung bean sprouts in boiling water boiled in sesame oil and fry muchyeo onions while roasting and neck also cool. Boil noodles in sesame oil, sugar, soy sauce, cut short muchigo, fry all the ingredients put together and placed muchinda. Leave the bowl to hold the famous notatdeon silbaek some of Zidane and boiled eggs.



japchae / Sauted Vegetables with Potato Noodles





japchae / Sauted Vegetables with Potato Noodles

- How to make japchae
- 1. Beef is not meat, sliced shiitake mushrooms and soy sauce, sesame oil, minced garlic, pepper, sugar put s each lay.
- 2 onions, carrots, cut the body.
- 3 fungus called to put the water.
- 4 onions, carrots, meat, fried mushrooms gives each.
- 5 boiled noodles and frosted heated pan with oil and fry soy sauce, sugar, liver, and coat color.
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- 6. compilte.



Thank you