

JEWELS OF THE PALACE

Royal Recipes from Old Korea





Royal Kitchen appeared in <Daejanggeum>

Preface

Cuisine is not only a key medium to introduce national identity and culture, but also a precious asset that enhances national brand value. Korea has a long history, and so does its national cuisine, *hansik*.

Recently, following the mass popularity of the "Korean Wave," the world has been focusing on Korean food. For example *kimjang* - the process of making and sharing the pickled condiment *kimchi*, which traditionally took place in preparation for the winter months - has been registered with UNESCO as an intangible cultural asset.

Currently, the Korean Food Foundation is re-discovering food culture, tracing Korean cuisine back to its roots.

This historical research is centered around old books, documents and paintings. One result of this research is this book, "Jewels of the Palace," which tells stories of the cuisine of Korea's last royal dynasty, Joseon, which ruled the peninsula from 1392 to 1910. To make the book accessible to non-specialist readers, it draws its inspiration and theme from the TV drama "Daejanggeum" ("Jewel in the Palace"), a mega-hit across Asia 11 years ago.

This book introduces 70 recipes from Korean royal cuisine, as well as many stories and philosophies of Joseon. The recipes are easy to follow - even by foreigners who may not have access to all the ingredients available in Korea. The recipes are fully illustrated with modern food-styling techniques.

I hope that readers who spend time with this book will gain a familiarity with *Joseon* royal cuisine and the food culture of those far-off days.

The Korean food foundation also provides various *hansik* (Korean food-related content and other books through its webpage (www.hansik.org) and its Korean food archive (archive.hansik.org).

Finally, I extend my deep appreciation to all the research staff at the Institute of Korean Royal Cuisine and to all the design and editorial staff at "Cookand" for putting such effort into this book. I truly hope that the resultant work will deepen readers' understanding of Korean culinary history, and extend their appreciation of Korean cuisine.

May, 2015

Kang Min Su,

Chairman of the Board,

The Korean Food Foundation

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Introduction to Daejanggeum

Jewel in the Palace



A history book heroine is reborn in a hit TV drama

In 1392, the Joseon Dynasty came into being. The kings of Joseon would rule the Korean peninsula until the dynasty fell, to be replaced by a Japanese colonial regime, in 1910. Even so, Joseon's legacy endures: It was one of the world's longest-running royal dynasties.

In the "Joseon-Wangjo-Sillok" - "The Annals of the Joseon Dynasty," the official record of the kingdom - a woman named "Daejanggeum" is mentioned. (Note: Her actual name was "Jangeum" to which the prefix

"Dae" or "great" was added). She lived during the reign of King Jungjong (1506~1544), and the annals tell us that she had been a low-ranking court lady who gained the king's trust and was promoted to the highest-ranked lady in the kitchen, and also to royal physician.

In one mention in the annals, the king states, "I have almost recovered from the illness of a few months. So I must give awards to the people who made lots of efforts to cure me. Give the royal physicians and *euinyeo* (female assistant) Daejanggeum gifts. "A later mention records how some retainers wanted Jangeum to be



Jangeum's name appeared in "Joseon-Wangjo-Sillok"

punished when she could not cure the queen's illness, but King Jungjong forbade this.

And that is that. No further information - not even the full name, age and place of birth - about this Daejanggeum is given, or has subsequently been discovered.

Yet these tiny snippets of information would provide the kernels of inspiration for one of the most successful Asian television dramas of all time when MBC - one of South Korea's major broadcasting companies - created an entire drama series, named "Daejanggeum" ("Jewel in the Palace"), based around those few, scant mentions.

In the series, MBC took a new tack in the portrayal of female historical figures. Before "Daejanggeum" appeared, most historical dramas in Korea had portrayed palace ladies as cunning temptresses who seduced kings and connived to win power. "Daejanggeum," however, featured a more progressive, more sympathetic female character.

Set largely in the palace kitchens of mid-Joseon, the series was first broadcast in autumn 2003 and proved an immediate hit with domestic audiences. But the show

was not just a hit in Korea, it became a phenomenon across Asia. "Daejanggeum" would be exported to approximately 60 different nations including Japan and China. In Hong Kong, its viewing rate reached 47 percent; in Iran, it recorded the highest-ever viewing rate of 70 percent. Some researchers speculated that the spin-off effect from the drama added billions in value to Korea's national brand, while overseas interest in Korean cuisine soared.

What explained this extraordinary popularity?

Cuisine takes centre stage

Colorful set designs, dramatic plotlines, a haunting soundtrack and a sympathetic lead character had much to do with. But with food being such a dominant element in the series, the producers knew they had to get it right. However, the royal cuisine of the mid-Joseon dynasty (16th century) was not well known. To recreate authentic Joseon ingredients, recipes and dishes and place them before the case and cameras, the world's leading expert on the topic was retained.

The Joseon Dynasty fell in 1910. The royal cook at that time, Han Hee-soon, a highly ranked court lady, preserved, recorded and passed down many recipes and practices. She was succeeded by her disciple, Hwang Hae-seong. It was Hwang's daughter, Han Bok Ryeo - dubbed a "Human Cultural Asset" by the Korea government - who was hired by MBC as a production advisor. Researching for the TV production, Han pored over old documents related to the food and food culture of the 16th century. She referred to detailed historical evidence preserved in "Sangayorok" (a cookbook based on agricultural ingredients, circa 1450) by royal physician Jeon Soon-eui and in "Eumshikdimibang" (the first cookbook written in the native Korean alphabet, circa 1670) by "Mrs. Jang" from Andong province. In those days, many ingredients we take for granted today, such as carrots and onions, were not available in Korea. Cooking methods were simple - such as boiling and steaming. With these constraints, it required a huge effort to make all the dishes in the drama look tasty for the cameras. And many unusual and rare ingredients had to be substituted; pork belly with thick rinds stood in for bear's paw, while beef, which has a texture similar to whale meat, was the substitute for whale.

And if was not just about food. The common Chinese

belief of *euisikdongwon* - meaning that food and medicine stem from the same root - was widely adopted in Joseon. "Daejanggeum" would show this theory in action, with the heroine working not just in the royal kitchen but also in Naeuiwon, the Royal Institution of Medicine and Pharmaceuticals, whose staff played a role similar to the dieticians of modern times.

In addition to the constraints imposed by the desire of the producers to make the scenes as authentic as possible, there was another difficulty. Korean drama writers often complete their scripts in sections, with the final script being finalized just one day before shooting. This meant shooting had to be done overnight, without sleeping. "Daejanggeum" ran on Mondays and Tuesdays, and the complete script only came in on Sunday, so Han had to check the script and prepare all the ingredients for the food scenes in a huge rush. Then the camera crews and actors had to film all night through till Monday afternoon. Final editing was completed just a few minutes before actual broadcasting.

It was a huge challenge for Han and her staff to prepare all the necessary food for the shooting scenes in such a short time. Moreover, for a scene that featured the cooking of a single dish, they had to prepare the dish at the early stage of preparation, at the halfway stage and then the complete dish - as well as all the ingredients!



For scenes featuring one of the king's meals, about 15 items of food were required; for feast scenes, about 100 items were needed. The drama would eventually feature over 1,600 food items.

All in all, it was an extraordinary endeavor, rewarded by the massive success of "Daejanggeum" in Korea and around Asia in the months and years following its original 2003 broadcast. It seems likely that this beloved series - packed, as it is, with charm and color, characters and drama, food and drink - will continue to attract new audiences for many years to come.

Message from the author

Dear Reader:

I planned the book you are holding now, "Jewels of the Palace: Royal Recipes from Old Korea" for two reasons. Firstly, so that people who watched "Daejanggeum" could remember the drama. Secondly, to make Korean palace food culture more approachable. To ensure that this book is easily accessible even to readers who did not watch the drama, it features not only recipes but also stories of Korean culture as it relates to food.

I sincerely hope this book encourages readers around the world to take a fresh interest in Korea's cuisine and its palace culture.

Bon appetit!

By Han Bok Ryeo,

Chairperson of the Institute of Korean Royal Cuisine





I Who makes royal cuisine?

Royal cuisine of the Joseon Dynasty (1392-1910) was no simple thing; it required many hands. These hands ranged from the dainty fingers of the female attendants who took charge of threading pine needles through pine nuts; to the endless hands which cooked for the king himself; to the powerful grip the head court lady exerted on the vast storage of sauces and condiments which defined the core tastes of royal cuisine.

A young trainee spills the king's treat
Tarakjuk milk porridge

A confectionery delight for a king who hates ginger
Saenggangran honeyed ginger sweets

"I could simply taste soft persimmon..."
Hongsijuksunchae seasoned bamboo shoots with soft persimmon

The wisdom of a chief court lady of the royal pantry
Maekjeok grilled sliced pork
Yeonjeoyukjjim double cooked pork belly with nuts

Wrapping rice in good fortune
Sangchussamcharim leaf-wrapped rice set menu





A young trainee spills
the king's treat. . .

Tarakjuk

milk porridge

“ The young Janggeum was kicked out of her chamber on the palace grounds by cruel trainee girls who teased her for being an orphan. Disconsolate but angry, Janggeum paced the palace grounds. In this mood, she entered the pantry - where she accidentally spilled the king's night treat, *tarakjuk*. *Tarak* means milk; *juk* means porridge. Due to its rarity, only the royal family and top aristocrats could take *tarak* as a medicine to aid virility. The court lady in charge of the royal kitchen had prepared this porridge especially for the king, who was not feeling well. Having spilled this priceless food, the pair were locked in a shed and faced expulsion from the palace. ”

Daily palace food seen through tarakjuk / **Chojoban** (The royal pre-breakfast)

Official breakfast time in the palace was about 10 o'clock in the morning – so a pre-breakfast snack was commonly served to prepare the king's empty stomach. This type of snack was called *chojoban* or *jaritjoban*. Porridge, a thin starchy gruel or other restorative, was usually served to the king to maintain the royal vigor.

Plain rice, pine nuts, sesame seeds, milk, black sesame seeds and ground apricot stones were used for porridge. Jujube, 'three delicacies' (i.e. sea cucumber, mussels and beef) and glutinous millet were generally used to make the thin, starchy gruel. As it was eaten very early in the morning, the menu consisted of soft porridge or gruel with simple side dishes consisting of a clear stew, a dried side dish and soupy *kimchi*. Clear stew, which is often seasoned with fermented shrimp, is also called *jeotguk-jochi*. Apart from fermented shrimp, oyster and white radish, pollack roe and courgettes were often used to make clear stew. *Bugeo-muchim* (seasoned, dried pollack) using the fluff of the dried fillet, *podasik* (pressed dried pollack fluff with honey), *miyeok-jaban* (pan-fried sea mustard) and *maedeup-jaban* (deep-fried, knot-shaped kelp) were common side dishes for the pre-breakfast.



Nabak-kimchi

Tarakjuk

Aehobak and dubu-malgeunjochi

Tarakjuk (milk porridge)

Ingredients

1 cup (160g) rice, 4 cups (800ml) water,
4 cups (800ml) milk, a pinch of salt and sugar

Preparation

1 Wash the rice twice and soak in water for 30 minutes. Put the drained rice and 2 cups of water in a mixer and grind finely. Then strain through a fine sieve.

2 Heat the milk in a pot until hand-warm.

Method

3 Put the ground rice and the rest of the water (2 cups) into a thick pot. Boil on a medium heat, stirring with a wooden spoon until it looks like coagulated porridge.

4 When boiled, lower the heat and keep stirring in one direction so as not to get lumps, drizzling in the milk bit by bit.

5 When still hot, pour into a warm bowl, season with salt and sugar and serve.

• To make *Nabak-kimchi* (watery radish *kimchi*), cut the radish and Chinese cabbage into 2.5X0.4cm size, and salt them together in a big bowl for 30 minutes. Take out the salted vegetables, put together with spices and add salted water.



Aehobak and dubu-malgeunjochi (clear courgette and bean curd stew)

Ingredients

50g beef, 2 ½ cups (400ml) water, 150g courgette,
100g bean curd, ½ red chili, 2 sprigs spring onion, 1 Tbsp fermented shrimps, a drop of sesame oil

Meat marinade - 1 tsp soy sauce, ½ tsp chopped garlic,
½ tsp sesame seed oil, a pinch of black pepper

Preparation

1 Cut the beef into small pieces and season with the meat marinade ingredients.

2 Cut the courgette into 0.5–0.6cm slices and then quarter all the slices to make fan shapes.

3 Cut the bean curd into 1cmX1cm dices.

4 De-seed the red chili and shred it 2cm lengthways. Shred the spring onion into 3cm lengths as well.

5 Chop the fermented shrimps finely.

Method

6 Start by boiling water in a pot. Add the marinated beef into the boiling water to make the base.

7 Put the courgettes, bean curd and chili into a boiling beef broth. Boil until some of the ingredients float to the surface.

8 When the cooked vegetables float, season with the chopped fermented shrimps. Add spring onion and turn the heat off. Add a drop of sesame oil.

• In the absence of fermented shrimps, season with salt.



Maedeup-jaban (deep-fried knot-shaped kelp)

Ingredients

20cm dried kelp, 2tsp pine nuts, 1tsp black peppercorns, 1tsp sugar, 2 cups vegetable oil

Preparation

- 1 Wipe the kelp with a wet towel. Cut it into 1cm widths and 10cm lengths.
- 2 Knot each of the kelps, placing a pine nut and a peppercorn in the middle and pulling the knot tightly so that the stuffing in the middle will not fall out.
- 3 Leave all the kelp knots to dry in a well-ventilated place for a day.

Method

- 4 Deep fry the ingredients in 170°C oil. When the knotted kelp floats to the top, scoop it out, and sprinkle it with sugar.



Bugeobopuragi (seasoned dried pollack fluff)

Ingredients

60g dried pollack fillet

Soy sauce marinade - 1tsp soy sauce, 1tsp sugar,

1tsp sesame seeds, 2tsp sesame oil, a pinch of pepper

Salt marinade - 1/2tsp salt, 1tsp water, 1tsp sugar,

1tsp sesame seeds, 2tsp sesame oil, a pinch of pepper

Chili powder marinade - 1tsp chili powder, 1tsp water,

1tsp sugar, 1tsp sesame seeds, 1/2tsp salt, 2tsp sesame oil

Preparation

- 1 Cut the dried pollack fillet into small pieces and grind it finely in a mixer.

Method

- 2 Prepare 3 different marinades, using each ingredient.
- 3 Divide the dried pollack fluff into 3 identical amounts and mix them with the 3 separate marinades.
- 4 Make ball-shaped fluffs and arrange them neatly on the plate.



Bugeobopuragi



Maedeup-jaban

Royal medical center



Chae-yu (milking) from 'Sajecheop' (a picture book from 1726) by famous painter Jo Young-seok. A palace physician or civil servant in the king's service is milking a cow in a palace to make tarakjuk.

