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그림으로 만나는 한식

KOREAN CUISINE

AN ILLUSTRATED
GUIDE



19

มหาวิทยาลัยเทคโนโลยีราชมงคลพระนคร

ห้องสมุดสาขาโชติเวช



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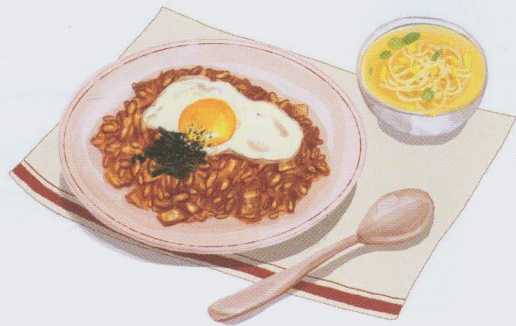
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All the recipes
in this book
serve 4 people.

한국의 요리



KOREAN FOOD

For Koreans, *son-mat* is literally translated as "hand taste." It's an expression that is very dear to Koreans and that describes the taste of a well-made dish. It's a way of recognizing that a good dish has all the trademarks of its cook, like a signature. This approach demonstrates the importance between social connections and sharing that is linked with Korean food.

If Korean society is characterized by its hyperactivity, its food provides a welcome break from this culture of speed and efficiency. There is a natural flow and tradition which is comforting. Dining in restaurants is a spiritual experience, bringing guests closer to nature, their social lives and the promise of a peaceful interlude.

MEAL COMPOSITION

In Korea, all dishes are served at the same time; you alternate between eating the rice, soup and side dishes.

가족식사



Gajok-siksa 가족식사, a home-classic, is made of a *bap*, a bowl of rice, a *guk*, a soup, and *banchan*, as well as a variety of smaller bite-size foods. *Kimchi* is included in most dishes and there are many different types. A main dish is made from either

fish or meat. Generally speaking, vegetables make up two thirds of the meal. Dessert culture doesn't exist in Korea and fruit is often provided at the end of meals, although nowadays, younger generations are eating more sweet treats.

Breakfast

Korean breakfasts are almost as filling as lunch.

They include soybean rice, a seaweed soup with beef, cabbage *kimchi*, egg rolls, zucchini *namul*, stir fried anchovies and sweet peppers, and fruit.



아침

Lunch

Doenjang stew, white rice, radish *kimchi*, pickled garlic or *jangajji*, grilled fish, spinach *namul*, preserved tofu, seaweed chips, etc.

Many people eat their breakfast outside, in a cafeteria at school or at work. You'll easily find restaurants offering *baekban*, a "home-style" menu (rice, soup and *banchan*).



점심

Dinner

Multigrain rice, soybean sprout soup, cabbage *kimchi*, water *kimchi*, *bulgogi*, lettuce and perilla leaves, different types of *jang* (*gochujang* and *ssamjang*), scallion salad, preserved lotus root and mushroom *namul* are dishes that make up a typical Korean menu.

Dinner is often eaten as a family, even if the whole family is not always there at the same time due to both parents working and children attending private classes until late evening, especially in cities.



저녁

한국의 지역 특산품

Due to Korea's location on the peninsula, seafood is used as often as livestock. Additionally, as mountains cover an area measuring roughly 136,702 m² (220,000 km), or about 70% of the country, there is a rich variety of mountain and forest produce. The country has been divided into South Korea and North Korea since 1953. Although they share the same culinary heritage, South Korean food has progressed much more due to its connection with the rest of the world.

REGIONAL SPECIALTIES





THE 5 COLOR PHILOSOPHY

One of the oldest philosophical concepts, Taoism, where the main idea is to lead a "balanced life," has deeply influenced Korean culture. The oheng theory, the five elements of nature, is demonstrated by the variety of colors found in dishes, obangsaek: black (water), blue (wood), white (metal), yellow (earth), red (fire). Green replaces blue in the majority of dishes.

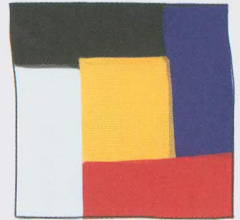
It's *gomyeong* 고명, the finishing touches and decorative elements, that provide these colors in dishes: for example, egg whites, egg yolks, the black in black mushrooms, the red in chilis or dried jujube, the green in celery or scallions.

미나리강호외 Minari-ganghoe, bite-size pieces of water celery.



Bibimbap is an excellent example. Decorative elements vary and provide plenty of color.

오방색



The five colors, obangsaek.

