



Korean Cuisine:

Largely based on: Rice, vegetables, and meats.

Spices and sauces are critical.

Staples: Fermented soybean paste, soy sauce, red pepper paste, and kimchi (preserved cabbage and other veggies).

Also: Sesame oil, salt, garlic, ginger, pepper flakes, cabbage.

Cold autumns and winters: So, many fermented dishes and hot soups and stews.

Main dishes can be: Beef, pork, chicken, fish – always accompanied by a variety of side dishes called banchan.

Kimchi: Served at nearly every meal. Including breakfast.

Popular main dishes:

Bulgogi: Roasted marinated beef or pork.



Bibimbap: Mixed rice, veggies, meat, red pepper paste.



Galbi: Korean grilled beef (BBQ).



More main dishes:

Naengmyeon: Cold noodles.



Gimbap: Steamed white rice and veggie strips wrapped in dried laver seaweed (like a sushi roll).



Sundae: Blood sausage.



Kimchi = fermented vegetable dishes usually made with napa cabbage, radish, or cucumber. Plus spices and seasonings (pepper, garlic, ginger, cinnamon, etc).



Kimchi is served by itself or cooked into soups and rice dishes.

Traditional Korean homes have clay fermentation pots called kimchi jars outdoors.

South Koreans eat an average of 40 pounds of kimchi each year.



Napa Cabbage



Fermentation Pots

Metal Chopsticks:

Korea is unique among Asian countries in its use of metal chopsticks.



Metal chopsticks have been found by archaeologists in 2000 year old graves.



Dog meat (Gaegogi Jeongol)

- Koreans eat dog meat, but less than in the past.
- **2006 survey:** Dog meat was the fourth most commonly consumed meat in South Korea.
- **Yellow dogs considered better than white or black dogs.**
- **Roasted or in stews.**

- Animal rights activists say 780,000 to 1 million dogs are eaten per year in South Korea.
- Other studies say much lower.
- **2014:** 329 Seoul restaurants served dog meat.
- **All dog slaughterhouses now closed.** Some done on farms. Some meat is imported.
- Consumption of dog is legal.

Soju - National alcoholic drink of Korea.

In 2017, every person over age 20 drank 87 bottles, or 779 glasses, on average.

- Served in shot glasses.
- Consumed neat.
- Clear, colorless.
- Likened to vodka. But is sweeter.



Soju

- Traditionally made from rice.
- Lately other starches (potatoes, sweet potatoes, or tapioca).
- Alcohol around 20%.
- Inexpensive: Typical bottle costs about ₩1,300, less than US\$1.20.



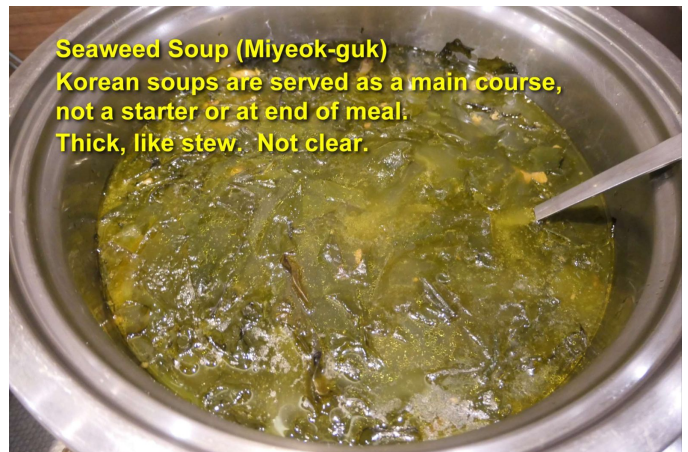
Dining out in Korea - general rules of etiquette:

<https://www.goal.or.kr>

- Let elders sit and begin eating before you do.
- Eat your rice with a spoon, not chopsticks.
- Do not blow your nose at the table.
- Do not stick chopsticks upright into food.
- Do not tip in restaurants. Service/tax included.
- If drinking with Koreans:
 - Typically youngest pours first for everyone.
 - Then oldest will return the favor.
- Do not leave table until elders have finished.

Seaweed Soup (Miyeok-guk)

Korean soups are served as a main course, not a starter or at end of meal.
Thick, like stew. Not clear.