Tarakjuk made in Naeeuiwon (Royal Institute of Medicine and Pharmaceuticals)

Tarak means milk; all dairy products were commonly called tarak in the Joseon Dynasty. Tarakjuk (milk porridge) was a popular medicinal food among the royal family and high-ranked aristocrats.

Nowadays milk is commonplace, but in Joseon, it was rare and valuable. When the king was ill or weak, it was used as a medication. The milk used in the palace was supplied from a farm in Naksan in what is now a district of northeast/central Seoul. Milk and tarakjuk are mentioned several times in "Joseon-Wangjo-Sillok" ("The Annals of the Joseon Dynasty"). For example, in a record written in the first year of the reign of King Injong (10 February, 1545) it is stated: "The king could not be cured by any medicine as our highness is so weak

and injured. We are deeply disconcerted that king has got a fever which may lead to another severe symptom. Therefore, the king should take tarak which we served before." Ergo, tarak was used as a medicine to boost the king's virility.

In the Joseon Dynasty, the Royal Institute of Medicine and Pharmaceuticals took charge of compounding all medicines. It also made soupy foods for energy as well as sauces and condiments to summon up an appetite. Tarakjuk was a recipe prescribed by the Royal Institute of Medicine and Pharmaceuticals, not by the cooks of the royal kitchen.

Tarakjuk was a rare and valuable gift which the king granted to royal family members or devoted old retainers. There is a record in "Dongguk-sesigi" ("A Guidebook of Joseon Customs") that reads, "Every year from the 1st October until January, the Royal Institution of Medicine and



Tarakjuk and chojoban table in "Daejanggeum".



As the story goes, from the latter years of King Gojong (in the early 20th century) yakbang-gisaeng - girls like those pictured, who combined the roles of nurses and dancers/entertainers - could access the king's secondary palace without going through the usual intricate entry procedures. These girls were believed to share tarakjuk as part of the royal pre-breakfast with his highness after spending a loving night with the king.

Pharmaceuticals made tarakjuk to serve the king and sent it to Gioso so that old officials could taste it." Gioso was an honorary organization which the first king of Joseon, Taejo, had founded for retired high-ranked officials. Only those aged over 70

could join Gioso. When winter starts according to the lunar calendar used by Joseon - from the 1st of October until January - the king hoped these old retainers could spend the cold weather warmly and healthily with a bowl of tarakjuk.

Naeeuiwon (Royal Institute of Medicine and Pharmaceuticals) and its euinyeo (female assistants)

Naeeuiwon was an exclusive medical institution attached to the palace which took charge of the treatment of kings and royal family members as well as high-ranked officials. This institution looked after the king's health and cured illnesses, mobilizing the best medical knowledge of the time. It also compiled and distributed medical literature.

Euinyeo refers to the lower-ranked court ladies who carried out all the work nowadays done by doctors, nurses and medical assistants. Unlike today, medical workers in the Joseon Dynasty were from the lower classes and the female assistants were picked from among the slaves in town. Then they had to learn acupuncture and methods of feeling the pulse of female royals. They also took on the role of midwives. According to "Gyeongguk-daejeon" ("The Code of Governing Criteria in Joseon"), the majority of euinyeo trained in medical skills joined the Royal Institute of Medicine and Pharmaceuticals; the remainder were sent to the provinces. Some of the prettiest euinyeo took on the role of dancers at palace banquets and were called yakbang-gisaeng. In some cases, they conducted body searches of other court ladies and female servants, to find out if they had stolen any royal items.



A confectionery
delight for a king who
hates ginger

Saenggangran

honeyed ginger sweets

“ The year is 1515. It is midnight. At the foot of a tiger-stalked mountain ridge, lies the darkened city of Seoul. Dominating the center of the city are the curved roofs of the royal palace. In the heart of this palace, the head court lady discovers that the young trainees Janggeum and Yeonsaeng have accidentally spilling the king's midnight treat in the kitchen. In desperation, the head court lady starts making a set of *ad hoc* nibbles for his highness. In the kitchen, she finds lotus roots and ginger. She mashes the lotus roots to make a starchy porridge. She chops the ginger finely and rinses it several times. She parboils the rinsed ginger, then boils it down with honey to make a honeyed ginger paste. This is the basis of the honeyed ginger sweets. It is tremblingly served to the king - who hates ginger. Every court lady in the chamber holds her breath. The king partakes. There is a moment's silence. Then the verdict is delivered: He compliments the sweet taste of the ginger. Relief floods through the ranks of the court ladies. . . ”

Royal confectionery / Saenggangran

Saenggangran (honeyed ginger sweets) are also known as *gangran* or *saengran*. These are confectioneries made of a honeyed ginger starchy paste. Beware: This ginger paste takes a lots of time and effort!

Starch from ginger (*gangboon*) is an invaluable ingredient and is also used to make pressed honey cakes. *Dasik* (pressed cookies) made from ginger starch were eaten right after drinking Chinese herbal medicine in order to take away the medicine's bitter aftertaste. *Ran* (a suffix to the word *saengran*) means "egg shaped." This confectionery is not restricted to ginger; jujube (*joran*) or chestnut (*yulran*) can be used.



Saenggangran (honeyed ginger sweets)

Ingredients

400g ginger (skinned), 3 cups (600ml) water, 200g sugar, ¼ tsp salt, 1Tbsp starch syrup, 10g ginger starch, 1 tsp honey, ½ cup pine nut powder

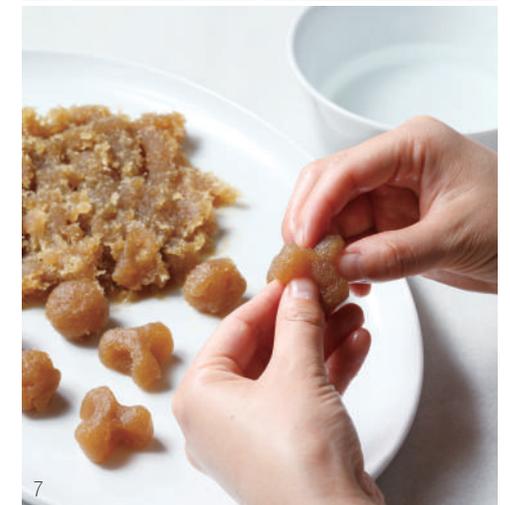
Preparation

- 1 Slice the skinned ginger thinly, add to a mixer with 2 cups of water and grind finely.
- 2 Strain through a fine sieve, rinse the ground ginger a few times in clean water to remove the pungent taste. Leave the starchy water aside in a big bowl.
- 3 Set aside this ginger starchy water until the sediment is deposited on the bottom.

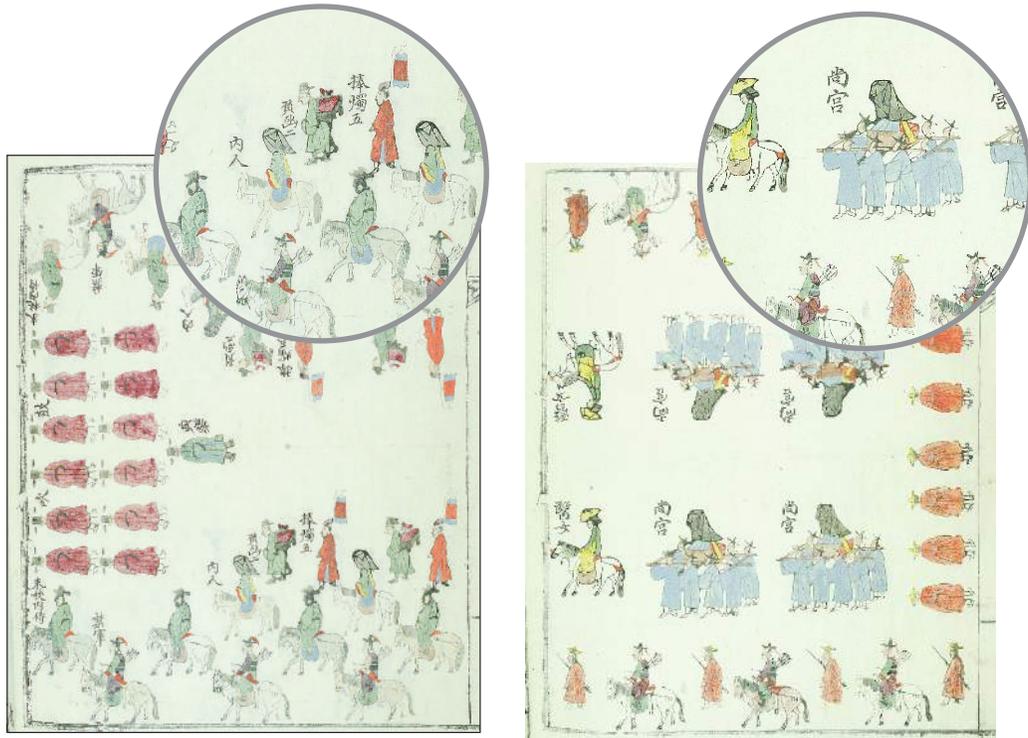
Method

- 4 Put ginger, 1 cup of water, sugar and salt in a pot, bring to the boil, add starch syrup, then boil down slowly for 30 minutes until it turns to the consistency of jam.
- 5 Pour the ginger starchy water out and scrape the ginger starch off the bottom.
- 6 When it has a jam-like consistency, add the ginger starch, stirring to mix well. Add honey, boil down for about 3 minutes, then let it cool down in a bowl.
- 7 Make the congealed paste into tri-horned shapes, by hand; the texture is similar to fudge. Coat your hands lightly with sugar-dissolved water to prevent the paste sticking to your hands.
- 8 Sprinkle pine nut powder gently over the paste.

- Chop the pine nuts with the thin blade of a knife on a sheet of a paper or grind them using a cheese grater.



The life and work of the court ladies



Court ladies of two different ranks, depicted in 'Garedogameuigwe Banjado,' a picture depicting the protocols of a royal feast.

The women who shared their lives with the king

Gungnyeo (or court ladies) is short for *gung-joongyeogwan*. They ranged from tiny little four- or five-year-old trainee girls to high-ranking court officials. These court ladies were formed into seven different divisions, graded by work task: *ji-mil*, *chim-bang*, *su-bang*, *sesoo-gan*, *saeng-gwa-bang*, *sojoo-bang*, and *sedap-bang*. They were also graded into two divisions by rank: *sanggoong* (ladies of high rank) and *nain* (assistant court ladies).

Many court ladies were hired at a very young age. The *ji-mil* were hired from the ages of four to five years old, while the *chim-bang* and *su-bang* were hired at the ages of seven and eight. The *ji-mil* were hired at a younger age than any other position, because they worked in the king and queen's bedchamber. They had to learn palace culture at a tender age as they had to serve the king and queen in very close proximity. The *chim-bang* and *su-bang* girls were also hired at a young age because they had to learn to obey their teachers so that they could learn skillful techniques. All the other court

ladies - *sojoo-bang* for royal cuisine; *sedap-bang* for laundry; *saeng-gwa-bang* for beverages and confectionary; *sesoo-gan* for bath water and cleaning - could be hired at later ages.

The younger court trainees were called *saeng-gaksi*. At first, these toddlers were the recipients of loving attention from older court ladies, who had no children of their own (see below). But from the age of seven to eight, they had to go through hard training to learn the basic duties of the palace. After 15 years of working in the palace, they became lower ranked court ladies. At that time, they received an ornamental hair pin, to be work to mark their status. Then after another 15 years had passed, they could be promoted to higher ranked court ladies.



A scene in "Daejanggeum" depicted little trainee threading pine needles through pine nuts to train nimble fingers. This scene has a basis in reality. The pine needles, when plucked, were normally attached to a kind of brown end from tree bark, but these brown spearheads (which made the needle easier to thread through the pine nuts) had to be removed by the little servant girls in order to train their hand skills to a higher degree. These strings of pine nuts were then strung together in groups of five with a red thread, then served with *yukpo* (dried beef) as a drinking snack.



Saenggangan (honeyed ginger sweets) served with a Chinese herbal medicinal drink. A designated palace physician made a pack of herbal medicine for the king, queen and king's mother under the supervision of the royal pharmacist and the royal doctor (his superior). Before serving to their highnesses, the royal pharmacist examined and tasted the herbal medicine. Then, he would pour it into a porcelain bowl and write down the name of the medicine. This medicine was served on a small portable table with a few pieces of either *daechucho* (glazed jujube) or *saenggangan* (honeyed ginger sweets), along with a handkerchief for the king to wipe his mouth with after supping.



"I could simply taste soft persimmon..."

Hongsijuksunchae

seasoned bamboo shoots with soft persimmon

“*Juksunchae* is the dish that would become the competitive focus when it came to choosing who would be the star taster among staff in the royal kitchen. The scene was a banquet in celebration of Jeong-*sanggung*'s promotion to a chief court lady in the kitchen department. Jeong-*sanggung* (Jeong is her name, *sanggung* is her title; it means 'high-ranked court lady') held the position of *janggomama* - the staffer who took care of the storage of all the sauces and condiments which defined the core tastes of royal cuisine. Jeong-*sanggung* asked Geumyoung - a trainee girl and rival to Janggeum - to guess all the ingredients and sauces of the *juksunchae*. Geumyoung proudly guessed every ingredient, but missed out a key flavourant. When Janggeum was asked, she answered "soft persimmon." This was, indeed, the secret to the sweetness of this particular *juksunchae*. This scene showed the natural talent of Janggeum, who tasted food with her tongue and her senses, while Geumyoung simply memorized recipes by heart.”

Recipes with vegetables / Chae

Chae is a class of recipes for vegetable-based foods mixed with wild leafy greens or meat and then seasoned with sauces like mustard, soya vinegar and sesame oil. Typical dishes are *tangpyeongchae* (mung bean jelly mixed with vegetables), *jokchae* (cow's hoof jelly with mushrooms and vegetables), *japchae* (glass noodles with sauteed vegetables), *gyeojachae* (assorted meat and vegetables with mustard sauce), *saengchae* (mixed raw vegetables), *eochoe* (starch-coated fish and vegetables), and so on.

This fragrant *juksunchae* made with bamboo shoots in late spring can bring on an appetite. Bamboo shoots with assorted colorful vegetables and beef give a refreshing taste, with the addition of soy sauce for a salty flavor, sugar for sweetness and vinegar for sourness. In actual fact, in the traditional recipe of *juksunchae*, soft persimmon is not actually used; only in the TV series was this ingredient added to increase dramatic interest. The idea of adding soft persimmon was devised on the basis of the fact that sugar in the Joseon Dynasty was very valuable. By showcasing the trainee girl's sensitivity to the sweetness of the fruit, the natural sophistication of young *Janggeum*'s palate was dramatically revealed.



