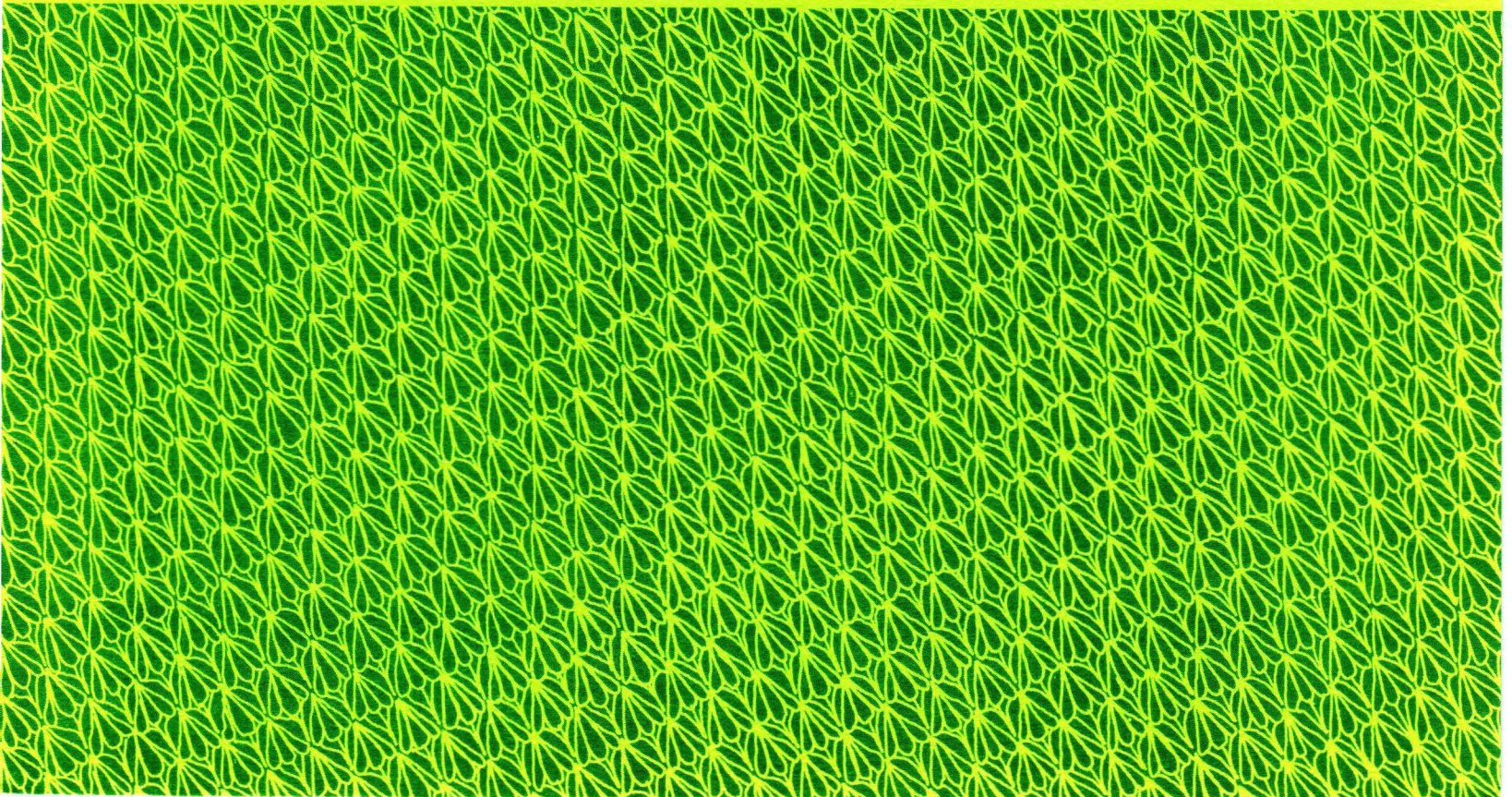


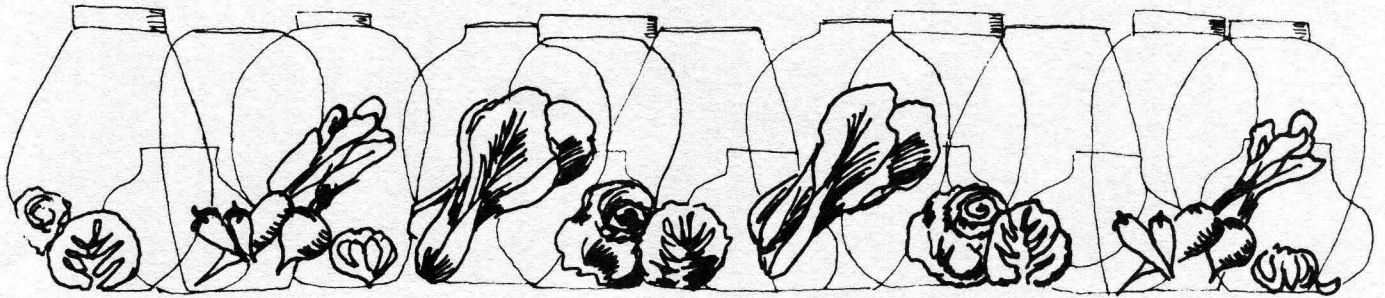


ABOUT KOREAN FOODS

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THE KOREAN meal as a rule consists of the main dish—a starchy food—and several side dishes—soup, meat, fish, or vegetables. The main dish may be rice mixed with other grains, such as barley and red beans. The most popular meats are beef and pork; chicken and pheasant are regarded as delicacies.

Vegetables predominate in the diet of the Korean people. The most important, without which the Korean meal can never be complete, are radishes and Chinese cabbage, prepared as *kimchee*, a food popular with all Islanders.

For Koreans, the most important meat is beef, in contrast to pork for the Chinese and fish for the Japanese. The meat is roasted, or it may be cooked with water, to prepare a soup. Frying is not a traditional Korean method of food preparation although it has become popular in recent times.

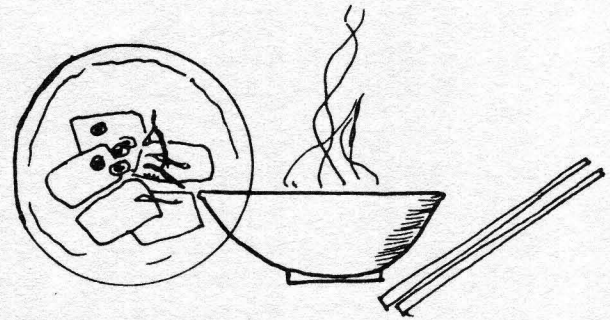
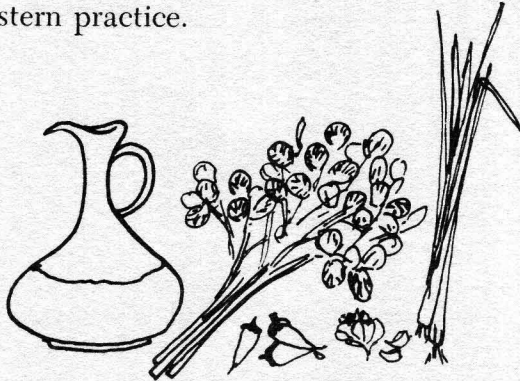
The typical traditional Korean house does not have a dining room. A central room is used for dining. The regular meal is prepared in the kitchen and brought to the central room on

a small table. The most common table for regular meals is a rectangular one about 2 feet long and 1 foot wide that stands 10 inches high. For a regular meal, two persons sit on the floor face to face across the small table. On the table before each person are placed cooked rice to the left and soup to the right, a spoon and a pair of chopsticks laid along the right edge of the table. Other side dishes, which are usually shared by the two persons, are placed in the middle of the table. When a meal is taken by more than two persons, each pair is served at a separate table.

