

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



