

Korean Food Manual

1. (bibimbap)/ Rice Mixed with Vegetables and Beef

Rice Bowl mixed with cooked vegetables. Beef and a fried egg may be added to this. The meal is served with red chili paste which should be mixed in thoroughly.

2. (dolsot bibimbap)/ Stone Pot Bibimbap

One of the most popular variations of bibimbap, which is made with steamed rice and cooked vegetables. Beef and a fried egg may be included. It is served piping hot in an earthenware pot and has a distinctively crispy texture.

3. (sanchae bibimbap)/ Vegetarian Bibimbap

This type of bibimbap consists of lots of freshly picked mountain shoots and leafy green vegetables, with which red chili paste and seasoning is served.

4. (gimbap)/ Dried Seaweed Rolls

Sliced ham, fried egg and steamed vegetables are placed on a flat bed of cooked white rice. This is rolled in a sheet of dried seaweed and cut into slices.

5. (kimchi bokkeumbap)/ Kimchi Fried Rice

Kimchi and cooked rice are sautéed in a pan. Popular variations also include tuna or sliced beef.

6. (Ojingeo deopbap)/ Stir-Fried Squid with Rice

Slices of onion, spring onion and carrot are sautéed with chopped squid in a red chili sauce, before being served on a bed of rice.

7. (hobakjuk)/ Pumpkin Porridge

Porridge made with glutinous rice powder and pumpkin, which is sweetened.

8. (heugimjajuk)/ Black Sesame and Rice Porridge

Porridge made with white rice and ground black sesame seeds.

9. (jeonbokjuk)/ Rice Porridge with Abalone

Rice porridge cooked with minced abalone. It is regarded as a delicacy.

10. (naengmyeon)/ Chilled Buckwheat Noodle Soup

Buckwheat noodles served in a chilled beef broth with pickled radish, sliced Korean pear, and a hard-boiled egg. It is served with a side dish of vinegar and mustard.

11. (kalguksu)/ Noodle Soup

Soup made with flat wheat noodles added to a hot chicken or beef broth. Clams, julienned squash, and a highly seasoned sauce provide the topping.

12. (mandu)/ Dumplings

Dumplings made with thin dough and filled with meat or vegetables. Served boiled, steamed, or fried.

13. (sujebi)/ Sujebi Soup (Korean-Style Pasta Soup)

Soup contains summer squash, a variety of vegetables, and small pieces of Korean-style pasta.

14. (janchi guksu)/ Banquet Noodles

Thin noodles in a clear soup are topped with sautéed beef, mushroom, summer squash, crushed dried seaweed, and julienned egg.

15. (bibim guksu)/ Mixed Noodles

A dish of sweet-and-sour noodles made with meat or vegetables, and served in a spicy sauce. The dish is eaten by stirring everything into the sauce with chopsticks.

16. (yukgaejang)/ Spicy Beef Soup

Spicy soup consists of beef and variety of vegetables. It is seasoned with red chili powder in a soy sauce.

17. (samgyetang)/ Ginseng Chicken Soup

A whole young chicken is stuffed with ginseng, glutinous rice, garlic, ginger, Korean dates and chestnuts.

18. (seolleongtang)/ Ox Bone Soup

A beef bone stock is simmered overnight then served with thinly sliced pieces of beef.

19. (gomtang/gomguk)/ Thick Beef Soup

Soup made from a stock of beef bones which is simmered. It is served up with a side dish of chopped green onion, salt and diced radish kimchi.

20. (maeuntang)/ Spicy Seafood Stew

A thick spicy stew consisting of fish or clams, to which vegetables, red chili powder and red chili paste are added.

21. (doenjangguk)/ Soybean Paste Soup

Soup made with soybean paste, a variety of vegetables and several kinds of shellfish.

22. (galbi tang/galbitguk)/ Short Rib Soup

Soup containing beef ribs, Korean radish and garlic. It is simmered overnight.

23. (miyeokguk)/ Seaweed Soup

Soup made with seaweed in a beef or aromatic anchovy stock.

24. (tteokguk)/ Sliced Rice Pasta Soup

Soup with sliced ovals of rice pasta in a clear beef broth, topped with slices of beef and julienned egg.

25. (mandutguk)/ Dumpling Soup

Dumplings with minced meat and vegetables, served in a clear meat broth.

26. (kimchi jjigae)/ Kimchi Stew

Spicy stew with kimchi, green onion, onion, tofu, and pork. It is always served piping hot.

27. (doenjang jjigae)/ Soybean Paste Stew

Stew with soybean paste and a variety of vegetables. Shellfish and Beef may be added to this. It is always served piping hot.

28. (sundubu jjigae)/ Spicy Soft Tofu Stew

Spicy stew with soft tofu, and shellfish. The soft tofu (which melts in your mouth) and the spicy chili complement each other perfectly.

29. (budae jjigae)/ Spicy Sausage Stew

Spicy beet stew with a variety of sausages and vegetables.

30.(cheonggukjang jjigae) /Rich Soybean Paste Stew

Stew with a pungent variety of thick soybean paste and tofu.

31. (gopchang jeongol)/ Spicy Beef Tripe Hot Pot

Hot pot containing chopped and seasoned beef tripe, and an assortment of vegetables cooked in a spicy beef broth.

32. (guksu jeongol)/ Noodles Hot Pot

Hot pot containing meat and vegetables served in broth. Noodles are added just before the other ingredients have finished cooking.

33. (sinseollo)/ Royal Hot Pot

Hot pot containing seafood, fine meats and vegetables served in broth. It is cooked at the table in a brass pot.

34. (dubu jeongol)/ Stuffed Tofu Hot Pot

Hot pot with slices of tofu and various vegetables in spicy or mild beef broth.