Korean food containers are, with few exceptions, shaped in the form of a bowl rather than a flat dish. They are made of wood, brass, or china. Woodware is now rare, preserved by some old families to be used on the occasion of memorial services.

Etiquette requires one to sit erect at the table and to wait until the elder takes up his spoon or chopsticks. While not in use, the spoon and chopsticks should be laid to the right beside the soup bowl and never left in the dish

or bowl. Throughout the meal, the left hand should lie under the table. It may be brought up to hold or tilt a dish or bowl towards oneself, but never towards another. Conversation during the meal is discouraged, in contrast to Western practice.



MAN-TU
(Meat Dumplings in Soup)

6 servings

- | | |
|---|--|
| 1 pound beef | ¼ cup mushrooms,
chopped fine |
| 2 green onions, chopped | 1 cup bean sprouts, fresh
or canned |
| 2 tablespoons prepared
sesame seed (see
recipe) | 1 teaspoon salt |
| 6 tablespoons soy sauce | 1 cup chopped cooked
celery cabbage |
| 1½ cloves garlic | 3 tablespoons pine nuts
(or slivered almonds) |
| Few grains pepper | 1 egg |
| 7 cups water | |
| 2 teaspoons oil | |

TO PREPARE SOUP:

Cut ¼ of the pound of beef into thin pieces 1 inch square. Add 1 chopped onion (including tops), 1 tablespoon prepared sesame seed, 2 tablespoons soy sauce, ½ clove chopped garlic, pepper, and mix well. Cook until meat is well seared. Add water and cook until meat is tender.