Juksunchae (seasoned bamboo shoots)

Ingredients

200g bamboo shoots(canned), 50g beef (rump cut),
1 *pyogo* (shitake) mushroom (medium size),
50g *minari* (water dropwort), 100g green bean sprout,
1/2 red chili, 1 egg, 3Tbsps cooking oil, 1 1/4 tsp salt

Meat marinade - 1/2Tbsp soy sauce, 1 tsp sugar,
1 tsp chopped spring onion, 1/2tsp chopped garlic,
1/2tsp sesame seeds, 1/2tsp sesame oil, a pinch of pepper,
1 tsp cooking oil

Soya vinegar - 2Tbsps soy sauce, 2Tbsps water,
2Tbsps vinegar, 1Tbsps sugar, 2tsp sesame seeds

Soft persimmon - 4Tbsps juice of a soft persimmon,
2Tbsps vinegar, 1Tbsp sugar, 1/2Tbsp honey, a pinch of salt

Preparation

- 1 Halve the bamboo shoots, cut them 4~5cm lengthways, then slice them thinly diagonally. Rinse in water a few times and squeeze out the moisture.
- 2 Shred the beef thinly and soak the mushrooms in cold water for an hour; shred them as thinly as beef. Mix the shredded beef and mushroom with all the ingredients of the meat marinade (above).
- 3 Trim the *minari*, removing the leaves and hard stems. Blanch in boiling water with salt and rinse in cold water. Drain dry. Cut the soft stalks into 4cm lengths.
- 4 Take off the tail bits of the green bean sprouts, blanch in boiling water with salt for 1 minute. Rinse in cold water and drain dry.
- 5 Take out the seed of the red chilli carefully and shred it thinly.

- 6 Beat an egg with 1/4 teaspoonful of salt. Put 1 tablespoonful of oil in a pan, wipe it, and make a very thin omelet. Then shred it thinly.

Method

- 7 Stir fry the bamboo shoots in an oiled pan for 3 minutes and move them to another plate to cool down.
- 8 Stir fry the beef and mushroom in an oiled pan until the beef is well cooked, then cool it down on another plate.
- 9 Make a soya vinegar sauce, mixing soy sauce, water, vinegar, sugar and sesame seeds.
- 10 Make a soft persimmon sauce putting the soft persimmon through a sieve to get the juice, then mixing with vinegar, sugar, honey and salt.
- 11 Put all the mixing ingredients in a serving bowl, decorate with the shredded egg omelet and jujube on top. Serve with separate bowls of seasoning sauces and mix just before eating.



Soya vinegar and soft persimmon sauce



Ingredients



3-8



Soft persimmon



10

The king's chefs



Ryu Kyeong-woon *Sanggung* with young court trainees at the ceremony marking her promotion.

The royal cooks

There were independent residences in the main royal palace for about 20 royal family members including the king, the queen, the king's mother and grandmother, the crown prince and the crown princess. But the royals were far from the only



inhabitants of the royal residence, which made up a vast compound. Joseon society had a rigid caste system and these independent residences were serviced by a range of persons including court ladies, eunuchs, servants and low-class people who did miscellaneous work, and whose rank was just above that of slaves. Some of these people lived outside the palace. A department called *Saongwon* oversaw the dietary life of the palace, taking care of the daily food of the royal family, feasts, hunting functions, picnic outings to hot springs and so on. In addition to the food for the royals, the department also supplied rations to the soldiers who guarded the palace and escorted the royal family. These rations were made by the cooks from the palace, under the instructions of royal officials.

The department of the eunuchs also worked hand-

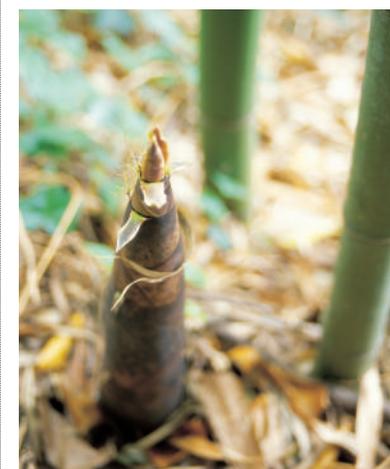
in-hand with *Saongwon*. In fact, according to "Gyeonguk daejeon" ("Great Code of National Governance", 1471) in which the roles of eunuchs are defined, the most of important eunuchs' job was to oversee the entire process of preparing food of any sort for the king, queen and the crown prince. Eunuchs had ranks, as was the case with the court ladies, and the highest ranked eunuchs were in charge of inspecting food before serving to the king.

Although it is unclear how the royal kitchens were run throughout the entire Joseon dynasty, it was the court ladies who were in charge of cooking daily meals and snacks for the king when the dynasty drew near its close.

All the court trainee court ladies in the royal kitchen came into the palace when they were around 13 years old or so and learnt cookery skills from the older court ladies. After 10-15 years had passed, they became court ladies themselves after a coming-of-age ceremony. Therefore, by the time they turned 40, they had become skilled cooks with over 30 or so years of experience.



This scene from 'Daejanggeum,' shows a banquet in celebration of Jeong-sanggung's promotion to chief court lady in the kitchen department.



Juksun or bamboo shoots have been eaten for a long time in Korea and were used as preserved food, being either salted or dried when not in season. They were so well used in the palace that some fresh bamboo shoots from the Jeolla and Gyeongsang provinces (in respectively, Korea's southwest and southeast) were dedicated to the king every May and June. All the fresh products were dedicated during the royal ancestral rituals.



The wisdom of the
chief court lady of the
royal pantry

Maekjeok and grilled sliced pork

Yeonjeoyukjjim

double-cooked pork belly with nuts

“ *Sanggung* (higher ranked court lady) Jeong was leading her life freely and quietly, only taking charge of the royal storehouses for the sauces as she was not interested in personal success or power. However, she was promoted to chief court lady in the royal kitchen by the head court lady of the palace. This head court lady had intended using Jeong as her tool for a certain period with the object of keeping her own family in wealth and power. But Jeong surprisingly won high praise from the king with her first dish which was *maekjeok* (grilled sliced pork) as she used *deonjang* (soybean paste) instead of *ganjang* (soy sauce) to marinate the pork. This is an ancient recipe and is good to overcome pork's strong odor. ”

Choice of people with real taste / **Maekjeok**

Maekjeok is a kind of *bulgogi* (a popular dish of thin-sliced meat) marinated in *deonjang* (soybean paste) and *ganjang* (soy sauce). The only difference from the pork *bulgogi* served in modern Korea is that chili pepper paste was not used in the past. In consideration of the fact that game meat would have been the major food in the dynasties preceding Joseon, we assume that *deonjang* (soybean paste) was used a lot to get rid of bad odors and to tenderize the meat as well as to impart a deep flavor. Grilling marinated meat has been Korea's preferred method of meat cooking ever since the Goguryeo Dynasty (37 BC – 668 AD).



Maekjeok (grilled sliced pork)

Ingredients

400g pork neck, 10g wild chives, 10g Chinese chives, 2(10g) cloves of garlic, 3g skinned ginger, 2Tbsps cooking oil
Meat marinade - 1Tbsp (15g) soybean paste, 1Tbsp water, 1Tbsp soy sauce, 1Tbsp refined rice wine ½Tbsp sugar, 1Tbsp grain syrup or honey, ½Tbsp sesame oil, ½Tbsp sesame seeds

Preparation

- 1 Slice the pork to a thickness of 1cm and cut it into slices.
- 2 Chop up both the different chives, then finely chop the garlic and ginger.
- 3 Put soybean paste in a big bowl, add soy sauce and water, then mix well. Add chopped vegetables.

Method

- 4 Add all the ingredients for the meat marinade to the meat, massaging it to mix well. Leave for 30 minutes.
- 5 Put cooking oil in a pan or using a grill pan, cook the pork slices. Cut into bite-sized pieces.

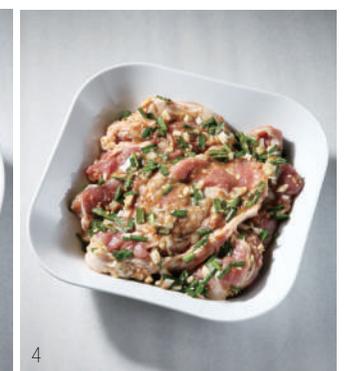
- There is no need to eat this with *ssamjang* (soybean paste-based sauce for rice wrapped in lettuce) as this dish has already been marinated in *doenjang* (soybean paste).
- When serving the meat, accompany it with leafy vegetables that serve as wraps
- Shallots or onions can be substituted for wild chives



Pork neck



3



4

Yeonjeoyukjjim (double-cooked pork belly with nuts)

Ingredients

Main ingredients - 1kg whole pork belly, 1 leek, 10(50g) cloves of garlic, 2(10g) cloves of ginger, 2(3g) dried chillis, 5Tbsps cooking oil

Minor ingredients - 300g bean curd, 50g dried figs, 5(25g) jujubes, 10(20g) ginkgo nuts, 20g walnuts, 30g almonds

Sauce ingredients - 1 cup (200ml) soy sauce, 1 cup water, ¼ cup refined rice wine, ½ cup starch syrup, ½ cup sugar, 50g spring onion, 25g garlic, 30g ginger

Preparation

- 1 Get rid of any blood in the pork by soaking in cold water for 20 minutes. Drain. Cook in 2 liters of boiling water with leek, garlic and ginger for about 20 minutes.
- 2 Cut bean curd into 2cm squares and pan fry in an oiled pan until golden.
- 3 Soak the dried figs in cold water for 30 minutes. Drain.

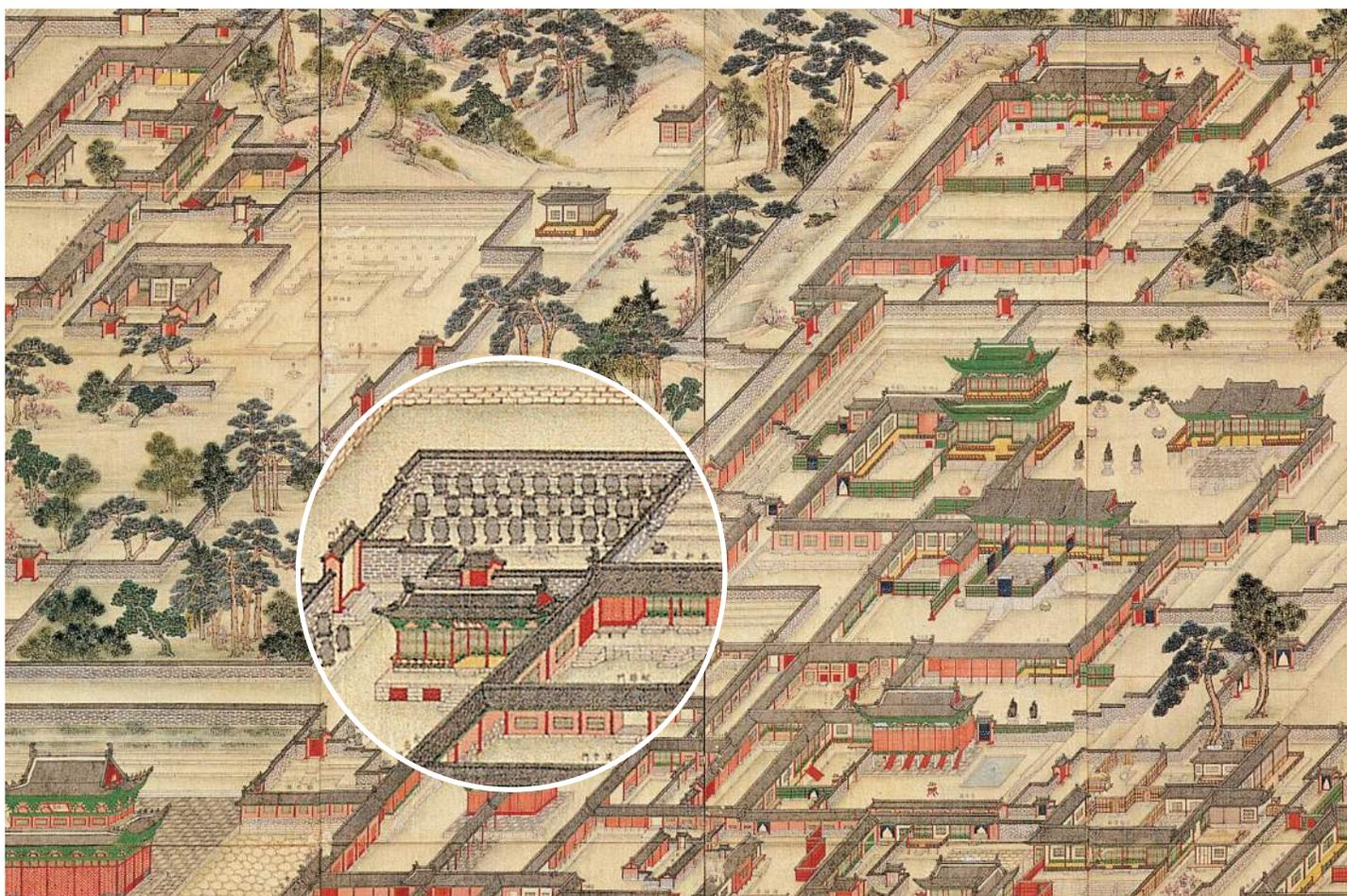
De-seed the jujube, leaving whole fruits. Dry fry the ginkgo nuts. Blanch the walnuts and almonds in boiling water for about 5 minutes, then drain.

Method

- 4 Put some oil in a pan, add dried chili, garlic and ginger to make the spicy bouquet, stirring for a few minutes. Then remove the spices and fry the boiled pork belly on medium heat, rolling the meat until the rind of the pork belly gets crispy and golden.
- 5 Put all the sauce ingredients into a deep pot and boil on medium heat for 10 minutes until well mixed.
- 6 Add the fried pork belly to the sauce and braise for 30 minutes. Add all the minor ingredients and cook them for 10 more minutes.
- 7 When the pork is cooked, slice the meat and serve with sauce and nuts on a plate.



The royal pantry



Janggo, the royal storage, in the picture "Donggweoldo." It is National Treasure 249 and has been restored in Gyeongbok Palace in central Seoul.

Janggo (the royal pantry) and Janggomama (chief court lady of the royal pantry)

The fermented sauce storages of ordinary people were called *jangdokdae* or *janggwang*, but in the palace it was called *janggo*. And *janggomama* was

the person who took charge of looking after all the sauces and condiments therein. Locations with bright sunlight that are cooled by a nice breeze have customarily been selected for storage. The storage places were walled and their doors fitted with locks. These stores would be almost as wide



The royal pantry in 'Deajanggeum'.

as a big lecture room. Flat, square stones were placed on the ground before all the sauce jars were arranged in order of their age. The jars used in palaces were grayish colored without glazes and one meter high with wide edges. In a picture called "Donggweoldo" which depicted an overview of the palace in the late Joseon Dynasty, many stores were shown. This indicates that fermented sauces were very important for the food life of the palace - as they are among Koreans to this day.