Obangsaek is a way of embellishing meals, the "cherry on the cake."



GOMYEONG 고명

Precise cutting is needed to create these decorative elements. The most common shapes to make are thin, matchstick strips, circular disks, diamonds, or they are chopped into small pieces.

Popular foods

Green: ginkgo fruit, *minari* (water celery), zucchini and cucumber skins, scallions.

Yellow: egg yolk, squash, pine pollen, gardenia fruits.

White: egg whites, pine nuts, raw chestnuts, pears, white sesame.

Black: mushrooms, seaweed, dried fern sprouts, black sesame, meat.

Red: chilis, dried jujube, cockscomb (flower), carrots, shrimp.

Examples of gomyeong shapes



달걀 지단

Dalgyal-jidan, strips or diamond-shaped egg whites and egg yolk

Cook the egg yolks and whites separately in a lightly oiled frying pan, over low heat, without browning. Cut the egg into 3 mm wide strips or in diamonds with a width around $\frac{3}{4}$ of an inch (2 cm).

RULES ON ETIQUETTE

In Korean Confucian tradition, etiquette imposes strict rules on table manners, especially for relationships between younger and older people, descendants and ancestors, as well as between men and women. Men were served their food at individual tables, while women, with the exception of aristocrats, ate their meals with the children. Starting in the middle of the 20th century, post-war national campaigns on economic restrictions brought about new customs: one table for the whole family and standardized sizes of stainless steel dishes with precise dimensions (to save rice). Koreans have only recently been freed from these restrictions.

GOOD MANNERS

Etiquette around your elders

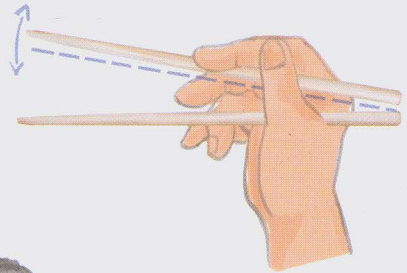
Wait for older people at the table to start or for their permission to start eating.

Only leave the table with their permission.

Serve and take any alcoholic drinks with two hands and bow the head slightly in acknowledgement or give thanks for the drink.

How to correctly hold your chopsticks, jeotgalak.

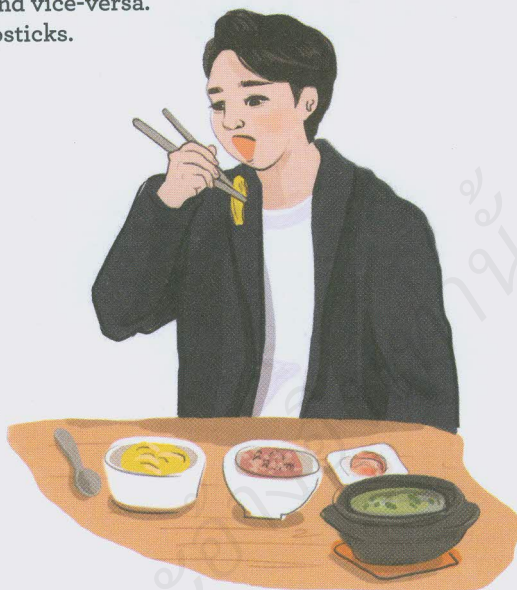
젓가락



- Use a spoon for rice and soup, and chopsticks for smaller foods.
- Put the chopsticks down when using the spoon, and vice-versa.
- The spoon should be placed to the left of the chopsticks.



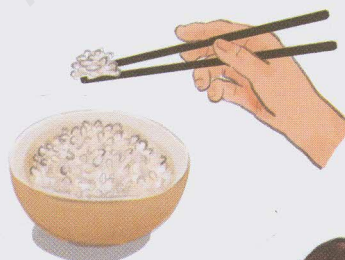
The first spoonful of rice should not be taken from the center, but from around the edges.



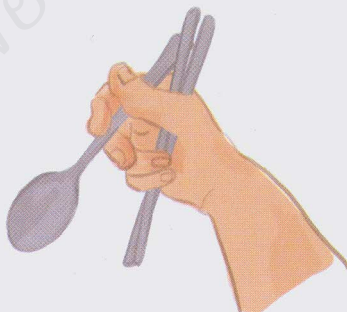
Eat while sitting upright.

WHAT NOT TO DO

- Blow on hot food to cool it down, you have to wait until it reaches a good temperature.
- Blow you nose or burp.
- Top up an alcoholic drink before you have finished it.
- Move the cutlery.



Poke around the rice with your cutlery, except when offering food to ancestors.



