#### **Traditional Korean Food**



Korean food is very healthy. Most Korean dishes are made from different types of vegetables made i n Korea. This is why Korean food is very different to western food. Many Korean dishes are also spicy.

## 김치 / Kimchi

Kimchi is a spicy dis h. We eat it with ever y meal.



## 불고기 / <mark>bulgogi</mark>

at Travel, Eatl - BSA126 2009

Bulgogi is strips of beef barbecued. Foreigners I ove this dish.

#### Korean BBQ



Korean BBQ is very popular in Korea. Y ou can BBQ your own meat and chat to your friends. It is a very social event in Korea.

## 잡채 / japchae





Japchae is a glass n oodle dish with fresh vegetables and beef.

#### 닭갈비 / dakgalbi

#### 찜닭 / jjimdak

Dakgalbi and jjimdak are two very popula r chicken dishes. Both can be served wit h rice.

### 떡 / Rice cakes







Rice cakes are eaten on special occasions. We give special ones t o our grandparents on birthdays.





#### 인절미 / Injolmi

#### 백설기 / Baekseolgi



송편 / <mark>Songphyun</mark>

 ← They sometimes h ave a red bean paste f illing.

## 떡볶이/ ddeokbokki

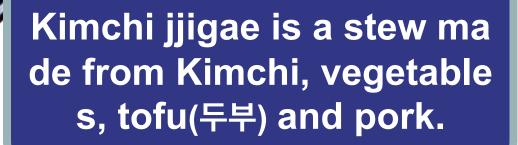
aeriskitchen.com

Ddeokbokki is another K orean snack dish, made f rom rice cakes. It is usua Ily served with a very spi cy red sauce.

### 된장찌개/bean paste stew

In Korea, we call it '된장'. Some foreigners don't like it s smell, but it is good for yo ur health.

## 김치찌개/ kimchi stew



### 비빔밥 / Bibimbap

Bibimbap literally means mix ed rice. It is a dish of rice and various vegetables mixed to gether. It is usually served wi th an egg on top.

#### 만두 / Mandu





Mandu are Korean dumplings. There are three kinds: Grilled/fried = gunmandu (군만두) Steamed = jjinmandu (찐만두) Boiled = mulmandu (물만두)

### 설렁탕 / Seolleongtang♪





Seolleongtang is an ox bones s oup. The ox bone is boiled in th e soup for hours before serving







Dakjuk is a chicken porrid ge. It is very good to eat w hen you are sick.

#### 호떡 / Hoeddeok

Hoeddeok is a sweet panc ake. It is filled with cinnam on, brown sugar and chop ped walnuts.

## 순두부찌개 / Sundubu jjigae 🕽



Sundubu jjigae is a s picy stew made with soft tofu and seafood



### 김밥 / kimbap

Kimbab is a type of Korean snack food made with seaweed and rice.

www.naokis.net

# We will now demonstrate how we make kimbap.







Ham



#### **Steamed rice**

#### Crab meat Burdock weed

spinach

Yellow radishFish cakeor cucumberor Egg rolls



## Step 1. Spread your rice flat on the seaweed p aper.



#### Step 2. Add your ingredients to the center.



## Step 3. Use a bamboo roller to roll from o ne end to the other.



## Step 4. Press firmly together so your roll s tays intact.







## Step 5. Slice into bit size portions and Enjoy!



# Chopstick Contes

#### What you will need:

#### 1: Bowl



2: Plate



#### 4: Popcorn



## **Rules:**

1: Make a group of 4/5 students. 2: Place two bowls of popcorn in the mi ddle of the students. 3: Pick up the popcorn with your chopst icks and put it on your plate. 4: When I say GO! Try to pick up as man y pieces of popcorn as possible in 2 min utes.