Janggomama was in charge of making all the fermented sauces and pastes, as well as their distribution. She and her staff had to get up at dawn and be cleanly persented to clean all the jars, then they had to open all the jars to allow sunshine in, as well as to check up the quantity of the various sauces; those running low were topped up. This meant that *Janggomama* and other court trainees were engaged in the endless task of making soy sauce. A shortage of soy sauce caused by either evaporation under sunlight or over-use in cooking had to be made up, by mixing the

younger soy sauce with aged sauces.

The origin of marinated grilled meat in old books

Famous Korean dishes such as *neobiani* (grilled sliced beef) and *bulgogi* are thought to have originated from *maekjeok*, a grilled sliced pork dish. According to Choi Nam-seon, a Korean historian and writer active in the early 20th century, the word "maek" refers to people who lived in the northeastern part of the Asian continent adjacent to the the Korean peninsula-the ancestors of modern day Koreans lived in the area back then and later migrated southwards-and *maekjeok* is a dish enjoyed by our ancestors who were avid hunters. During Korea's Goryeo Dynasty (918-1392), when Buddhism was the only established religion, meat eating declined. But from the 13th century, under Mongolian influence, Koreans' meat diet was revitalized especially in Gaeseong (the capital city of the Goryeo Dynasty, today in North Korea) where there many Mongolians and Muslims resided.



Wrapping rice in good
fortune

Sangchussamcharim

leaf-wrapped rice set menu

“*Sanggung* (higher-ranked court lady) Jeong, who was promoted to chief court lady in the royal kitchen, encountered a crisis: The taste of her fermented sauces changed for the worse. All the staff in the royal pantry did exactly the same things as had been done in previous years, looking after all the sauces in the jars, taking care not to let in any rain and exposing them to the sun. Other higher ranked court ladies had tried to figure out what caused the problem by inspecting key ingredients like salt and fermented soybean bricks, but without success. *Sanggung* Choi quickly brought in new sauces from her family, outside the palace, but court trainee Janggeum was very curious as to why the taste of the sauces had changed, therefore she visited a village shrine outside the palace where all the good-tasting sauces were kept. There, she observed and examined. She found out that pollen was the secret of the good taste of the village sauces but a few months perviously, palace staff had cut down all the trees around the palace sauce storage area, worrying that leaves might fall into the sauces. Thus was the mystery solved.”

Sangchussam favored by Koreans

Koreans have been enjoying *ssam* (leaf-wrapped rice) for a very long time. These leaves consist not only of wide green leaves like wild aster leaf, cabbage, pumpkin leaf, sesame leaf, bean leaf and castor bean leaf; fresh sea mustard, fresh kelp and dried sea weed and even thin flour pancakes have also been used to wrap rice with. According to "Dongguksesigi," a book about annual events and customs in the Joseon Dynasty, on the day of the 1st full moon by the lunar calendar, the custom of having leaf-wrapped rice brought good luck, so it used to be called *bokssam*(good luck wraps).



Jeolmi doenjang jochi

Yakgochujang

Byeongeo gamjeong

Jangttoktoki

Stir fried small shrimps

Jeolmidoenjangjochi (thick soybean paste stew)

Ingredients

100g beef (rump or sirloin),
 ½(50g) leek, 2 green chillis,
 2Tbsps soybean paste,
 1 red chili, 2(50g) *pyogo* (shiitake)
 mushrooms, 1 cup water (to soak
 mushrooms)

Meat marinade - 1 tsp soy sauce for soup, 1 tsp garlic,
 sesame oil, pepper

Preparation

1 Slice the beef thinly. Soak the mushrooms in 1 cup of cold
 water for 2 hours and drain, then shred. Keep the mushroom-
 infused water to use later.

2 Chop the chillies and leeks.

Method

3 Mix the beef and mushrooms with the marinade, stir fry gently
 in a small pot until the beef is almost cooked. Pour the
 mushroom-infused water in.

4 Add soybean paste and mix well so there are no lumps. Cook
 for 20 minutes on low heat.

5 When boiled down by half, add chillies and leek, then cook for
 5 more minutes.

Byeongeo gamjeong (spicy deep-fried pomfret)

Ingredients

1(300g) pomfret, 2Tbsps red chili paste, 3cm(8g) leek,
 ½ cup(100mL) water, 1 clove(10g) garlic, 2 cloves(4g) ginger,
 ½ tsp sesame oil

Preparation

1 Remove the intestines of the fish and wash thoroughly. Slice the
 fish into 3cmX1 cm chunks.

2 Shred leeks, garlic and ginger.

Method

3 Add red chili paste to the water, and boil on medium heat for
 5 minutes. Add the prepared pomfret.

4 Add the shredded vegetables and braise until the fish is cooked,
 basting with the sauce. Add sesame oil and turn off the heat.



Jangttoktoki (seasoned stir-fried beef)

Ingredients

200g beef (rump)

Meat marinade -

1Tbsp soy sauce, 1 tsp sesame oil,
 a pinch of pepper

Braising sauce - 1Tbsp soy sauce, ½Tbsp sugar,

½ cup water, 3cm(3g) leek, 4g garlic, 2g ginger,
 1 tsp honey, a pinch of pepper

Preparation

1 Slice beef thinly - about 0.2~0.3cm.

2 Shred leek, garlic and ginger thinly.

Method

3 Mix the sliced beef with the meat marinade.

4 Put the soy sauce, sugar, a pinch of pepper, garlic, ginger
 and honey into a pot with the water. Boil till the sugar is
 dissolved and add the sliced beef. Braise, being careful to
 avoid lumps.

5 When boiled down so that there are only 3 tablespoonfuls of
 water left, add leek, and turn off the heat.

•When slicing the beef thinly, it is best to do so in its half
 de-frosted state.



Yakgochujang (sauteed red chili paste with ground beef)



Ingredients

2 cups (500g) red chili paste, 50g ground beef, 1/2 cup water,
1 Tbsp honey, 1 Tbsp pine nuts, 1 Tbsp sesame oil

Meat marinade - 1/2 Tbsp soy sauce, 1/3 tsp sugar,
1 tsp chopped leek, 1/2 tsp chopped garlic, 1/2 tsp sesame oil,
1/2 tsp sesame seeds, a pinch of pepper

Method

- 1 Mix beef with the marinade and stir fry in a pan on medium heat.
- 2 Put the red chili paste, water and fried beef in a pot. Keep stirring on minimum heat for 10-15 minutes until the sauce thickens.
- 3 When the consistency is right, add the honey, sesame oil and pine nuts, then stir fry for 1 more minute. Turn off the heat.

Eungyoung ssamjang (simplified sauce for rice wrapped in lettuce)

Ingredients

1 1/2 cup (300g) soybean paste, 1/4 cup (62g) red chili paste,
1/2 cup (150g) mashed bean curd, 4 Tbsps chopped garlic,
4 Tbsps sesame seeds, 3 Tbsps sesame oil,
50g red bell pepper, 25g green bell pepper,
1/2 cup (100ml) water

Method

- 1 Mash the bean curd and cut the bell peppers finely into 0.5cm squares.
- 2 Put the soybean paste, red chili paste, mashed bean curd, chopped garlic and water together in a pot. Boil on medium heat for 5 minutes, stirring all the time to get the right consistency. Add the sesame seeds, sesame oil and chopped bell peppers and turn off the heat.



• Adding bean curd or ground cooked beans will cut down on the saltiness of the *ssamjang* sauce, depending on the saltiness of the soybean paste. Adding ground nuts can also add taste.

Stir-fried small shrimps

Ingredients

50g dried small shrimps, 3 Tbsps cooking oil,
1/2 tsp soy sauce, 1 Tbsp sugar, 1 tsp starch syrup,
2 Tbsps water, 1 tsp sesame oil, 1 tsp sesame seeds

Preparation

1 Dry stir fry the shrimps until all the moisture evaporates to get rid of the tiny bones. Put the fried shrimps onto a clean dried towel, then rub gently and put them through a fine sieve.

Method

- 2 Put some oil in a pan, stir fry for 5 minutes on low heat, and cool down.
- 3 Put the sugar, starch syrup and water in a pan, then boil on low heat to make a sugar syrup. Turn off the heat and add the de-boned shrimps. Add the sesame oil and sesame seeds, then mix and cool down on a plate.



Ingredients for sangchussam

The basic ingredients of *sangchussam* are cooked rice, leaves and side dishes. Traditionally, the most common vegetables and greens were lettuce, sesame leaves, green chili and spring onions, but any wide, soft salad leaf commonly found overseas can be used, while bell peppers can be used instead of chili peppers. If you can't make various side dishes, make a simple sauce with bean curd.



Traditional vegetable wraps



Substitute vegetable wraps



How to eat traditional sangchussam (leaf-wrapped rice)

A traditional and still-popular Korean food-wrapping style is to place rice in an envelope of lettuce and sesame leaves, together with spring onions and green chili pepper. The method is simple: Place the lettuce on the palm; add dollops of rice and side dishes; drop a spot of sesame oil on top; wrap it all up; and – *voila* – eat!

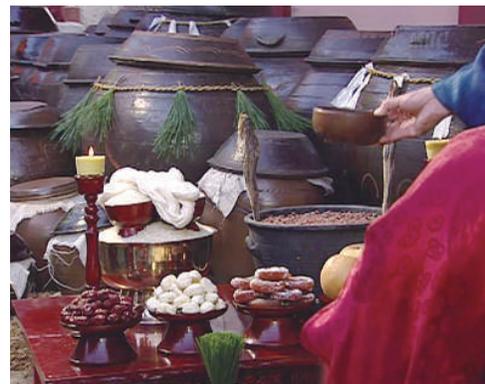
The base of taste

The fermented sauces of the palace

It wouldn't be an exaggeration to say that the authentic taste of Korean cuisine stems from fermented sauces. *Ganjang* (soy sauce) is made with *meju* (fermented soy bean bricks). When soy bean bricks were put into salted water, the elements formed micro-organisms that aided fermentation. During this process, the flavor and the aroma of the soy bean protein became distinctive and this is one of the key points that makes Korean royal cuisine special.

The royal sauces were usually made in a temple using fermented soy bean bricks which were collected from the people as a tributary payment to the king. People would boil black soy beans, then they would either pound the beans in a mortar or crush them underfoot, (wearing clean socks) on a straw mat. These fermented soy bean bricks made in temples were four times bigger than those made in people's houses.

These bricks made in temples were piled up in jars and salted water was poured in to the brim of the jar, which was then left out under the sun. This method went on for about 40 days. Then, all the swollen soy bean bricks would be moved to wicker trays to be drained, after which the liquid was filtered through a strainer and poured into other clean jars. This fresh soy sauce is called *haetjang* or *cheongjang*, and when it becomes thicker under the sun, it can be called *jungjang*. After 10 years, when this soy sauce becomes almost black in color, thick and sweet, it is called *jinjang*. As all the soy sauces in the palace had to be boiled down under the sun, the jars were topped up with fresh or



A shamanistic ritual took place just before the new batch of soy sauce was made in "Daejanggeum". From far back in history, Korean people believed that the household could only be peaceful when the key ingredients of their food - soy sauce and soy bean paste - were well made. And they did not neglect spiritual advice, hence carried out shamanistic rituals to learn the most appropriate date for sauce making.

young soy sauces.

The use of these soy sauces differed according to vintage. Fresh soy sauce, *haetjang*, was used for blander dishes like *miyeokguk* (seaweed soup) and *namul* (seasoned vegetables). *Jinjang*, soy sauce matured for decades, was normally used to give black color and gloss and to add a sweet taste to dishes like *yaksik* (sweet rice with nuts and jujubes), *jeonbokcho* (abalone in soy sauce), *yukpo* (seasoned dried beef) and so on. For meats and

most other dishes, *jungjang* was used.

Doenjang (soy bean paste) is made from the leftover after making soy sauce. Although it is now universally popular among all Koreans, this mashed soy bean paste was customarily used by palace workers rather than the royals. Especially as the last two kings of Joseon, Gojong and Sunjong, disliked spicy and salty food, *doenjangjjigae* (soy bean paste stew) was served only once or twice a year.

Gochujang was made with chili powder, powdered soy bean paste and sticky rice paste. Once the ingredients were well mixed, the resulting paste was transferred into smaller jars to be stirred with a wooden spatula every day to stimulate the fermentation process.

King Sunjong also enjoyed *sangchussam* (leaf-wrapped rice) set menu

Han Hee-sun, the last of the higher ranked court ladies from the royal kitchens of the late Joseon Dynasty, served King Sunjong (who ruled from 1907 until 1910). She preserved and passed down the recipes of the king's favored *sangchussam*. *Ssam* literally means "wrap" in Korean and *sangchussam* is a dish using leafy vegetables to wrap rice and other accompanying side dishes. According to Han, vegetables used for wrapping were mainly lettuce, crown daisy and spring onion; more rarely, nasturtium leaves were served.



1 Korean traditional sauces *gochujang*, *ganjang* and *doenjang*.

2 *Gyeoji* tea warms up a cold body.

3 *Gyeoji* means the dried, thin branches of the cassia tree. You can use thick cassia bark, but fine cinnamon tastes softer.



II How to serve royal cuisine?

While the king dined alone at his royal table, or *surasang*, he could, in fact, see the status of his kingdom. During the Joseon Dynasty, foodstuffs from all over the country - from fruits from the distant south to mountain herbs from the far north - were sent to the palace as tributes. Hence, the state of his table told him a lot about the lives of his subjects. During times of poor harvests or disasters, kings would cancel feasts and decrease the number of their own dishes.

Endless preparations for the king's daily meal

Surasang the royal table

Warm broth for cold weather

Dubu-jeongol stuffed bean curd hot pot

The finishing touch of royal feasts

Yeolgujatang royal hot pot

'Imagine the smile on the face of the diners...'

Samsaek-danja tri-colored glutinous rice cakes

Piling up a mighty banquet

Hwayangjeok beef and vegetable skewers

Jeonbokcho braised abalone in soy sauce





Endless
preparations for
the king's daily
meal

Surasang

the royal table

“Dramatic scenes of friendship, competition and veiled strife among the court ladies always led to a scene around the *surasang* - the king's table. The ladies prepared royal cuisine for days or sometimes for more than a month to please the king, taking care of even the smallest details. If and when the king got a cold or suffered from fatigue, they had to change the menus to promote his recovery. The scene of the king asking the chief court lady of the royal kitchen about the food on the royal table aroused viewers' curiosity.”

Heralding the king's daily meal / **Surasang**

Setting the king's table was a very considerable task. All the royal side dishes were cooked in *naesojubang* (the royal kitchen). However, this was located at a distance from *naejeon* (the king's residence) as a fire precaution. So, once the side dishes were cooked, they were put into lidded containers and moved to *toiseongan* to set up the royal table prior to serving. *Toiseongan* was a kind of pantry or preparation room where the court ladies prepared the king's table setting. The court ladies as well as servant girls would heat up hot foods like soups and grilled dishes brought from the royal kitchens, and also look after all the dishware, braziers and serving utensils. All the food and side dishes were cooked in *naesojubang* (the royal kitchen); only rice was cooked in the *toiseongan* (pantry). Whenever the king's specially selected rice was cooked in a stone pot using fine charcoal, its delicious aroma drifted across the entire palace.



