



Korean food



Food Culture

- ◆ Seasonings and spices should be used.
- ◆ The taste of the food is more important than how it looks.
- ◆ Eat lots of vegetables.
- ◆ Seafood is often used.
- ◆ Use a spoon and chopsticks.
- ◆ A lot of side dishes are served.
- ◆ There is always rice.

Food Etiquette

- ◆ It is polite to let the oldest person at the table start the meal.
- ◆ Don't talk with your mouth full.
- ◆ Don't hold the plate or bowl while eating.
- ◆ Don't leave your spoon or chopsticks sticking out of your rice bowl.
- ◆ Don't leave the table until the elders finish their meals.

The Basis of Korean food - Spices

It is traditionally believed that the taste and quality of food depends on its spices and sauces, the essential ingredients to making a delicious meal.

Therefore, soybean paste, soy sauce, red pepper paste and kimchi are some of the healthiest and the most important staples in a Korean household.

Go-chu-jang

Gochjang “Red pepper paste” is made from dried peppers, salt, water, fermented soy beans and sweet rice powder. People often eat it mixed with their rice or to dip their vegetables in.



Doen-jang

Doenjang: This soybean paste has been popular with Koreans for over 2,000 years. It is made with soybeans, salt and water which are dried by the sun and wind. It has been proven to help prevent cancer. People from all over the world come to Korea to enjoy it.



Gan-jang

Ganjang (soy sauce) is made the same way as soybean paste. Water and salt are added to the soybeans and then fermented for two months. Ganjang is used in casseroles and soups, as well as a dipping sauce for various fried foods.



General kinds of Korean food

Main dishes



Bap (Rice)



Juk (Porridge)

Guk-Su (Noodle)



General kinds of Korean food

Side dishes

Guk(Soup)

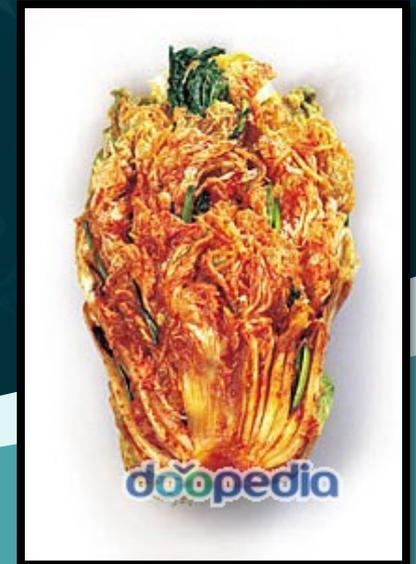


Ban-chan(side dishes)



Korean folk food

- ◆ 'Kim - chi' is a spicy side dish. There are various types of kimchi. Ggakdugi, radish kimchi, cabbage kimchi, kimchi, and so on. Kimchi is eaten at every meal.



Kim-chi song

KIM – CHI SONG



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South Korea's natural environment

- ◆ South Korea is surrounded by the sea on three sides.
- ◆ Seafood is eaten often.
- ◆ South Korea has encouraged agriculture since ancient times. So it grows a lot of food.