Hold your spoon and chopsticks at the same time.



Lift your bowl or plate off of the table (like in China or Japan where you would eat with the bowl of rice in your hand and not on the table).

TABLEWARE AND UTENSILS

In Korean history, pottery and metalwork techniques were extremely desirable and a rich and diverse range of table art was created; the beauty of white porcelain or greenish gray celadon is renowned amongst experts.

TABLEWARE, CUTLERY 식기



도자기

Porcelain: suitable for all seasons.

Dinnerware



Sudgalag, jeotgalak, spoons and chopsticks: they are always placed together. Korea is the only country that uses metal chopsticks.



칠기

Lacquer: most commonly used by Buddhist monks.



반짜유기

Bangja-yugi, copper-tin alloys: winter tableware, it holds heat well.



다구

Dagu, tea service



소반

Soban, lacquered coffee table.



대접
Stainless steel daejeop, large bowl for noodles or noodle soup.



독배기

Ttukbaegi, clay pot, for stews.



돌솥

Dolsot, a stone bowl, for bibimbap.

UTENSILS AND EQUIPMENT

옹기



Onggi, clay dishes: Due to the clay and varnish used to make them, these dishes “let the contents breathe,” making them perfect for fermented foods.



전골냄비

Large saucepan: used for hot pots.



Tongs and scissors: for cutting meat and more springy noodles.



절구

Stone pestle: perfect for crushing garlic.

불고기 불판



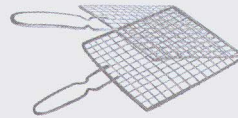
Bulgogi-bulpan, specific bulgogi grill.



가스버너

Portable gas stove: to cook grilled meats and hot pots at the table.

석쇠



Grilling basket: for grilling seaweed sheets, meat and fish.



채반

Chaeban: drying rack.

김치냉장고와 용기

Kimchi-nengjango, kimchi “cave”: refrigerators and boxes specifically for kimchi, refrigerators replicate the ideal temperature for kimchi fermentation.



Containers: for fermentation.

STAPLE PRODUCTS

Here are the most frequently used products.

배추



Baechu, pe-tsaï cabbage (Napa cabbage): essential for making *kimchi*.

무



열무



Mu, daikon radish: has a more subtle flavor than black radish, and firmer than pink radish, one of the most commonly used vegetables.

콩나물



Kongnamul, soybean sprouts: most popular after the vegetables used in *kimchi*. They can be used in soups or salads, both raw and cooked.

미나리



Minari, water celery: aromatic vegetable used in fish soups. It can also be used to make a kind of string to prepare a variety of items (parcels, bouquets, etc.).

쑥



Ssuk, mugwort: aromatic herb that acts as a green coloring in both savory and sweet dishes.

갯잎



Ketnip, perilla leaves: very aromatic, they are often enjoyed with grilled meats.

마늘



Maneul, garlic, and pa, scallions: these are the most commonly used types of seasoning in Korean cooking. They can be found in almost everything, with the exception of Buddhist food.

파

생강



Sengang, ginger: this winter spice is used in infusions or syrups, but also in *kimchi*.

고추



Gochu, made from fresh red or green chilis.

실고추



Gochugaru, dried red chili flakes, silgochu, dried chili 'threads': chili is the most recently introduced spice in Korea. Having said this, it can be found in many Korean dishes, in particular *baechu kimchi*, the most popular type of *kimchi*.

고춧가루

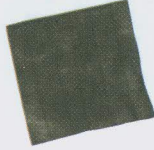


멸치



Myeolchi, dried anchovies: for broths or confits.

김



Gim, dried red seaweed sheets (nori): they can be eaten grilled or raw with rice.

다시마



Dashima, brown seaweed (kombu): for broths or *ssam*.

미역



Miyeok, tender brown seaweed: it is used both raw and cooked in soups and salads.

표고버섯



Pyogo-beoseot, shiitake mushrooms: very fragrant, they are cooked with meat or in broths.



Kkhae, black and white sesame seeds, toasted: they provide a nutty flavor and give dishes a decorative touch.



Jat, pine nuts: as kernels, a dry powder or in sauces, they provide a creamy flavor.

대추



Daechu, dried jujube: it's almost apple-like flavor brings a sweetness to both savory and sweet dishes.

은행



Eunhaeng, ginkgo seeds: they are eaten either grilled or crushed, but they are also used to garnish some dishes.

감



Gam, persimmon: made with pears and apples, two of the three most popular Korean fruits. They are often used in *kimchi*.