A big round table used as *surasang* is called *deawonban*.

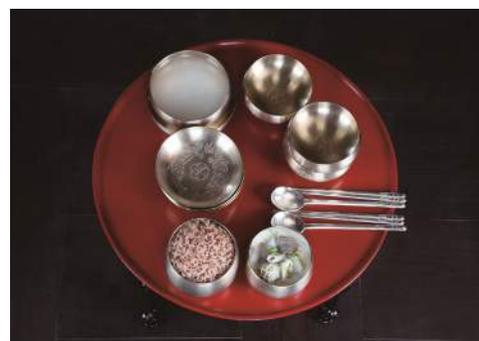
Korean daily meals stem from the royal table

A basic Korean meal consists of a bowl of rice, which is a good source of energy and side dishes which provide nutrients lacking in rice. The same applies to the royal table.

A royal meal was made up of 12 side dishes, according to Han Hee-sun, one of the last court ladies and the one who passed down the skills and knowledge of royal cuisine.

The king usually had three different kinds of table. A big round table was used for the main meal along with a smaller round table and a square table. The square table was used for *jeongol* (hot pot). All ingredients - meats, vegetables, broth

and sauce - on this table would be carried in. Then, the *jeongol* itself would be cooked on a brazier standing next to this square table.



Sowanban, or 'small round table'.

Setting the royal table

The basics

Sura (rice)

Sura means rice served to the king. There were two different rices served: white rice (right) and red rice (left). Red rice was made either with red beans, or was colored with the water the red beans were boiled in.



Tang (soup)

Soup is called *guk*, *tang* or *gaeng*. *Gomtang* (left) is a meaty soup favored by Koreans. To prepare the deep broth, foreshin cuts of beef, oxtail and offal like lungs, stomach and tripe should be long simmered. Then, when the meat is cooked half way, big chunks of radish, leeks and Korean soy sauce should be added for flavor. Then it is ready to serve, usually with sliced meats, radish and leeks. *Miyeokguk* (right), also called *gwaktang*, is a sea-mustard soup. It is cooked with diced beef or in a broth of beef.



Jjim (steamed dish)

Stewing and steaming are both referred to as *jjim* in Korean. While stewing was a preferred method of cooking for meat cuts, steaming was preferred for fish and seafood. As per the picture, *domi-jjim* (steamed sea bream) is cooked with a whole sea bream with various garnishes on top in a steamer. As the texture of the fish is very soft and delicate, it should not be over-seasoned or over-cooked.



Jeongol (hot pot)

A particularly enjoyable dish is cooked on a pot over a brazier then eaten on the spot with seasoned meats and vegetables. *Dubu-jeongol*, as pictured, is made of pan-fried bean curd stuffed with seasoned meats and cooked with vegetables.



Chimchae (various kinds of kimchi)

Chimchae is an old word for the now famous pickled condiment *kimchi*. It is made with pickled vegetables like radish, cabbage, cucumber; is seasoned with chili pepper, garlic, spring onion, ginger, salted seafood and salted fish; and is fermented by lactic acid.



Jochi (stew)

Jochi is what stew was called in the palace; it contains more solid ingredients than soups. As it is heavily seasoned, it should be accompanied with bowls of rice. Stews include soy bean paste stews, red pepper paste stews and clear stews. *Tojangjochi* (left) is soy bean paste-based stew cooked in an earthen or other thick pot. It is best cooked for a long time on a low or medium heat. *Guldubu-jeotguk-jochi* (right) is an oyster and bean curd stew, seasoned with either fermented shrimps or salt. It loses its taste when cooked too long or reheated.



Jang (fermented sauces)

Jang is a unique Korean unique sauce or paste made of soy beans. *Ganjang* (soy sauce) is made with *meju* (fermented soy bean bricks). When soy bean bricks were put into salted water, the elements formed micro-organisms that aided fermentation. During this process, the flavor and the aroma of the soy bean protein became distinctive and this is one of the key points that makes Korean royal cuisine special. These fermented soy bean bricks were piled up in jars, then salted water was poured in to the brim of the jar, which was then left out under the sun. This method went on for about 40 days. Then, all the swollen soy bean bricks would be moved to wicker trays to be drained, after which the resultant liquid was filtered through a strainer and poured into more clean jars. This fresh soy sauce was called *haetjang* or *cheongjang*. *Doenjang* (soy bean paste) is made with the swollen *meju*(soy bean bricks) left out while making soy sauce: it is now universally popular among all Koreans. On the *surasang* (royal table), *cheongjang* (left), vinegared soy sauce, vinegared red chili pepper paste, mustard mixed with soy sauce and honey were served. They were added to dishes, as per the king's personal taste.



Menu for 12 side dish set table

Deoun gui (hot grill)

Meats such as beef, pork, chicken and ribs offal were normally grilled either over direct heat or in a pan. *Neobiani* (marinated grilled beef slices) is a typical Korean grill dish.



Chan gui (cold grill)

Sea plants and vegetables such as seaweed and *deodeok* (mountain herbal roots) are normally grilled either over direct heat or in a pan. Grilled seaweeds like those pictured are lightly grilled - be careful with the heat - and oiled with sesame oil or wild sesame oil.



Jeonyuhwa (assorted pan-fried delicacies)

Jeonyuhwa is made using meats, seafood and vegetables, seasoned with salt and pepper, coated in flour and beaten egg, and then fried in an oiled pan. Buckwheat flour can be substituted for normal flour. It is best to fillet the fish or meat to cook it quickly and thoroughly; this is the case with *sengseonjeon*(pan-fried fish fillets) and *yukjeon* (pan-fried beef fillets). When pan frying *wanjajeon* (pan-fried meatballs) or *saewujeon*(pan-fried shrimps), try to flatten them down and reduce the thickness.



Pyeonyuk (sliced boiled meats)

Both beef and pork can be used. The dish is prepared by boiling a large lump of meat, wrapping it with a clean cloth and pressing it down with a stone or other heavy object. Then, the meat is sliced thinly and served with either fermented shrimps for pork, or vinegared soy sauce for beef. If using beef, the most appropriate cuts are brisket, fore shin, thin flank, tongue, testicles, penis or meats from the breast and head.



Sukchae (cooked vegetables)

There are two types of *sukchae*: one is blanched vegetables, the other is stir-fried vegetables. *Namul* usually refers to *sukchae* (cooked vegetables).



Among the *samsaek namul* (tri-colored namul) in the picture, spinach *namul* is blanched in salted water and seasoned, while bracken *namul* and bellflower root *namul* are boiled, seasoned and stir fried.

Table settings of the last Joseon kings: Gojong and Sunjong

Dishes		Utensils	
Basic foods served			
1. <i>Sura</i> (Rice)	White rice, red rice	White rice, red rice	Brass rice bowl
2. <i>Tang</i> (Soup)	Seaweed soup, thick beef soup	Seaweed soup, thick beef soup	Soup bowl
3. <i>Jochi</i> (Stew)	Bean paste stew, fermented shrimp	Bean paste stew, oyster, bean curd and fermented shrimp stew	Earthen pot
4. <i>Jjim</i> (Steamed dishes)	Steamed dish (meats, fish, vegetables)	Steamed sea bream	Brass concave plate with a lid, stackable side dish box
5. <i>Jeongol</i>	Ingredients, pot, and brazier	<i>Jeongol</i> pot, stackable hot pot	<i>Jeongol</i> pot, stackable bean curd hot pot side dish box, small bowl, brazier
6. <i>Chimchae</i> (Kimchi)	Vegetable <i>kimchi</i> in picked fish brine, cubed radish <i>kimchi</i> , watery radish <i>kimchi</i>	Vegetable <i>kimchi</i> in picked fish brine, cubed radish <i>kimchi</i> , watery radish <i>kimchi</i>	Small bowl for <i>kimchi</i>
7. <i>Jang</i> (Sauces)	Light soy sauce, vinegared soy sauce, vinegared red pepper paste, mustard	Light soy sauce, vinegared soy sauce, vinegared red pepper paste	Small bowl
Menu for 12 side dish set table			
1. Hot grill	Grilled skewers of meat or fish	Marinated grilled beef slices	Small brass bowls or plates
2. Cold grill	Grilled skewers of sea plants, roots or vegetables	Lightly grilled seaweed	Small brass bowls or plates
3. Assorted pan-fried delicacies	Pan-fried dishes of meat, fish or vegetables	Pan-fried dish (fish, meatball, shrimps)	Small brass bowls or plates
4. Sliced boiled meats	Boiled meats	Boiled brisket of beef	Small brass bowls or plates
5. Cooked vegetables	Cooked vegetables	Tri-colored vegetables	Small brass bowls or plates
6. Seasoned fresh vegetables	Seasoned fresh vegetables seafood, fish or vegetables	Mung bean jelly salad	Small brass bowls or plates
7. Braised dishes	Braised dishes of meats,	Braised chicken in soy sauce	Small brass bowls or plates
8. Pickled vegetables	Pickled vegetables	Pickled cucumber	Small brass bowls or plates
9. Salted fish and seafood	Salted fish and seafood	Pickled pollack roe	Small brass bowls or plates
10. Dried side dishes	Dried side dishes	Dried pollack fluff, dried and salted yellow corvina	Small brass bowls or plates
11. Special dishes	Raw meats, fish, seafood or vegetables / parboiled meats, fish, seafood or vegetables	Raw abalone	Small brass bowls or plates
12. Poached eggs	Poached eggs or other special dishes	Poached eggs	Small brass bowls or plates
Tea or water	Scorched rice water or grain tea	Scorched rice water	Teapot, bowl

Saengchae (raw vegetables)

Saengchae are uncooked vegetable dishes. One of the signature dishes is *tangpyeongchae*. This is made of mung bean jelly mixed with vegetables, dried seaweed and stir-fried beef. It is refreshing to taste as it is usually seasoned with sugar and vinegar.



Jorigae (braised dish)

Any ingredient - meat, seafood, vegetable - can be braised. To store these longer, it is best to season them strongly with plenty of salt. *Dakjorigae*, as pictured here, is braised chicken fillets in soy sauce with herbal vegetables such as leek, garlic, ginger and dried chili pepper.



Janggwa (pickled vegetables)

Janggwa is another word for *jangajji*, or pickled vegetables. Seasonal vegetables like garlic, garlic stalks, sesame leaves, radish, cucumber and *deodeok* (mountain herb roots) are preserved in soy sauce, red chili paste and soy bean paste. These pickled vegetables are removed from their jars and seasoned with sesame oil, sugar and sesame seeds just before serving. *Oisukjanggwa* (pictured) is made of de-seeded cucumber pickled in salty water and stir-fried with beef, mushroom and seasoning.



Jeotgal (salted seafood)

This is Korean's representative preservative. While fermenting fresh seafood and fish in salted water, this uniquely tasty flavor was developed. *Myeongranjeot* (pictured), is made of pollack's roe preserved in a jar with salt, red chili and garlic during the winter.



Mareunchan (dried dishes)

These dishes are dried or deep fried, and any ingredients can be used: meat, seafood, sea plants or vegetables. *Podasik* (on the right of the bowl) is pressed dried pollack fluff with honey; *gulbi-jaban* (on the left) is heavily salted and dried yellow corvine. *Yakgochujang* (left below) is boiled-down sauce, mixed with red chili paste, ground beef and honey.



Jeonbok-hoe (raw abalone)

Hoe is fresh raw fish or beef that is sliced very thinly and served uncooked and dipped into vinegared red chili pepper paste before being eaten.



Suran (poached eggs)

Eggs should be broken into a sesame oiled ladle. Dip the ladle in constantly simmering water and cook the egg lightly; this is a method of Bain-Marie (cooking in a double boiler).



Sungnyung (scorched rice water) or gokmulcha (grain tea)

Sungnyung is water boiled with the rice left on the bottom of the pot. *Gokmulcha* is a hot beverage made from roasted cereal grains and brewed like tea.



Utensils for surasang

The tables for the king's meals were round and red. Bigger sized tables were called *daewonban*; *sowonban* were the smaller sized ones. *Sura* (king's meals) were usually served on a big table with two smaller tables next to it. Tableware comprised both silver and porcelain, while all cutlery had to be made with silver. Among the relics from Joseon, Korea's last royal dynasty, is an impressive tableware set made with the 'Seven Treasures' (gold, silver, lapis, crystal, coral, agate and pearl).



Surasang (royal table): A kingdom on a table

A sumptuous table with basic dishes plus 12 side dishes for just one person - even a king - sounds extravagant. However, there was a reason behind this extravagance and it had little to do with actual eating. During the Joseon Dynasty, Confucian politeness was highly prized, and the king had to be the perfect benchmark for these tricky table manners.

More importantly, delicacies from all over the country were presented to the palace in tribute. These - products from farmers, fishermen, hunters and many other people across the kingdom - would then be personally tasted by the king.

This meant that the king did not have to personally travel around the country to get an idea of his subjects' living conditions. Simply by glancing at and tasting the dishes spread across his dining table, the king could get a sense of seasonal changes, the quality of the harvest and even natural disasters.



1 Tableware set made with the 'Seven Treasures'.

2 Silver tableware.

3 A red sowonban.

Daily meals served to the king



Surasang in "Daejanggeum".

The king's daily meals at surasang

Palace meals were divided into two main categories: daily meals and feasts. The rice served to the king is called *sura* and setting up the table for the king is called *surasang*. The word *sura* derived from Mongolia and became a palace term during the Goryeo Dynasty (918-1392), then was passed down to the Joseon Dynasty. Daily meals could be either sumptuous with all kinds of delicacies, or humble with just a few side dishes, depending upon the king's taste. Usually, the king ate five meals a day.

According to "Euigwe" ("The Royal Protocols of the Joseon Dynasty") the general rule was: porridge served at dawn; rice was served for breakfast and dinner; noodles for lunch; special foods at midnight; and sweets between meals. This means food was served more than five times a day. On the other hand, there were cases of *gamseon* - which means decreasing the numbers of dishes served to the king. When accidents or disasters struck the country, some kings of Joseon would undertake *gamseon* to show solidarity and to console their subjects in their difficulties and misfortunes. *Gamseon*, during which meats and other sumptuous dishes were not eaten, would carry on for three, four or five days.

