

KOREAN CUISINE

A presentation by Sīmanis Jākobsons



MAIN INGREDIENTS

- Korean food consists mainly of rice meats and vegetables, which is quite common around the world, however there are some ingredients that are less common in other cultures such as: sesame oil, *doenjang* (fermented bean paste), soy sauce, pepper flakes, *gochujang* (fermented red chili paste) and cabbage

MOST POPULAR FOOD

- ◉ The most popular food is Kimchi which is traditionally made with fermented cabbage, daikon raddish, along with chilli flakes and fish souce



HOT POT

- Hot pot is a style of cooking and eating fairly common in east Asia, but might seem quite strange to westerners. Instead of the meal being prepared in a kitchen and brought to the client hot pot restaurants serve their clients by having a pot of boiling stock at the table and then bringing a variety of uncooked ingredients (meats, vegetables, noodles, mushrooms, tofu) to the table and allowing the clients to cook the ingredients themselves. This is an ancient tradition and that was how Koreans originally ate in wintertime.



MORE FOOD AND PICTURES

◉ Bulgogi



◉ Sannakji





◉ Guk