배



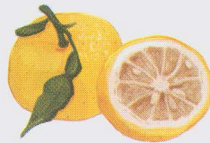
Bae, Asian pears: crisp and more refreshing than French pears.

석류



Seokryou, pomegranate: used in soft drinks and some types of *kimchi*.

유자



Yuja, yuzu: it is used to make some types of *kimchi* and some sauces, for both savory and sweet dishes.

오미자



Omija, the five flavor berry: these are dried and used in sweet dishes.

CONDIMENTS AND SAUCES

Most condiments come from the salt fermentation process, and often replace it in recipes. You can tell the difference between them depending on the way they have been made, in a traditional way or mass-produced. The difference between them not only depends on their quality, but also on the type of microorganisms used in the fermentation process. For example, the taste of traditionally made soy sauce is completely different than mass-produced soy sauce. Traditionally-made condiments with a strong flavor are used for traditional cooking.

CONDIMENTS 양념



재래 된장

Jerae-doenjang: traditional fermented soybean paste.



재래 간장

Jerae-ganjang: traditional soy sauce, and *cheong-jang* is the unaged version (short-term maturation period).



새우젓 / 액젓

Saeujeot, fermented shrimp, and aek-jeot, fish sauce: a powerful flavor enhancer.



고추장

Gochujang: traditional fermented soybean paste with chili.



참기름 / 들기름

Cham-gileum and deul-gileum: toasted sesame and perilla oil, the most popular aromatic oils. They give Korean food its characteristic smell.



된장

Mass-produced doenjang



간장

Mass-produced ganjang



고추장

Mass-produced gochujang



매실청

Maesil-cheong: plum syrup for savory dishes.



식초

Sikcho: rice vinegar.



조청

Jo-cheong: a rice syrup used in sweet dishes.

SAUCES 양념장

Mix all of these ingredients together.



양념간장

Yangnyeom-ganjang, seasoned soy sauce

For *bibimbap* and raw tofu dishes.

- 5 tbsp (75 ml) of soy sauce
- 1 tbsp (15 ml) of honey
- 1 tbsp (15 ml) of toasted sesame oil
- 2 tsp (10 ml) of chopped scallions
- 1 tsp (5 ml) of crushed garlic



양념고추장

Yangnyeom-gochujang, seasoned gochujang

For *bibimbap*.

- ¼ cup (80 g) of *gochujang*
- 2 tbsp (30 ml) of water
- 1 tbsp (15 ml) of sugar
- 1 tbsp (15 ml) of toasted sesame oil
- 2 tsp (10 ml) of soy sauce



삼장

Ssam-jang

For grilled, raw or marinated meats, and *ssam*.

- 5 tbsp (75 ml) of *doenjang*
- 2 ½ tbsp (37.5 ml) of *gochujang*
- 1 tbsp (15 ml) of sesame oil
- 1 tbsp (15 ml) of water
- ½ tbsp (7.5 ml) of sugar
- 2 tsp (10 ml) of crushed toasted sesame seeds
- 1 tsp (5 ml) of chopped garlic



기름장

Gileum-jang, salty sesame oil

For plain grilled meats (not marinated) and grilled mushrooms.

- 1 tbsp (15 ml) of fleur de sel (or sea salt)
- 1 tbsp (15 ml) of sesame oil
- Pepper



초간장

Cho-ganjang, vinegar soy sauce

For fried foods and dumplings.

- Just under ¼ cup (50 ml) of soy sauce
- Just under ¼ cup (50 ml) of rice vinegar



초고추장

Cho-gochujang, vinegar gochujang sauce

For raw fish or seafood dishes.

- 3 tbsp (45 ml) of *gochujang*
- 3 tbsp (45 ml) of rice vinegar
- 1 ½ tbsp (22.5 ml) of sugar
- 1 tbsp (15 ml) of water



강된장

Gang-doenjang, fermented soybean paste with vegetables

For *ssam* and rice.

- Finely chop 8 shiitake mushrooms, 1 zucchini, 1 onion, 4 green chilis, 9 cloves of garlic.
- Sweat the vegetables with 2 tbsp (30 ml) of perilla oil, then add 2 tbsp (30 ml) of *doenjang*, 2 tbsp (30 ml) of *gochujang*, 2 tbsp (30 ml) of honey and ¼ cup (80 ml) of water.
- Cook the ingredients down until they are very tender.



겨자장

Gyeoja-jang, sweet mustard dressing

For salads.