A historical record of regular royal meals

Compared to royal feasts, there are not many records remaining about regular, daily meals in the palaces, but fortunately one source, a book called "Wonhang-eulmyo-jeongri-Euigwe" ("The Royal Protocol of King Jeongjo's Visit to His Father's Tomb"), which was written in 1795, in

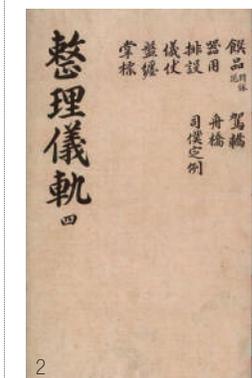


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the 19th year of King Jeongjo's reign, preserves much related information about the king's daily meals. This record was based on the round trip from the palace in Seoul to the walled city of Suwon in the south, via Hyeonryungwon, where the grave of King Jeongjo's father, Sadoseja, was sited. King Jeongjo travelled with his mother on this eight-day round trip to celebrate his mother's 60th birthday.

This record forms an important reference on daily royal meals. It also indicates that King Jeonjo was decent and modest; he did not permit extravagance in his daily living. Being affectionate toward his mother, he ordered normal royal meals

for her, but meals with less than seven dishes on the table for himself.



2

1 Surasang served to King Jeongjo's mother.
2 The cover of "Wonhang-eulmyo-jeongri-Euigwe".



Warm broth for cold weather

Dubu-jeongol

stuffed bean curd hot pot

“ The individual pot on a small brazier would follow a sumptuous course with various side dishes. Although this pot dish was not included in the 12side dish set menu, it stood out as a main course. All kinds of ingredients in a deep aromatic broth would impart warmth even in extreme cold weather. This hot pot was changeable with various ingredients - bean curd hot pot, mushroom hot pot, pheasant hot pot, etc. Hot pots were always served on banquets like birthdays and feasts for foreign envoys. ”

The food shares its warmth / Jeongol

In "Daejanggeum", one scene showed a court lady cooking a hot pot on a brazier in front of the king. As *jeongol* is a sort of soup that simmers while being eaten, it is most appreciated in cold weather. The best hot pots feature various ingredients and are best shared with many people. Several different kinds appeared in "Daejanggeum", including bean curd hot pot, mushroom hot pot, pheasant hot pot and sea bream with noodles hot pot. Today's *jeongol* are often spicy, but the *jeongol* served to the kings of the past were less so.



Dubu-jeongol (stuffed bean curd hot pot)

Ingredients

300g hard bean curd, 1 tsp salt, 5Tbsps starch powder, 4Tbsps cooking oil, 100g beef(rump), 50g ground beef, 3 *pyogo*(shitake) mushrooms, 100g radish, 50g carrots, 100g green bean sprouts, 30g spring onions, 50g onions, 1 red chili, 50g water dropwort, 2tsp salt, 1 tsp pine nuts, 3 walnuts, 1 egg, 8 cups water, 2Tbsps soy sauce for soup, 2tsp salt

Meats and mushroom seasoning - 2tsp chopped leek, 1Tbsp soy sauce for soup, 1 tsp chopped garlic, 1 tsp sesame oil, a pinch of pepper

Vegetable seasoning - 1/2Tbsp salt, 1Tbsp sesame oil

Preparation

- 1 Cut bean curds to the size of 3cm X 2.5cm and 0.7cm thickness. Lay them on a plate and scatter salt over them. Leave until dried out.
- 2 Shred the beef (rump) to prepare 50g of ground beef.
- 3 Soak the mushrooms in cold water for 2 hours and shred them.
- 4 Cut the radish and carrot down to strips of 5cm X 0.5cm and 0.3cm thickness. Cut off the head and tails of the green bean sprouts. Blanch each vegetable with 1 teaspoonful of salt in boiling water, rinse in cold water, and then drain.
- 5 Shred the onion and red chili. Cut the spring onion into 5cm lengths. Remove the leaves of the water dropworts and blanch with 1 teaspoonful of salt until it wilts, then rinse in cold water and drain.
- 6 Soak the walnuts in hot water and remove their skins.

Method

- 7 Drain the cut bean curd pieces and coat them with the starch powder. Put 4 tablespoonfuls of oil in a frying pan and fry until golden yellow.
- 8 Mix all the meats and mushroom seasoning ingredients and season the shredded beef, ground beef and mushrooms separately.
- 9 Pack the ground beef between two fried bean curd pieces (like a sandwich) and tie with a water dropwort.
- 10 Season all the vegetables.
- 11 Put the vegetables neatly in a pot and put the beef in the middle.
- 12 Scatter the nuts on top of the sandwiched bean curds.
- 13 Season the water with soy sauce and salt, then pour this seasoned water into a pot. Put the *jeongol* pot over a brazier and cook. When nearly cooked, break the egg in the middle and start eating.



11, 12



3, 4



5



7



9

Jeongol set into the royal tables



Dubu-jeongol set into the surasang, or king's table, and a jeongol table.

The origin of jeongol (hot pot)

Many people are confused between *jeongol* (hot pot) and *jjigae* (stew) for the two categories are only slightly different. *Jjigae* is cooked with all the ingredients in a pot with a sauce - unlike *jeongol* which is cooked by putting each ingredient in, one at a time.

There have been many different stories about the origin of *jeongol*. "Manmulsamulgiwon yeoksa" ("The History and the Origin of Everything" published in 1909) by Jang Ji Eon, a journalist of the late Joseon Dynasty, offers one theory. "I am not so sure about the exact origin of *jeongol* but I strongly assume that during ancient times, the soldiers at the front were wearing metal helmets. As they did not have proper equipment for cooking, those soldiers would have used their helmets to cook with. So I guess that they would have put meats, vegetables and anything they could get into a upside down metal hat, and poured on water to cook. That is *jeongol*."

Another theory appears in "Eouyadam" ("The

Book of Folk Tales") by Yu Mong In (1559~1623), a famous writer of Joseon, who writes: "To-jeong Yijiham (a scholar active around 1517~1578) always put on a metal hat while wandering around the country and when he could get foodstuffs like meat and fish, he used his metal hat to cook it in. So his nickname used to be 'Cheolgwanja' ('The Man with the Metal Hat')." But this theory is dubious.

Concrete mentions of *jeongol* appeared in the 18th and 19th centuries. Judging from this, *jeongol* dishes were fully developed in the Joseon Dynasty.



While the king dined, two court ladies and one trainee girl waited upon him.

A pot named *jeonliptu*, meaning a soldier's helmet, is mentioned in "Gyeongdojapji" (a book about the traditional customs of Hanyang - today known as Seoul - the capital of Joseon) by Yu Deuk Gong, a scholar of the realistic school of Confucianism who lived between 1747~1800. "There is a pot named *jeonliptu* which looks like a soldier's hat," he wrote. "Vegetables can be cooked in the hollow part in the middle, meats can be grilled on the flat part at the edge. It would be good either to accompany with alcohol or to eat with cooked rice."

Jeongol is also mentioned in "Onheejapji" ("A Cook Book") by Seo Yu Gu, a scholar of late Joseon, whose dates are 1764~1845. "There is a meat-grilling utensil which looks just like an upside-down hat, in which sliced vegetables are cooked with a broth while thinly sliced meats are grilled at the edge of the heated metal over the charcoals. Three to four people can share this," the book notes. "This utensil can be called *jeoncheol* or *jeonliptu*." The word *jeoncheol* indicates the cooking utensil for a hot pot in the palace. According to a report from the King Gojong era in "Euigwe" ("The Royal Protocols of the Joseon Dynasty"), *jeongol* using a *jeoncheol* pot was one of the menus for feasts.

Waiting upon the king's table

"Daejanggeum" featured a scene in which King Jungjong was served his royal table by *Gimi-sanggung* (the chief serving lady) and apprentice court ladies. It was based on the testimony of some of the court ladies during the King Gojong and King Sunjong era, near the end of the Joseon Dynasty.



Various differently shaped hot pots



"Yayeon" ("Evening party"): A picture from a sketch book of customs by the 19th century painter Seonghyeop.

While the king was having a meal, two court ladies and one trainee waited upon him. The *gimi-sanggung* was normally old enough to be well aware of the king's personal tastes and she explained the menu to his highness. She also sampled the food before the king to ensure it had not been poisoned, using a pair of ivory chopsticks and a silver bowl.

The other court lady's duty was cooking the hot pot on a brazier, while the trainee girl would pass the side dishes and cut the big radish *kimchi* for the king.



The finishing touch of
royal feasts

Yeolgujatang

royal hot pot

“ The first food scene depicted in "Daejanggeum" features a splendid royal feast. During the banquet, all the royal family members including the king get together to enjoy not just food, but also performances by dancers with flowers and fans. Royal family members normally took their meals by themselves in their own chambers, but feasts were different. During these banquets, although all royal family members shared the food on the table, only the king, without exception, received an individual table. Among all the splendid items served at the feast, the *piece de resistance* was the *yeolgujatang*, or royal hot pot. ”

Pleasing the taste buds / Yeolgujatang

Yeolgujatang (悅口資湯) means a soup to please the taste buds; these days, it is more commonly known as *sinseonlo*. *Sinseonlo* is, in fact, the name of the pot which the *yeolgujatang* is cooked in, which features a round container with a hole in the pot into which hot charcoals are placed. According to "Euigwe" ("The Royal Protocols of the Joseon Dynasty"), *sinseonlo* was written with many different names: *yeolgujatang*, *myeonsinseonlo* and *tangsinseonlo*. Whenever feasts were held in the palace, *sinseonlo* was always set in the center of the table to give warmth.



Sinseonlo/Yeolgujatang (royal hot pot)

Ingredients

Meat and broth - 200g beef (fore shin), 100g beef (rump), 100g beef stomach (skinned), 200g radish, 100g carrot, 1 tsp salt, 1 sprig of leek, 5 cloves of garlic, ½ tsp peppercorns

Meat seasoning - 2Tbsps soy sauce for soup, 1Tbsp chopped garlic, 1Tbsp sesame oil, a pinch of pepper

Pan fried food - 50g white fish filet (cod), 50g manyplies, 70g beef (rump), ½cup flour, 3 eggs, 6Tbsps cooking oil, 1Tb salt, a pinch of pepper

Five colored garnish - 5 (10g) manna lichen mushrooms, 50g water dropwort, 3 (15g) *pyogo*(shitake) mushrooms, 3 eggs, 2 red chilis, 3Tbsp flour, 6Tbsp cooking oil, ½tsp salt

Nut garnish - 3 walnuts, 12 ginkgos, 1 tsp pine nut, 3 jujubes,

Meatball - 50g ground beef, 30g bean curd, 1 tsp salt, 1 tsp chopped leek, ½tsp chopped garlic, ½tsp sesame oil, 1Tbsp cooking oil, 2 Tbsps flour, 1 egg, a pinch of pepper

Final seasoning for the broth - 1Tbsp soy sauce for soup, 1tsp salt

Preparation

Prepare meats and broth

- 1 Put beef in cold water for about one hour to get rid of blood. Wash the beef stomach with a teaspoon of salt and rinse under running water to remove the strong smell. Put 10 cups of water into a big pot and boil. When the water starts boiling, add the beef, beef stomach, leek, garlic and peppercorns, and keep cooking for 40 minutes. Add radishes and carrots, then cook for 10 minutes. Take out the meats. Turn off the heat and leave the broth to cool down. Remove all the fats floating on the surface and strain the broth through a clean, cloth-lined sieve.
- 2 Slice the beef and beef stomach thinly. And slice the beef rump cuts in the opposite direction to the grain. Season each meat separately with the meat seasoning ingredients.



Meat and broth Ingredients



Pan fried food Ingredients



1



2

Preparation of pan-fried food

- 3 Fillet white fish into 7~8cm widths and detach the manyplies. Fillet the beef into 0.3cm strips and make small cuts on the surface of the beef.
- 4 Season with salt and pepper on the fish and meats.
- 5 Coat the fish and meats with flour, then beat the eggs and pan fry them on medium heat, taking care that they do not shrink.

Preparation of five colored garnishes

- 6 Soak the manna lichen mushrooms in hot water and chop them finely. Separate eggs into egg yolks and egg whites, sprinkle 1/4 teaspoonful of salt onto each. Divide the egg whites into two and add chopped mushrooms to half the whites. Thinly coat a heated pan with oil, and make three different colored pancakes (yellow, white and black).
- 7 Remove roots and leaves of water dropwort and skewer only the stalks. Make them square-shaped. Coat with flour, then beat the eggs and fry in a pan with as little oil as possible to make green, square, water dropwort skewered pancakes.
- 8 Soak the *pyogo* (shitake) mushrooms in cold water for two hours and remove the stalks, then squeeze them to get rid of moisture.
- 9 Cut the red chilis in half lengthways, and de-seed.



Preparation of garnish and meatballs

- 10 Soak the walnuts in water for 10 minutes to remove their skins easily. Pan fry the ginkgo nuts with a little oil until they turn green, then peel the skin. Trim the pine nuts. De-seed the jujube, preserving the shape, then roll them and cut them into small pieces to make small flower patterns.
- 11 Mix the ground beef with mashed bean curd. Season with all the ingredients for meatball seasoning. Make meatballs that are approximately 1.2cm in diameter. Coat them with flour, then beat the eggs and fry them in a pan with as little oil as possible until cooked. Make sure to cook the meatballs on low heat and keep rolling them to get an even color.

Method

- 12 Cut all the prepared food like vegetables and pancakes, into the same size as the mold of a *sinseonlo* pot (about 4cm X 2.5cm).
- 13 Lay all the leftover pieces on the bottom of the *sinseonlo* pot and cover all the neatly cut food, assembling them by color. Decorate the top with meatballs and nut garnish.
- 14 Season the broth with the ingredients for the last seasoning and boil for five minutes. Pour this broth into the *sinseonlo* pot; put charcoals in the hole in the middle of the pot; then serve.

- Charcoal, heat tabs, or even candles can be used as heating agents.



Sinseonlo made according to the recipe from 'Yijongjungyori-tonggo' which contains various seafoods including abalone and sea cucumber.



Royal feasts



Scene of an 1848 palace feast with *sinseonlo* at the top of the table from the "Euigwe" ("Royal Protocols of the Joseon Dynasty").

Royal feasts and records of royal feasts

Depending on the size of the gathering and the ceremony being celebrated, feasts could be classified into different categories, such as *jinjung-jeong*, *jinyeon*, *jinchan*, *jinjak*, *sujak* and so on. Epic feasts didn't end in just one day; they went on and one, day and night, for three, four or five days. The hosts and guests differed depending upon the type of feast.

Broadly, feasts could be categorized into two types: *oeyeon* (external feast) and *naeyeon* (internal feast). *Oeyeon* was for the sovereign and subjects involved in politics. *Naeyeon* was for the ladies of the palace, like the queen and the crown princess, and sometimes distant relatives of the royal family.

Royal feasts could not be held at any time the king

wanted them. They were strictly regulated into special days for important members of the royal family like the king, the queen, the king's mother, the crown prince and so on. These special days marked births, 40th, 50th and 60th birthdays, ceremonies of the crown, royal weddings, receptions for foreign ambassadors and so on.