TO PREPARE FILLING:

Grind remaining ¾ pound beef fine and add 1 chopped onion (including tops), 1 tablespoon prepared sesame seed, 4 tablespoons soy sauce, 1 clove chopped garlic, 2 teaspoons oil, and pepper. Mix well. Add mushrooms. (If fresh bean sprouts are used, cook in boiling water 3 minutes and chop fine. Canned sprouts are chopped fine and added to the meat.) Boil chopped celery cabbage for 3 minutes in a small amount of water, press out liquid and add to the meat. Add salt and mix well together.

**KOREAN FOODS
MENU**

MAN-TU
(Meat Dumplings in Soup)

PUL KO KEE
(Broiled Barbecued Beef)

KHONG NAMUL
(Beansprout Salad)

SANG-SUHN JUHN
(Fried Fish)

MINALI NAMUL
(Watercress Salad)

POM KIMCHEE
(Spring Pickled Cabbage)

HEEN PAHB
(Rice)

CHA
(Tea)

CHO-RAAN
(Date Balls)

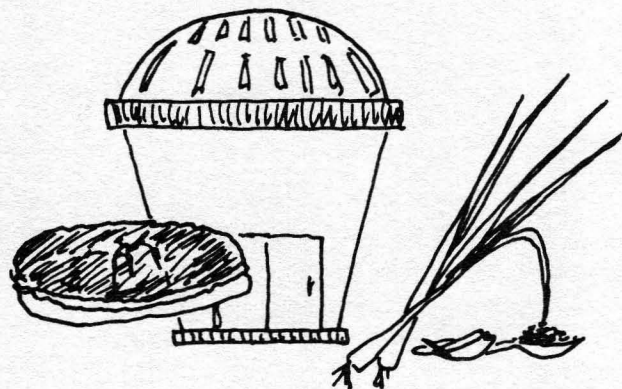
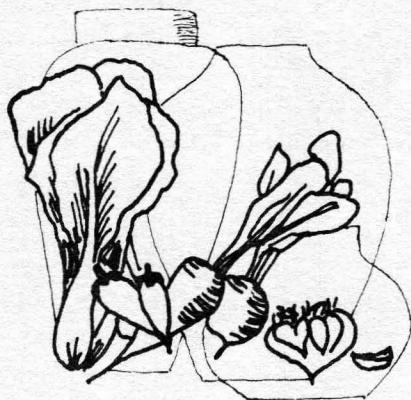
TO PREPARE DOUGH:

3 cups flour
1 cup water

Add water to the flour to make a stiff dough. Knead 5 minutes. Roll the dough into a long piece 1 inch in diameter and cut crosswise into 1 inch lengths. Roll each piece into a circle 3 inches in diameter. Put 1 teaspoonful of the meat mixture on the lower half of the dough, add 2 or 3 pine nuts and fold the dough over to make a half circle. Moisten edge of dough with water, press edges firmly together to hold the meat inside.

When ready to serve, drop dumplings into the boiling soup. When dumplings come to the top, cook 2 minutes longer. Serve at once, 6 to 8 dumplings in soup per person. Decorate the top of each bowl of soup and dumplings with egg.

To prepare the egg, separate the yolk and white and beat each slightly with a fork. Cook separately by circling a small amount of white or yolk over the bottom of a heated, oiled skillet. When firm, turn and cook the other side slightly. Cut in $\frac{1}{2}$ inch diamond-shaped pieces and use both yellow and white as decoration for each bowl of soup.



PUL KO-KEE (Broiled Barbecued Beef)

6 servings

1 pound beef	1 green onion, chopped
4 tablespoons sugar	1 clove garlic, chopped
2 tablespoons oil	4 tablespoons prepared sesame seed
6 tablespoons soy sauce	1 tablespoon flour
Few grains pepper	

Cut beef into thin slices 3 inches square. Add sugar and oil; mix well. Combine soy sauce, pepper, chopped onion (including tops), chopped garlic, prepared sesame seed, and flour. Add to the meat; mix well and let stand 15 minutes.

Broil meat over a charcoal fire, or fry in a small amount of oil until tender. If frying, cover tightly after all pieces are well browned. Add a small amount of water and steam until meat is tender. Serve hot.

TO PREPARE SESAME SEED:

1 cup hulled sesame seed

Put seed in a heavy skillet and brown slowly, stirring constantly. When the seeds are brown and rounded, remove at once from the fire and skillet. Add salt. Mash the seeds in a small bowl until pulverized or crush with rolling pin between two sheets waxed paper. Sesame seed is used in this form in most recipes.