- Just over ¼ cup (70 g) of apple or pear purée
- 6 tbsp (90 ml) of rice vinegar
- 2 tbsp (30 ml) of pine nut powder
- 1 tbsp (15 ml) of honey
- 3 tsp (15 ml) of mustard
- Salt

KOREAN COOKING TERMS

The Korean language has a wide variety of adjectives and words used to describe informal and sensory qualities. In the world of cooking, there are many onomatopoeias and interjections which convey taste, texture and emotion.

Seasoning

Ming-ming: lacks salt, and therefore, flavor (stronger than *seum-seum*).

Seum-seum: a slight lack of salt which gives a blandness to food, allowing you to better taste the “natural” flavor of the ingredients (this is the famous notion of “blandness” in Asian culture, for example, the taste of rice without salt, bland but rich in subtle flavors).

Sam-sam: perfectly salted.

Jjap-jjal: a touch too salty, but still enjoyable.

Textures

Assak-assak: the crunch of wet and light foods (cucumber, salad leaves...).

Ageak-ageak: the crunch of wet and firmer foods (thicker and crunchier vegetables like carrots).

Ba-ssak-ba-ssak: crisp, light, pleasant, crumbles into small pieces (like a cookie that has just been taken out of the oven).

Phou-seok-phou-seok: a loose crumbling (like dry bread being turned into bread crumbs).

Go-sseul-go-sseul: used to talk about the cooking of short-grain rice, cooked al-dente, without too much moisture weighing it down.

Phou-sseul-phou-sseul: the texture of long-grain rice, low-moisture and not too sticky.

Mal-lang: pleasantly soft, springy (like freshly baked bread).

Moul-leong: soft, not necessarily in a pleasant way, mushy vegetables (like an overripe peach).

Tchol-guit: soft, very springy rice cakes, pleasant to chew.

Gil-guit: rubbery, tougher meats or fibrous vegetables.

Types

CUTTING – **Song-song:** very thin slices (finely chopped scallions).

Sung-sung: thick slices (chopping a leek into large pieces).

Sung-deong-sung-deong: cut ‘soft’ products into large pieces (cutting meat for stews).

COOKING – **Bo-geul-bo-geul:** gently boiling, more than a simmer.

Bou-geul-bou-geul: vigorously boiling with large bubbles.

Ji-geul-ji-geul: sizzling oil, a thin layer of oil in a frying pan.

STEAM – **Mo-lak-mo-lak:** a small amount of steam released quickly but steadily (hot rice being taken out of the cooker).

Mou-leok-mou-leok: a lot of steam released vigorously from a large sauce pan or casserole dish.

Smells and actions

Pol-pol: a slight smell – quite pleasant – that grows, but is not too overpowering (subtle smell of toast).

Poul-poul: a smell – quite unpleasant and strong – that grows quickly (rotten smell).

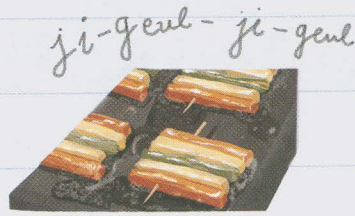
Souhl-souhl: vigorous, clean and quick release of the contents through a wide opening.

Sohl-sohl: slow and light sprinkling of a granular product (careful sprinkling of salt).



gil-gwit

지끼
갈기



ji-geul - ji-geul

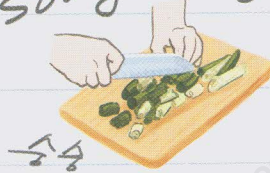
bo-geul - bo-geul



보글보글

↑
↓

song-song



송송

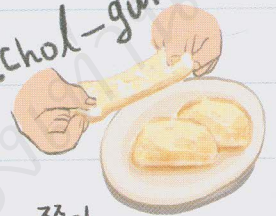
song - song



Sung,
deong
|
sung
deong

썩
당
썩
당

tchol-gwit



찰기

Mou-leok -
Mou-leok



무늬
무늬

bo-geul - bo-geul



부글
부글

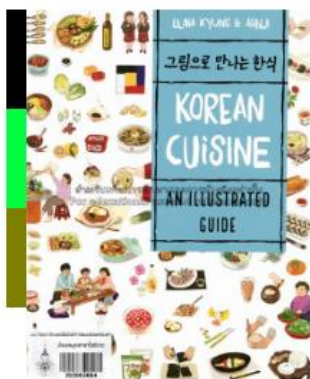
mo-lak -
mo-lak



모락
모락

สามารถยืมและติดตามหนังสือใหม่ได้ที่ ระบบห้องสมุดอัตโนมัติ Walai Autolib

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