When there was a famine, feasts were delayed or canceled. For example, during the reign of King Hyeonjong (1659 ~ 1674), there was not a single feast held. And the banquet marking King Sukjong's (1674 ~ 1720) 30th anniversary of accession to the throne was postponed for three years.

When there were occasions to celebrate, retainers suggested the king hold a feast, but the more upright Joseon kings would not permit this,

giving such prudent reasons as national finance. If retainers kept insisting, the king might reluctantly permit a small banquet.

Right after the king's permission was given, the palace was plunged into a frenzy of preparation. An *ad hoc* organization was set up to plan and manage the feast - similar to today's event planners. This organization was called the *dogam* and took care of all the programs, preparations, food, performances and so on. A person was selected from among the palace officials to take charge of the *dogam*; that person must have written the *chanpumdanja* or *eumsikbalgi*, which were lists of feast foods, including both their varieties and quantities.

Sinseonlo: Flagship dish of Joseon royalty

Sinseonlo is a sumptuous dish with ingredients including vegetables, meats and fish. The records of this dish in old books like "Gyuhapchongseo," "Imwonsipyukji," "Gyugonyoram," "Dongguksesigi," were all slightly different, but according to "Jinyeon Euigwe" ("Royal Feast Protocols of the Joseon Dynasty"), there were over 25 ingredients in *sinseonlo*. Those ingredients were beef fillet, fatty beef tripe, beef liver, beef manyplies, pork, pheasant, chicken, abalone, sea cucumber, mullet, eggs, *pyogo* (shitake) mushrooms, water dropwort, leeks, pine nuts, ginkgo nuts, walnuts and more.

The first written record mentioning *sinseonlo* is the book "Somunsaseol" of 1740, written by the royal doctor Yi Si Pil during the reign of King Sukjong, which explains that *sinseonlo* originated from China. But as time went by, *sinseonlo* became a representative royal food and from the Japanese colonial era (1910-1945) right through



A magnificent feast gets underway in "Daejanggeum".



1 *Sinseonlo* appeared on the cover of the cookery book "Joseon Mussang Sinsik Yori jebeop," first printed in 1924.

2 The original document of the book "Somunsaseol" which mentioned *yeolgujatang* or royal hot pot.

to the 1970s, *sinseonlo* has been a popular dish among *yojeong*, or high-class Korean restaurants staffed with *gisaeng*, or female entertainers. Due to this popularity, *sinseonlo* appeared on the covers of many cookery books.



'Imagine the smile
on the face of the
diners...'

Samsaek-danja

tri-colored glutinous rice cakes

“It was the dead of night. Janggeum could not sleep, thinking about what to give as a gift to a special person, Min Jeong-ho, a military officer who had done her a good deed - and to whom she was attracted. Inspired, she suddenly started pounding ginkgo nuts and shredding jujubes. She coated each bite-sized glutinous rice cake in pine nut powder, ginkgo nut powder, shredded jujubes and shredded chestnuts. She completed the dish - *samsaek-danja* (tri-colored glutinous rice cakes) and took them to Min's night duty room. She passed him a bamboo-lidded basket filled with the rice cakes. "While I am making food, I always think of the smile on the face of the diners," she said. "I hope my appreciation is delivered through my food." It was...”

Sweet desserts for the king / Samsaek-danja

Danja is a kind of small glutinous rice cake. It is made with glutinous rice powder, mixed with some ingredients like manna lichen mushroom, ginkgo nuts, mugwort, *yuja*, adlay and jujubes, then steamed and pounded to be cut into bite-sized pieces and coated in honey with nut powder or shredded nuts. *Samsaek-danja* were usually used as a decorating garnish along with *gaksaekpyeon* (steamed rice cakes with assorted ingredients).



Ssuk-danja (mugwort glutinous rice cakes)

Ingredients

160g glutinous rice, 2tsp salt, 50g mugwort (blanched and chopped), 1 1/3 Tbsp (20g) honey, 3 cups (220g) red bean powder, 1/3 tsp cinnamon powder, 1tsp honey

SalTED water - 1 tsp salt, 1 cup water

Preparation

1 Wash 160 grams of glutinous rice and soak in water for two hours. Drain through a sieve, grind with 1 1/2 teaspoonfuls of salt in a grinder to make glutinous rice powder. (160 grams of glutinous rice becomes heavier after being soaked in water, so when you read "200 grams of glutinous rice powder," do not be alarmed!)

2 Prepare the ingredients to mix with rice powder.

Blanch the soft leaves of mugwort in boiling water with salt, rinse in cold water and squeeze the water out, then chop finely. (When mugwort is not available, mix one tablespoonful of mugwort powder with the same amount of water and mix into glutinous powder.)

3 Prepare the coating ingredients.

Soak the red beans in warm water for 1 hour and take the skins off, rubbing them between your hands. Wash the

beans, removing all the floating skins. Steam the red beans in a steamer with a clean cloth on the base for 40 minutes. Scatter salt and strain through a fine sieve to get soft bean powder.

Method

4 Steam the glutinous rice powder in a steamer with a clean cloth on the bottom for 10 minutes until it turns transparent.

5 Mix cinnamon powder and honey with 1/2 cup of thin red bean powder. Make 2cm, stick-shaped fillings.

6 Add cooked mugwort into the steamed rice powder and pound in a mortar till the paste turns green. Spread the paste on a wide chopping board, put the stick-shaped filling in and roll. Glaze with honey, pull the paste to make it long, cut off bite-sized pieces and then coat in red bean powder.



Daechu-danja (jujube glutinous rice cakes)

Ingredients

160g glutinous rice, 3Tbsp (24g) chopped jujube, 8 whole jujubes, 1Tbsp (20g) honey, 210g (about 6 chestnuts) shredded chestnuts, 48g (about 12 jujubes) shredded jujubes

Salted water - 1tsp salt, 1cup water

Preparation

1 Wash 160grams of glutinous rice and soak in water for two hours. Drain through a sieve, grind with 1½ teaspoonfuls of salt in a grinder to make glutinous rice powder. (160grams of glutinous rice become heavier after being soaked in water. So when you read 200grams of glutinous rice powder, do not be alarmed!)

2 Prepare the ingredients to mix with rice powder.

De-seed the eight whole jujubes and chop them finely.

3 Prepare the coating ingredients.

Take the skin off the chestnuts and shred them thinly. Take the seeds out of the shredded jujubes, flattening them with a rolling pin and shredding them thinly.

Method

4 Mix the glutinous rice powder and chopped jujubes. Steam this paste in a steamer with a clean cloth on the base for 10 minutes until it turns transparent.

5 Put the steamed rice cake on a chopping board, kneading it until it becomes one mass of paste, and glazing with salted water at the same time. Spread the honey on a board, put the paste on it and flatten it to 1 cm thickness, then cut it into bite-sized pieces. Coat it in shredded chestnuts and jujubes.



Seogi-danja (manna lichen mushroom glutinous rice cakes)

Ingredients

160g glutinous rice, 1Tb (10g) chopped manna lichen mushroom, 1Tbsp (20g) honey, ⅔ cup pine nut powder

Salted water - 1tsp salt, 1cup water

Preparation

1 Wash 160 grams of glutinous rice and soak in water for 2 hours. Drain through a sieve, grind with 1½teaspoonful salt in a grinder to make glutinous rice powder. (160 grams of glutinous rice become heavier after being soaked in water. So when you read 200 grams of glutinous rice powder, do not be alarmed!)

2 Prepare the ingredients to mix with rice powder.

Soak the manna lichen mushrooms in cold water and rinse until clear water comes out. Squeeze all the water out of the mushrooms and chop them finely.

3 Prepare the coating ingredients.

Chop pine nuts very finely on a piece of paper with a knife.

Method

4 Mix the glutinous rice powder and chopped mushroom.

Steam this paste in a steamer with a clean cloth on the base for 10 minutes until it turns into transparent.

5 Put the steamed rice cake on a chopping board, kneading it until it becomes one mass of paste, and glazing with salted water at the same time. Spread honey on a board, put the mass of paste on it and flatten it to 1cm thickness, then cut it into bite-sized pieces. Coat in pine nut powder.



Royal rice cakes

Towers of rice cakes

During feasts, the centerpiece for the kings and members of the royal family were foods piled up decoratively on the tables.

The heights of the piled-up foods differed according to the foodstuffs itself. Royal confectioneries and fresh fruits were the highest of all, and other side dishes came at the bottom of the pile. Rice cakes on the banquet table were categorized into two types: one made with normal rice powder and the other with glutinous rice powder. Various kinds of rice cakes using the same type of rice powder and differing only by the secondary ingredients were normally piled on the same plate. Among the various kinds of rice cakes, there were five to seven *jeomjeungbyeong*, four to ten *gyeongjeungbyeong*, two to seven *juak* and *hwajeon* and one to four *danja* and *japgwabyeong* on the table during one of the feasts held during King Gojong's reign - meaning that there were more rice cakes than any other dishes.

According to "Euigwe" ("The Royal Protocols of the Joseon Dynasty"), the various rice cakes were first on the list of food to be prepared for the feast and were piled the highest on the banquet table. These rice cakes were also placed in the center of the table and decorated with flowers on top. Judging from old documents, we can guess that rice cakes were really important in royal feasts. Royal feast-style table setting became fashionable among aristocrats in the Joseon Dynasty. These settings were used to celebrate a baby's first birth-



A tower of rice cakes.



A feast for elderly. There is a bunch of rice cakes in the middle.

day and elders' 60th or 70th birthdays.

The royal specialty for palace feasts

Although rice cakes are not main dishes eaten daily, they were essential components in feasts and the life rituals that were so important for Koreans. Whether a family function is big or small, the table is not complete without rice cakes. These



A feast table groaning under the weight of piled rice cakes.

delicacies connect people.

Rice cakes are made of rice grains or rice powder, steamed and pounded. They are easy to digest and convenient to eat. Rice cakes are prepared specially for birthdays and weddings, and have special meanings. For example, on the first birthday of a baby, *baeseolgi* (steamed white rice cake) is made in hopes that the tiny one will grow up pure and innocent. On children's birthdays, *susupatgyeongdan* (rice ball cakes made of sorghum and red beans) are served in hopes of preventing misfortune, as red signifies good luck. And on wedding days, glutinous rice cakes are prepared in hopes that the newly weds' love will be "sticky" - like a rice cake!

Rice cakes can vary depending on the seasonal ingredients obtainable. As herbs and flowers could be added or decorated in spring and autumn, Koreans could appreciate their country's

four different seasons.

There are several different methods to make rice cake. Rice cakes such as *baekseolgi*, *sirutteok* and *duteop-tteok* are made in earthenware steamers, whereas *garaetteok* and *jeolpyeon* are pounded with a large mortar. Small, shaped rice cakes like *songpyeon*, *gyeongdan* and *danja* are made by hand to get the appropriate shapes. A final method is pan frying - rice cakes that are pan-fried include *hwajeon*, *juak* and *bukkumi*.

Royal food for common people

As sharing royal feasts with the people was considered a virtue, whenever banquets finished, the leftover meat and rice was given to officials of all ranks. Other special favors included tax cuts and the revocation of debts. This was in the spirit of *yeomindongrak* - meaning the king and the people shared happiness together.



Piling up a mighty banquet

Hwayangjeok and

beef and vegetable skewers

Jeonbokcho

braised abalone in soy sauce

“ It was a scene of intense activity. The staff of the royal kitchen were busily preparing a banquet for the 10th king of Joseon, Yeonsangun (1495 ~1506). One court lady was making *sinseonlo*; another was piling up *jeonbokcho* (braised abalone in soy sauce). The chief court lady suddenly stormed into the kitchen to oversee the work. She picked up the colorful *hwayangjeok* (beef and vegetable skewers), sniffed them, frowned and hurled them at the servant girl who was making them. “Don't you know by now the quantity of wild sesame oil which the king loves?” she thundered at the poor girl. This scene showed the stressful preparation of famous dishes. ”

Colorful **hwayangjeok** piled up with **jeonbokcho**

Hwayangjeok (beef and vegetable skewers) are a kind of *nureumjeok* (pan-fried brochette), often served with either *jeonbokcho* (braised abalone in soy sauce) or *honghapcho* (braised mussels in soy sauce). According to the royal protocols, when making *hwayangjeok*, pork, pheasant, chicken, duck, offal, mullet, abalone, sea cucumber, cuttlefish, manna lichen mushrooms, gourds and various other ingredients were used as well as beef.

Hwayangjeok (beef and vegetable skewers)

Ingredients

150g beef (rump), 3(45g) whole bellflower roots, 3 (large ones; 24g) *pyogo*(shitake) mushrooms, 2 (280g) carrots, 1/2 tsp salt, 3 eggs, 2/3 tsp salt, 3 (5cm, 180g; salt 1 tsp) pieces of cucumber, 3 1/2 Tbsps cooking oil

Meat seasoning - 2Tbsps soy sauce, 1Tbsp sugar, 1Tbsp chopped leek, 2tsp chopped garlic, 2tsp sesame seeds, 2tsp sesame oil, a pinch of pepper

Vegetable seasoning - 1 tsp salt, 1Tbsp chopped leek, 2tsp chopped garlic, 2tsp sesame seeds, 1Tbsp sesame oil

Pine nut sauce - 2Tbsps pine nut powder, 1 tsp sesame oil, 3Tbsps stock, 1/2 tsp salt

Preparation

- 1 Cut the beef into thin fillets of 0.8cm and make small cuts (not all the way through) into the beef. Choose the big *pyogo* (shitake) mushrooms, soak them in lukewarm water for 1 hour and cut to the same size as the beef.
- 2 Cut the whole bellflower roots and carrots down to 5cm x 0.8cm. Blanch them in boiling water with salt and drain them. Cut the cucumbers to the same size as the carrots, soak in salt water, and after a while, drain.

- 3 Separate the eggs into egg yolk and egg white, put 1/3 teaspoon of salt into each egg, and beat in. Put 1 tablespoonful of oil onto a heated pan and wipe it off, leaving minimum oil on the surface, then pour the beaten eggs into a pan over low heat. Before the omelet dries up, fold it twice to a thickness of 0.8cm. When cooled, cut the omelet into the same size as the other ingredients.

Method

- 4 Mix all the meat seasoning ingredients and divide them into 2 seasonings; season the meat and mushroom separately. Marinate beef for 10 minutes and pan fry on medium heat until cooked, then slice into stick shapes of 5cm lengthways. Stir fry the mushrooms in a pan for 3 minutes.
- 5 Season the bellflower roots and carrots separately with the vegetable seasoning ingredients. Stir fry unseasoned cucumbers in an oiled pan on high heat, then cool down.
- 6 Place all the ingredients by color, skewer them (beef, bellflower roots, carrots, cucumbers, egg yolk pancake roll and egg white pancake roll) on bamboo sticks in order. Trim them to make them the same size.
- 7 Put pine nut powder, salt, sesame oil and stock in a bowl and make sauce, mixing it well.
- 8 Lay the skewers neatly and pour the pine nut sauce over the skewers.