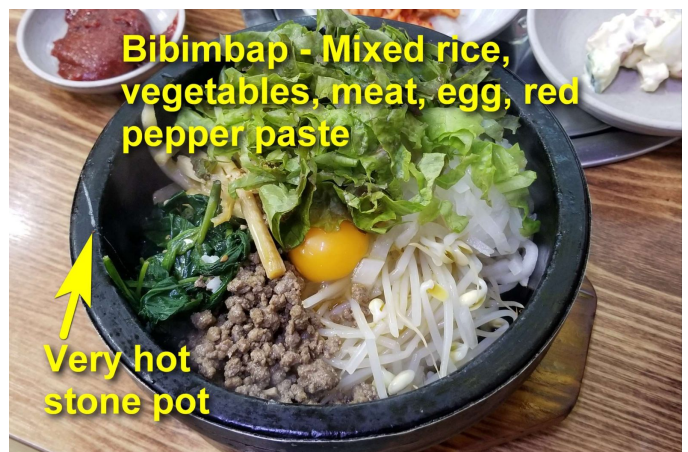
Korean Side Dishes (Banchan)

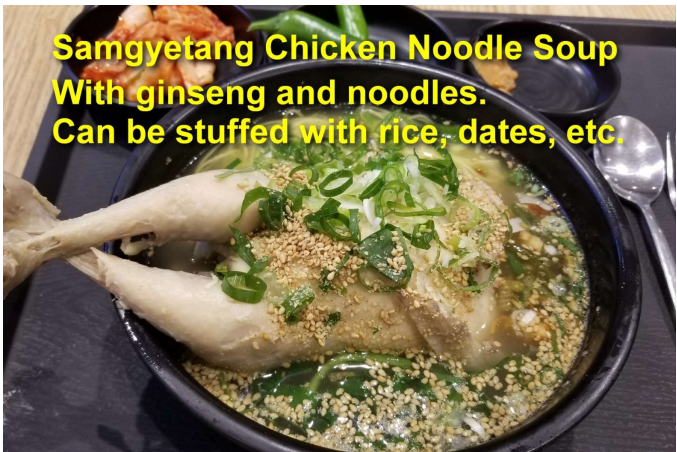
Most Korean meals are served with 6 to 12 small side dishes.



Bibimbap - Mixed rice, vegetables, meat, egg, red pepper paste

Very hot stone pot







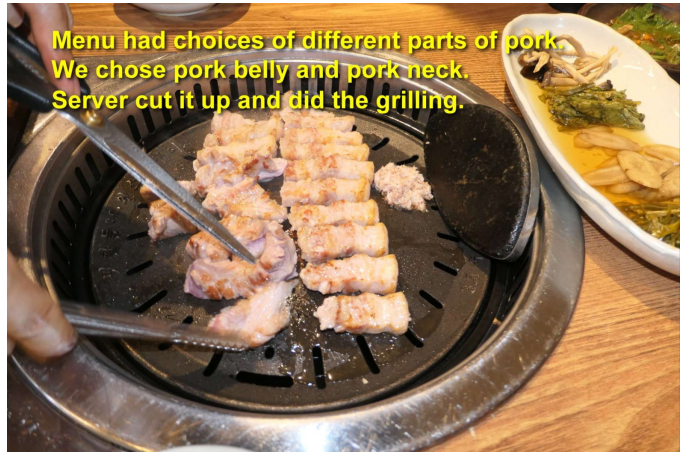
Korean Eel and Chillies Salad



**Korean Purple Rice (Heukmi Bap)
Actually a mix of black rice (purple color) and white rice**



**Korean Barbecue - Gogi Gui
Do-It-Yourself Grilled Pork, Beef, or Chicken.
Served with side dishes.**



**Menu had choices of different parts of pork.
We chose pork belly and pork neck.
Server cut it up and did the grilling.**



Tofu and Cabbage Stew (Haejangguk)



**The 3 most popular beers (mekju) in Korea
are Hite, Cass, and OB Lager.**



**Hershey's Green Tea Chocolate Ice Cream Bar.
Also in Japan. I have never seen this in the USA.**



Korean Fish Roe Salad



Lunch at a fish cake cafe. Dozens of sizes, shapes, flavors of fish cake available. You buy and then microwave it yourself.

Called eomuk or odeng in Korean.



Fish Cake and Noodle Soup



Fish Cakes



Gimbap: Cooked rice and other ingredients that are rolled in dried sheets of nori seaweed and served in bite-sized slices. Brushed with sesame oil or sprinkled with sesame seeds. Around US\$2.

Fillings can include pickled radish, ham, beef, crab sticks, egg strips, kimchi, bulgogi, spinach, carrot, cucumber, canned tuna, perilla leaves, cooked squid, or spicy tuna.



Food stall in Bupeyong Market
Fish Skin and Fish Cake Soup



Lunch in Bupeyong Market - US\$3.50
Pumpkin Bean Soup + Side Dishes



Lunch in Bupeyong Market - US\$4.50
Beef Noodle Soup



Yes! There are Dairy Queens in Korea.
Green Tea and Oreos Blizzard.