35. (bossam)/ Chinese Cabbage Wraps with Pork

Thin slices of poached pork, served up with kimchi, which is used to wrap the meat.

36. (suyuk)/ Boiled Beef or Pork Slices

Poached beef or pork, thinly sliced and served with a dip of fermented shrimp sauce.

37. (agwi jjim)/ Spicy Angler Fish with Soybean Sprouts

Angler fish, braised in a spicy sauce with a variety of vegetables, herbs and spices.

38. (jokbal)/ Glazed Pigs' Feet

Pigs' feet cooked in soy sauce, sugar, ginger and garlic until glazed.

39. (galbi jjim)/ Braised Short Ribs

Beef short ribs cooked in a soy sauce, and simmered slowly with assorted vegetables.

40. (namul)/ Vegetable Side Dishes

These side dishes consist of individual vegetables which are stir-fried, or blanched and seasoned.

41. (japchae)/ Sautéed Vegetables with Potato Noodles

Clear potato noodles cooked with stir-fried vegetables and small pieces of beef, which are cooked in a soy sauce.

42. (gujeolpan)/ Platter of Nine Delicacies

A beautifully presented platter of 8 julienned vegetables, served with beef and crepes in the center. It comes with a dip.

43. (tangpyeongchae)/ Mung Bean Jelly Mixed with Vegetables and Beef

Slices of mung bean jelly, mixed with stir-fried vegetables, dried seaweed and seasoned ground beef.

44. (oiseon)/ Stuffed Cucumbers

Cucumbers slit lengthwise, sautéed and stuffed with stir-fried beef and vegetables. It is dressed with vinegar sauce.

45. (dotorimuk)/ Acorn Jelly Salad

Acorn jelly, mixed with various vegetables and dressed in a soy sauce.

The acorn jelly is made in a mold using gelatin to congeal acorn puree. It is sliced, dressed with soy sauce, and mixed with vegetables. The vegetables are dusted with chile powder.

46. (godeungeo jorim)/ Braised Mackerel

Mackerel, cooked in soy sauce and red chili sauce. It is braised until the sauce has reduced.

47. (dubu jorim)/ Braised Pan-Fried Tofu

Slices of tofu are pan-fried and then braised in soy sauce and red chili powder until the sauce has reduced.

48. (nakji bokkeum)/ Stir-Fried Baby Octopus

Baby Octopus and vegetables are stir-fried in a red chili sauce.

49. (jeyuk bokkeum = dwaejigogi-bokkeum)/ Stir-Fried Pork

Stir-fried pork with onion served in a spicy red chili sauce.

50. (bulgogi)/ Bulgogi (Korean-Style Barbecued Beef)

Thin slices of beef, marinated in a soy sauce and grilled at the table. Bulgogi is one of Korea's most popular beef dishes.

51. (dwaeji galbi)/ Grilled Spareribs

Grilled pork spareribs, marinated in soy sauce or red chili sauce.

52. (deodeok gui)/ Grilled Deodeok

Grilled deodeok root, marinated in a red chili sauce.

53. (ori gui)/ Grilled Duck

Slices of duck, grilled at the table and eaten with a dip.

54. (samgyeopsal)/ Korean-Style Bacon

Rashers of bacon are grilled at the table and dipped in a mixture of sesame oil and salt.

55. (dakgalbi)/ Spicy Grilled Chicken

Grilled boneless chicken pieces with sweet potato and cabbage, mixed in a red chili sauce.

56. (hwangtae gui)/ Seasoned and Grilled Dried Pollack

Freeze-dried Pollack, grilled in a red chili sauce.

57. (gopchang gui)/ Grilled Beef Tripe

Grilled beef tripe, which is seasoned with spices or salt.

58. (pajeon)/ Green Onion Pancake

Korean-style green onion pancake, fried with chives and seafood.

59. (bindaetteok = nokdu-bindaetteok)/ Mung Bean Pancake

Pancake made with ground mung bean. It is cooked with pork, sliced kimchi and green bean sprouts.

60. (gamja jeon)/ Pan-Fried Potato

Potato pancake with a crispy outside and a soft, light center.

61. (modum jeon)/ Assorted Pan-fried Delicacies

Assorted pan-fried delicacies, including beef, fillet of fish, mushrooms and summer squash slices.

62. (yukhoe)/ Korean Beef Tartare

Julienned raw beef seasoned with salt and sesame oil. It is served with Korean pear and garlic on top.

63. (saengseon hoe)/ Sliced Raw Fish

Thin slices of raw fish, served with wasabi and soy sauce, or a vinegar and red chili dip.

64. (hongeο hoe)/ Spicy Skate in Vinegar

Sliced and pickled skate, served with various vegetables in a red chili sauce.

65. (baechukimchi)/ Kimchi

Cured then fermented Chinese cabbage kimchi, mixed with julienned white radish, garlic, red chili powder, green onion, fish sauce and ginger.

66. (baekkimchi)/ White Kimchi

A fresh, crunchy and cool variety of cabbage kimchi, made with a combination of white radish, minari, Korean pear, garlic, and green onion.

67. (oisobagi)/ Stuffed Cucumber Kimchi

Kimchi made from cucumbers, stuffed with green onion, radish, garlic, ginger and red chili powder.

68. (bossam kimchi)/ Wrapped Kimchi

Kimchi made from cabbage quarters, mixed with kimchi sauce and wrapped in a whole cabbage leaf.

69. (nabak kimchi)/ Radish Water Kimchi

A pink-tinged kimchi made with Chinese cabbage, thinly sliced white radish, minari(korean parsley) and plenty of water.

70. (jangajji)/ Pickled Vegetables.

Vegetables pickled in soybean paste, soy sauce or red chili paste. Commonly used vegetables include white radish, cucumber, scallion, soybean leaves and green chilies.