KHONG NAMUL
(Bean Sprout Salad)

6 servings

4 cups fresh bean sprouts	1½ teaspoons oil
1½ cups boiling water	2 green onions
2½ tablespoons soy sauce	Few grains red pepper
2 tablespoons prepared sesame seed	1 teaspoon salt

Wash fresh bean sprouts. Place in boiling water, cooking until tender, about 3 minutes, and drain. Replace sprouts in pot and add mixture of soy sauce, prepared sesame seed, oil, chopped onion (reserving the tops), and red pepper. Reheat 2 minutes, or until seasonings are absorbed. When almost done, add onion tops cut into 1 inch lengths, cooking until crispy tender. Season with salt.

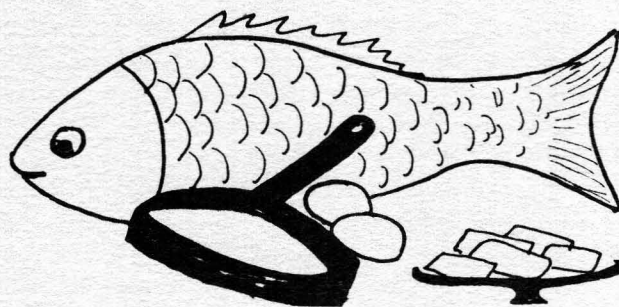
MINALI NAMUL
(Watercress Salad)

6 servings

1 bunch watercress* (approx. 1 pound)	2 tablespoons vinegar
1½ cups boiling water	1 tablespoon green onion, finely chopped
2 to 3 tablespoons soy sauce	¼ teaspoon garlic, finely chopped
½ teaspoon cayenne or finely chopped red pepper	1 teaspoon salt
1½ tablespoons white prepared sesame seed	¼ teaspoon sugar, if desired

Remove tough portion of watercress stems and undesirable leaves, wash thoroughly and cut into 1½ inch lengths. Place in boiling water, add salt, and cook 3 minutes. Drain thoroughly. Add remaining ingredients, mix well, chill, and serve.

*May substitute young spinach or kale.



SANG-SUHN JUHN
(Fried Fish)

6 servings

1 pound boned white fish	2 eggs, beaten slightly
1 teaspoon salt	4 tablespoons oil
3 tablespoons flour	

Clean and cut fish into thin slices 2 inches square. IMPORTANT: FOLLOW THIS SEQUENCE. Mix salt and flour. Roll fish in flour mixture and then in slightly beaten egg. Fry in a small amount of oil until brown on both sides and tender. Serve with vinegar-soy sauce.

TO PREPARE VINEGAR-SOY SAUCE:

6 tablespoons soy sauce	1 tablespoon chopped pine nuts
6 tablespoons vinegar	
2 tablespoons sugar	

Combine soy sauce, vinegar, and sugar. Mix well and put 2 tablespoons of the sauce into individual dishes. Sprinkle chopped pine nuts over the top of each dish of vinegar-soy sauce. The vinegar-soy sauce is served individually because the fried fish and other fried foods are dipped into the sauce before they are eaten.

POM KIM CHEE
(Spring Pickled Cabbage)

6 servings

3 cups celery cabbage	½ teaspoon red chili
3 green onions	pepper, chopped fine
3 tablespoons salt	1 teaspoon chopped
1 clove garlic, chopped	candied ginger
fine	1½ cups water

Wash cabbage and cut into 1 inch squares. Sprinkle with 2 tablespoons salt and mix well. Let stand 15 minutes, then wash cabbage in cold water two or three times. Cut the onions into 1½ inch lengths and add remaining ingredients. Mix cabbage and other vegetables; put in glass or stone crock. If necessary, add enough water to cover the cabbage. Let stand for several days or just one day, if weather is warm. Keep cabbage under liquid with weighted dish or cover, or plastic bag filled with water. Store in refrigerator. Kim chee may be kept several weeks.

CHO-RAAN
(Date Balls)

6 servings

30 dates, seeded	3 tablespoons pine nuts
2 tablespoons sugar	or almonds, finely
1 teaspoon cinnamon	chopped

Steam dates for 15 minutes and chop fine or mash. Add sugar and cinnamon and mix well. Make into balls ½ inch in diameter and roll in finely chopped pine nuts. Arrange attractively on small plates.

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1. *Korea—Its Land, People and Culture of All Ages*. Hakwon-Sa, Ltd., Seoul, Korea, 1960, pp. 602-606.
2. *The Art of Korean Cooking*. Harriett Morris. Charles E. Tuttle Company, Vermont; Japan, 1960.