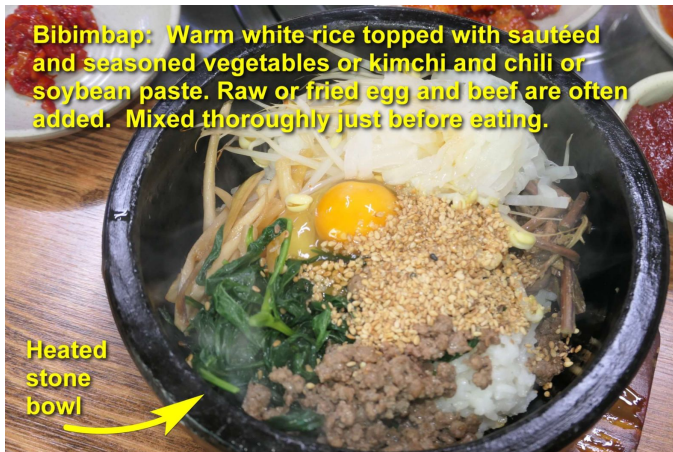


Favorite Restaurant in Gyeongju. Translation of the name on the Internet came out "Restaurant" I had Bibimbap there twice!

Restaurant Exterior



Our US\$7 per person dinner included these banchan (side dishes)



Bibimbap: Warm white rice topped with sautéed and seasoned vegetables or kimchi and chili or soybean paste. Raw or fried egg and beef are often added. Mixed thoroughly just before eating.

Heated stone bowl



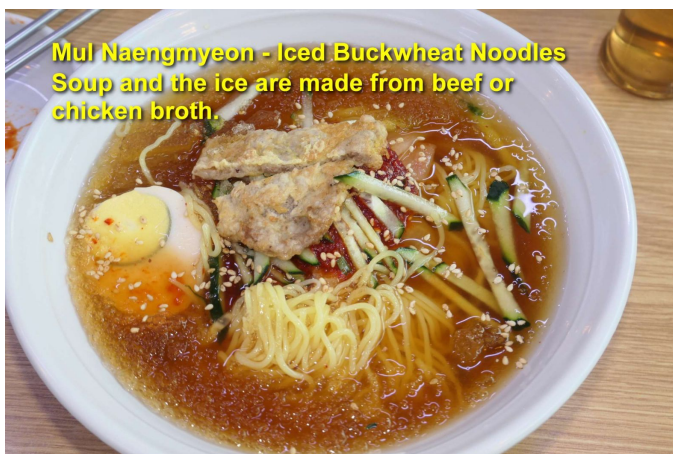
Pork and Kimchi Stew - Served with Rice (and, of course, banchan side dishes)



Bulgogi - Sliced beef or pork Marinated in soy, sugar, sesame oil, plus seasonings. Then grilled or stir fried.



Lunch in Jung-Ang Market Spicy Noodles



Mul Naengmyeon - Iced Buckwheat Noodles Soup and the ice are made from beef or chicken broth.



Old-fashioned Korean Dining Sitting Cross Legged. But today most Korean people prefer chairs.

Korea Times: "Sitting Cross-legged on Floors Disappearing" http://www.koreatimes.co.kr/www/nation/2018/09/356_243603.html



Another example of Banchan -- Small Side Dishes
This was for TWO PEOPLE -- plus main dish



Korean Beef Noodle Soup
Made with Mung Bean (Cellophane) Noodles and Short Ribs

Four Korean dishes are on the CNN Readers' Poll of the World's 50 Best Dishes.
<https://edition.cnn.com/travel/article/world-best-foods-readers-choice/index.html>

- #41 Galbi: Sweet and savory short ribs.
- #40 Bibimbap: Mixed veggies and beef on steaming-hot rice, with-raw egg.
- #23 Bulgogi: Marinated beef or pork, grilled.
- #12 Kimchi: Fermented cabbage, radish or other veggies.

If you want to try Korean food in Naples:
Seoul Korean Restaurant *(I have not tried)*
 4.7 Stars with 31 Google reviews
 5926 Premier Way #116 - (239) 653-9406
 NE Corner, Pine Ridge at Goodlette-Frank
napleskoreanrestaurant.com

Examples - Starters:
 Dumplings 5 = \$7 10 = \$11
 Seafood pancake \$15 Kimchee pancake \$13

Examples - Mains (incl rice & sides):
 Beef Bulgogi \$22 Sam Gyup Sal \$20
 Bibimbap \$16 Noodle dishes \$15



THE END
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 Korea with me.
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