

Kaesong Koryo Insam and Korean People's Dietary Life



Kaesong Koryo insam



Samgyethang (chicken stewed with insam) recognized as the best among dishes cooked with insam



Insam *yakpap* (sweet boiled rice)



Insam *jonggwa* (honeyed insam and various fruits)



Kaesong Koryo insam tea

The Korean people have long used Kaesong Koryo insam in their dietary life. As the food culture develops in the DPRK, the variety of dishes prepared with Kaesong Koryo insam is also increasing.