



NO RECIPES – just everything you ever wanted to know about Korean food through 101 of its most iconic dishes



£14.99 PB 978-1-56591-458-2

210 x 152 mm; 240 pages: 174 colour photographs; index

Available SEPTEMBER 2015

A brand-new book with a slick, contemporary feel

Introduces 101 brilliant Korean dishes which have been popular through many generations, and includes a wealth of information on origins, common misconceptions and the story behind each dish, with anecdotes and facts.

Our other books will teach you how to make the food... this treasure teaches you how to understand it, how to eat it and in what order, table etiquette and common practice: in fact the whole culture of Korea's wonderful cuisine.

KOREAN FOOD 101 - A Glimpse into Everyday Dining

£14.99 softcover; isbn 978-1-56591-458-2 Available SEPTEMBER 2015 by KOREAN FOOD FOUNDATION

The book begins with a Preface that explains the purpose behind the project, followed by notes on *The Culinary Culture of Korea*, which describes how all dishes are served together, rather than in courses; the use of fermented foods for flavour and nutrition; the use of fresh, local, seasonal ingredients; how spices and garnish enhance taste, aesthetics and nutrition; and finally advises on table manners and table ware. The dishes themselves are organised traditionally by cooking style / type of cuisine:-

- **BAP & JUK**
cooked grains and porridge
- **MYEON & GUKSU**
noodles and dumplings
- **GUK & TANG**
soups
- **JJIGAE & JEONGOL**
stews and hot pots
- **JJIM, JORIM & BOKKEUM**
braised dishes, glazed dishes and stir-fried dishes
- **GUI & JEON**
grilled dishes and pan-fried delicacies
- **HOE**
sliced raw fish or meat
- **KIMCHI**
kimchi (fermented pickled vegetables)
- **MIT-BANCHAN**
basic side dish
- **TTEOK, HANGWA & EUMCHEONGRYU**
rice cake, Korean sweets and beverages



Koreans' Favorite Meat Dish
Bulgogi
[Bulgogi]

Bulgogi is prepared by marinating thin slices of beef and grilling them. In the past, the royal court and *yungjans* (entry class) in Seoul used to call it *neobiani*, which means wide meat slices.

The Origin of Bulgogi: Maekjook in Goguryeo

Traditional grilled meat dishes in Korea originated from *maekjook*. *Maek* was the northeast region of China, and it also a reference to Goguryeo which is one of the earliest Korean kingdoms. *Maekjook* is a dish of barbecued beef skewers and, according to folklore, it evolved into the current *bulgogi* because the introduction of the grill made skewers obsolete. It is said that *bulgogi* was the only dish in the world that marinated the meat before it is grilled. There is a similar dish in China, but the meat is grilled or ground first and then mixed with sauce. Because the marinated *maekjook* did not require the use of sauce, it was also called *myeong* (no sauce). It eventually evolved into a royal court dish *neobiani*, the predecessor of *bulgogi*.

Mixing Rice with the Juicy Broth

Bulgogi tastes sweet and flavorful because it is marinated in a sauce consisting of honey, thick soy sauce, black pepper, chopped garlic, and scallion. Back when restaurants did not offer as many choices as now, Koreans usually ate *bulgogi* when they dined out on special days. While the *bulgogi* sizzled on a plate moist with its juice, adults ate the meat and drank *soju* (Korean distilled spirit), and children mixed their rice with the sweet gravy.

President Obama and Bulgogi

Bulgogi has long been a popular dish served to guests. Many foreigners visiting Korea are impressed by *bulgogi*, and state guests are no exception. Indeed, US President Barack Obama, a known fan of Korean cuisine, cites *bulgogi* as one of his favorite lunch dishes. During his 2009 state visit to Korea, Cheongwae (presidential residence) gladly obliged and served *bulgogi* at the official dinner.

153



Reminiscing *Dakdori-tang*
Dak-maeun-jjim
[Braised Chili Chicken]

Dak-maeun-jjim is made with cut-up chicken, onions, potatoes, and other vegetables, which are marinated in a spicy sauce and braised together. The dish can be made with less liquid to be less sloppy and presentable to guests. But, most people prefer the country-style version, which boils the ingredients in plenty of liquid to create a thick, bubbling sauce.

Dakdori-tang, the Ongoing Debate

Dak-maeun-jjim is still called *dakdori-tang* by many. Following a long, fierce debate, the official name of the dish was changed from *dakdori-tang* to *dak-bokkeum-tang* and finally to the current term. It all started when the National Institute of Korean Language issued an opinion that the name should be changed, because the *dori* in *dak-dori-tang* is the Japanese word for bird. From that point, the dish was officially known as *dak-bokkeum-tang*, which led to complaints from those accustomed to the original name saying that the new name did not sound appetizing. It can be likened to the once questionable renaming of "French fries" to the far less appealing "Freedom Fries." One argument recently gaining support is that *dakdori-tang* is a legitimate Korean term, because *dori* was not derived from Japanese but rather from the Korean verb, *dorida* (to cut out). By whatever name it may be called, the tender chicken pieces and potatoes braised in a spicy sauce which is later mixed with rice, is an all-time favorite among Koreans.

Dak-maeun-jjim Broth

Home-cooked *dak-maeun-jjim* is not cooked with a lot of broth, but the restaurant version tends to have an ample amount of broth, because the dish has to be continually simmered at the table. Sometimes, a large amount of potato chunks are added. Once cooked, the potatoes are mashed with spoons and eaten with the hot broth. *Buldak* (hot and spicy chicken), which includes extra hot *cheongyang* red peppers, is a version where the chicken is stir-fried without broth on a hot pan. Those who love spicy food enjoy *buldak* for its tongue-paralyzing, head-spinning spiciness.

Andong *jjimdak*, A Sweet Taste from Soy Sauce

Andong-style braised chicken *andong jjimdak* is not red, but dark brown from being cooked in soy sauce. Still, the dish packs enough spice to bring sweat to most brows. The spiciness comes from the extra hot *cheongyang* red pepper. Many believe that *andong jjimdak* originated from a prestigious family from the Andong region, but it was actually invented in the chicken alley of the so-called Old Andong Market in the late 1970s as an affordable yet generous dish to be shared among a large group.

115