

비빔밥(Bibimbap)



INGREDIENTS



How to eat Bibimbap

- Bibimbap is one of the mixed food with steamed rice and various vegetables.
- We put the fried egg on the top and add some red pepper paste which is called Gochujang(고추장).
- We put a teaspoon of sesame oil.
- We mix it with a spoon or chopsticks.

Advantage of Bibimbap

- Bibimbap is good for health because there are many fresh vegetables in it.
- Bibimbap is a very colorful food so it looks beautiful.
- It has a special taste because all of the ingredients are harmonious.
- It's delicious!

김치(Gimchi)



doopedia

Information about Gimchi

- Gimchi is a Korean traditional food.
- It's very famous because it represents Korea.
- There are many kinds of Gimchi.
- It is very spicy for foreigners.
- We can make many other foods using Gimchi such as fried rice with Gimchi(Gimchi Bokumbap), Gimchi stew and so on.
- It's good for health.

How to make Gimchi

- Put the cabbage in a big bowl and preserve it with salt.
- Get Gimchi spices ready!
- Spices include red pepper powder, ground garlic, radish which is cut into thin strips, and other vegetables.
- Mix the salted cabbage and spices together.
- Finish! Taste it!

Advantages of Gimchi

- There are many nutrients in it.
- There is a lot of vitamin A and vitamin C
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- Gimchi is a fermented food with lots of lactic acid.

불고기(Bulgogi)

Korean Barbecued Beef



Esther Yoo

Information about Bulgogi

In the past, Koreans ate Bulgogi at anniversaries. But in these days Koreans eat Bulgogi whenever they want.

The ingredients of Bulgogi are beef, onions, soy sauce, pears, sugar, sesame oil, finely chopped garlic and a pinch of black pepper. If you get all these ingredients, start cooking!

How to make Bulgogi

- Place the beef in a shallow dish. Combine soy sauce, sugar, green onion, garlic, sesame seeds, sesame oil, and ground black pepper in a small bowl and pour over beef.
- Cover and refrigerate for at least 1 hour or overnight.
- Place on grill, and cook for 15 to 20 minutes, or to desired doneness.

Other Korean food



Other Korean food

- Korea has special food that we eat during each season and holidays.
- In the spring, Koreans eat Bibimbap with spring vegetables.
- In the summer, Koreans eat traditional stew named Sam-gye-tang(chicken soup with ginseng)
- In the fall, Koreans eat many fresh grilled fish such as gizzard shad, shrimps, crabs etc.
- In the winter, There is the biggest holiday called Seollal, New Year's Day. During this holiday we eat Tteokguk.

Table manners

- We use a spoon and chopsticks to eat the food.
- The most important thing is that children should begin eating after the adults.
- We can get up after the adults get up first.
- In the west, families talk a lot and eat for a long time, but in Korea, we don't make a sound when we eat food. And do not talk when the mouth is full of food **because food came out of the mouth. It looks awful.**

All about Korean food

Korean food is natural.

Korean food uses naturally grown ingredients such as vegetables and sprouts.

For example, there are Namul(나물) and Ssam(쌈) which are made of fresh vegetables.



[Namul]



[Ssam]

All about Korean food

Korean food is a kind of slow food.

Slow food is made of fermentation over time. For example, the taste of Gimchi comes from ripening, not cooking.

When the food is fermented, it has a deep and delicious taste.

Most of all, Gimchi can prevent cancer and other diseases if eaten regularly.



All about Korean food

Korean food is a balanced diet.

The table setting of Korean food enables us to eat various foods such as cooked rice, Gimchi, bean products (tofu), fish, vegetables, meat, and other side dishes.

As a result, it provides a balanced and nutritious diet.