Hwayangjeok

Jeonbokcho



Jeonbokcho (braised abalone in soy sauce)

Ingredients

7(60g each - after trimming without shells 150g) fresh abalones, 10(20g) ginkgo nuts, 1 tsp pine nut powder, 1/2 tsp cooking oil

Braising sauce - 4Tbsps soy sauce, 2Tbsps sugar, 1 cup (200ml) water, 1Tbsp honey, 1 cm (2 pieces, 20g) leek, 1(5g) clove garlic, 2 (3g) slices ginger, 1/2(10g) red chili

Starch water - 2 tsps starch powder, 2 tsps water

Preparation

- 1 Blanch the fresh abalones in boiling water for 1 minute then, with a spoon, remove the shells. Tear out the intestines, wash and make small cuts(not all the way through) to create a check pattern.
- 2 Slice the garlic and ginger. Cut leeks 1 cm lengthways, cut in half and de-seed the chili, and cut to the same size as the leeks. Put 1/2 teaspoonful of oil in a pan, stir fry the ginkgo nuts on medium heat until they turn green, and take the skin off.
- 3 Put starch powder in water and stir.

Method

- 4 Put all the ingredients for the braising sauce together and boil them.
- 5 Add the trimmed abalones, turn down the heat to low, braise them till the sauce boils down until there is 1 tablespoon left, and keep basting with the sauce over the abalones.
- 6 Add starch water in and mix well to make the sauce shiny. Put the ingredients on clean shells or plates and scatter them with ginkgo nuts and pine nut powder.

• *Hwayangjeok* (beef and vegetable skewers) and *jeonbokcho* (braised abalone in soy sauce) were usually put together on one plate. Lay the *hwayangjeok* around the edge and place the *jeonbokcho* in the middle.

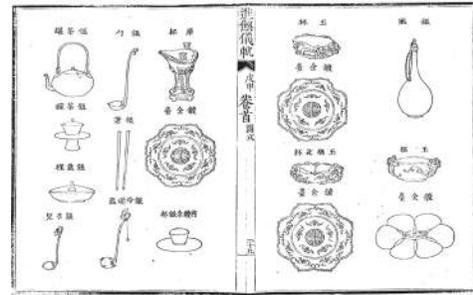
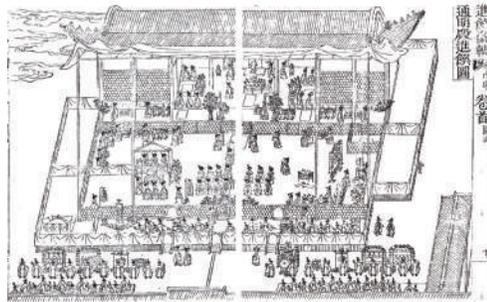


fresh abalone

4, 5

6

Report on royal cuisine: Euigwe



In the food chapter of the royal protocols, the place of preparation, the names of the ceremonies, the quantities and varieties of food for feasts, all the cooking and serving utensils, ingredients and so on are recorded. There are 19 royal feast protocols.

The royal records

"Euigwe" is a vast collection of compiled records of the royal rituals and ceremonies. Virtually everything was written down, including the process of discussion, preparation, dates of ceremonies, ceremonial procedures, follow-up services and so on. Every time a ceremony finished, a limited number of copies of "Euigwe" dedicated to the specific event were printed. Colored illustrations and sketches were also contained, depicting ceremonies, utensils, people working, and structures. "Euigwe" were recorded and written from the foundation of the Joseon Dynasty in 1392 until the Japanese colonial period in 1910, though because of the destructive 1592-1598 Japanese invasion, all the documents from the earlier years of the dynasty were destroyed. This means all documents left in Korea now are those written in the latter part of the Joseon Dynasty.

Menu for royal feasts: chanpumdanja/ eumsikbalgi

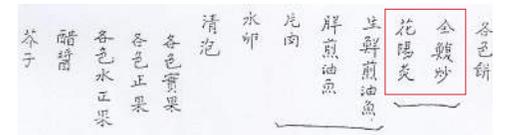
Chanpumdanja or eumsikbalgi are documents on which lists of dishes served are listed; they function like menus used at formal dinners in modern society. The documents had different names depending on their purpose: *jineo* or *sachanbalgi* recorded royal feasts, *jinhyangbalgi* covered rituals and funeral rites and *bansamul-mokbalgi* detailed the list of royal gifts to subjects and people. There are almost 500 kinds of lists for special days such as birthdays, feasts for elderly people, pregnancies, etc.



Chanpumdanja given before serving food. The color of the paper used depended on the status of the people being served.

Cheonmanse Donggungmama Gwanryesisachansang Balgi

Cheonmanse Donggungmama Gwanryesisachansang Balgi is a list of the foods served at a prince's coming-of-age ceremony. This list covered the king's gifts to his subjects and was written for the coming-of-age ceremony of Prince Sunjong (the last king of Joseon, who reigned from 1907 ~1910) in the year 1882. The food the king gave to the people included *gaksaekpyeon* (steamed rice cakes with assorted ingredients), *jeonbokcho* (braised abalones in soy sauce), *hwayangjeok* (beef and vegetable skewers), *saengseon jeonyueo* (pan-fried fish fillets), *pyeonyuk* (slices of boiled meat), sauces, royal confectioneries and honey. The beef and vegetable skewers were packaged with the braised abalone in soy sauce, as usual.



The original document noting that *hwayangjeok* (beef and vegetable skewers) were packaged with *jeonbokcho* (braised abalone in soy sauce).

III What is the meaning of royal cuisine?

"Cooks cannot serve bad food."
This was the phrase all the royal cooks maintained deep in their minds. It was always important for royal cooks when serving any kind of food- from a simple dessert tray to a marvelous feast.

- Health food served to a diabetic envoy
Gaksaekchae assorted vegetable dishes
- Five colors, five tastes: Garnishes for longevity
Yukjjim braised and glazed beef with nuts
- Gogi gui** grilled meats
- Sweet bites of royal cookies
Dasik pressed cookies
- Yakgwa** deep-fried honey cookies
- Food that grants respect
Yuja hwachae yuja punch
- Hobakpyeon** steamed rice cake with pumpkin and red beans





Health food served to a diabetic envoy

Gaksaekchae

assorted vegetable dishes

“ In Joseon, Chinese envoys were always welcomed with great hospitality. When a Chinese envoy arrived from the Ming court, Court Lady Han and Janggeum served him a sumptuous table loaded with precious and delicious food like soft-shelled turtle, golden pheasant and beef. When the envoy proved dissatisfied with these, the palace staff thought he was difficult with food. However, Janggeum discovered that the envoy was diabetic, so she served him assorted vegetable dishes and recommended he go on a vegetarian diet during his stay in Joseon. The Chinese envoy found his health improving and was full of praise about the service and treatment he received from Janggeum. Thanks to this, various thorny diplomatic problems between the Joseon and Ming courts were solved at last. ”

Healthy table of assorted vegetable dishes / Gaksaekchae

Namul originally meant seasoned vegetable dishes, including seasoned raw vegetable dishes and seasoned cooked vegetable dishes. Nowadays, however, *namul* has come to mean seasoned cooked vegetable dishes in general; these can be blanched and seasoned, or soaked in water and stir fried dry. A variety of vegetables including root vegetables, leafy vegetables, stem vegetables and so on can be used for *namul* dishes. Representative *namul* vegetables are radishes, balloon flower roots, bracken, osmunda, bamboo shoots, cucumber, spinach, wild aster leaves, eggplants, green pumpkins, shitake mushrooms, oyster mushrooms, bean sprouts and green bean sprouts.

Namul is a seasonal dish: Whenever spring comes around, Korean people enjoy *namul*. *Osinchae* (five pungent vegetables), is particularly popular as these vegetables help regain lost appetites, while providing essential vitamins that were lacking during the winter. *Ipchunosinban*, a set menu of five pungent vegetables, was served to kings in Joseon.



Assorted seasoned cooked vegetable dishes

Ingredients

Bellflower root namul

200g bellflower, 1 tsp salt, 1/2 cup water, 1 tsp cooking oil, 5Tbsps water

Seasoning - 1 tsp salt, 2tsp chopped leek, 1/2 tsp sugar, 1 tsp chopped garlic, 1 tsp sesame seeds, 1 tsp sesame oil

Bracken namul

250g bracken, 1 tsp cooking oil, 5Tbsps water

Seasoning - 1Tbsp soy sauce for soup, 2tsp chopped leek, 1 tsp chopped garlic, 1 tsp sesame seeds, 1 tsp sesame oil, pinch of pepper

Courgette namul

1 (300g) courgette, 1Tbsp salt, 1 cup water, 1/2 red chili, 1 tsp cooking oil

Seasoning - 2tsp chopped leek, 1 tsp chopped garlic, 1 tsp sesame oil, 1 tsp sesame seeds

Pyogo (shitake) mushroom namul

10 fresh *pyogo* mushrooms (300g), 2Tbsps cooking oil

Seasoning - 1 tsp salt, 1 tsp sesame oil, 1 tsp sesame seeds

Cucumber namul

2(230g) cucumbers, 2tsp salt, 1/2 cup water, 1 tsp cooking oil

Seasoning - 2tsp chopped leek, 1 tsp chopped garlic, 1 tsp sesame oil, 1 tsp sesame seeds



Ingredients



6



7

Preparation

1 Cut the bellflower roots into 5cm lengthways. Get rid of the bitter taste by massaging the roots with salted water and then rinsing them with plain water. Blanch them in boiling water for 2 minutes and rinse them in cold water.

2 Cut off the hard parts of the soaked bracken and cut them 5 cm lengthways.

3 Cut the courgette in half lengthways, slice into half-moon shapes, and soak in salted water for 20 minutes. Then squeeze out the moisture.

4 Wash the mushrooms quickly under running water, remove the stems, wipe the mushrooms with a cloth and cut them into 2cm thicknesses.

5 Rub the surface of the cucumbers with salt and rinse them with water. Slice them into 0.5cm thicknesses, put them in salted water and squeeze out the moisture.

Method

6 Season the trimmed bellflower roots and bracken with each of the seasoning ingredients.

7 Stir fry each vegetable in oil on medium heat, pour in 5 tablespoonfuls of water, cover with a lid, turn the heat to low and cook until only one 1 tablespoonful of water is left.

8 Put 1 teaspoonful of oil in a pan and stir fry the sliced courgette on medium heat. Add seasonings, keep stir frying until the slices of courgette have turned transparent for about 7~8 minutes. Shred the red chili, add it in, and mix well.

9 Put 2 tablespoonfuls of oil and stir fry the mushrooms on medium heat, add seasonings, and keep stir frying until they have wilted.

10 Put some oil in a pan and stir fry the salted cucumbers with seasoning.

4 different seasoned cooked vegetable dishes

Ingredients

Bean sprouts namul

300g bean sprouts, 1 cup (200ml) water, 1 tsp salt, 1 red chili

Seasoning - 1/2 tsp salt, 1 tsp soy sauce for soup,

2Tbsps chopped leek, 1Tbsp chopped garlic,

2Tbsps sesame oil, 1Tbsp sesame seeds

Green bean sprouts namul

300g green bean sprouts, 1 tsp salt

Seasoning - 1/2 tsp salt, 1/2 tsp soy sauce for soup,

2tsps chopped leek, 1tsp chopped garlic, 1tsp sesame oil,

1tsp sesame seeds

Eggplant namul

3(300g) steamed and torn eggplants

Seasoning - 1/2 tsp salt, 2tsps soy sauce for soup,

1tsp chili, 2Tbsps chopped leek,

1Tbsp chopped garlic, 1tsp vinegar, 1tsp sesame seeds

Spinach namul

300g spinach, 1 tsp salt

Seasoning - 1/2 tsp salt, 1/2 tsp soy sauce for soup,

2tsps chopped leek, 1tsp chopped garlic, 1tsp sesame oi,

1tsp sesame seeds

Preparation

1 Trim the roots of the bean sprouts and wash them. Put water with a little salt in a pot, add the bean sprouts, and cook them with a lid on for 10 minutes, then strain.

2 Trim the roots of the green bean sprouts and wash them. Put water with a little salt in a pot, add the bean sprouts and cook for 3 minutes, then strain.

3 Cut off the roots of the spinach and trim it. Blanch the spinach in boiling water with a little salt until it wilts. Rinse in cold water, squeeze out the moisture and cut into 5cm pieces.

4 Remove the stalk ends of the eggplants, wash them and cut them in half lengthways. Steam in a hot steamer for 5 minutes, cool them down, and tear them into 5~6cm lengthway strips.

Method

5 Season each vegetable with the seasoning ingredients.

Decorate with bean sprouts and shredded red chili.



Ingredients



3



4



5



Bibimbap set _ bibimbap, clear sprout soup, yakgochujang, nabak-kimchi

Goldongban (bibimbap, mixed rice)

Ingredients

4 bowls cooked white rice, 100g ground beef, 1 egg,

3/4 tsp salt, 1 tsp sesame oil

Bellflower roots *namul*, bracken *namul*, spinach *namul*,

bean sprouts *namul*, radish *namul*, *pyogo* mushroom *namul*,

cucumber *namul*, courgette *namul*

Beef seasoning - 1Tbsp soy sauce, 1/2Tbsp sugar,

2tsps chopped leek, 1tsp chopped garlic, 1tsp sesame oil,

1tsp sesame seeds, a pinch of pepper

Preparation

1 Make the various *namul* as per the recipes above.

2 Mix the seasoning ingredients with beef and stir fry in a pan on medium heat.

3 Separate the egg, put 1/4 teaspoon of salt on the egg yolk and egg white, then beat them well. Make thin egg pancakes in an oiled pan on low heat, then shred both egg pancakes.

Method

4 Mix the cooked white rice with half the beef, sesame oil and 1/4 teaspoonful of salt.

5 Dole out the rice mixture into bowls. Put all the *namul* and the remaining beef on top, then garnish with the shredded egg pancakes on top.

- Serve with clear bean sprout soup, sesame oil and *yakgochujang* (sauteed red chili paste with ground beef - refer to the recipe on *sangchussamcharim* on page 46).

- Refer to the recipes for all the *namul*, above.

- Try to use 3~9 different kinds of *namul* by color.

Clear bean sprout soup

Ingredients

200g bean sprouts, 30g leek, 1tsp salt

4 cups water, 1tsp chopped garlic

Method

1 Remove the tails of the bean sprouts and wash. Place them in a pot with water and salt, bring to the boil with a lid on, then turn down the heat and simmer for a further 10 minutes.

2 Add chopped garlic and sliced leek, turn off the heat and leave it with a lid on for 3 minutes.

3 different seasoned raw vegetable dishes

Ingredients

Shredded radish salad

300g radish, 1Tbsp salt

Seasoning - 1Tbsp fine chili powder, 1Tbsp sugar, 1Tbsp vinegar, ½Tbsp chopped leek, ½Tbsp chopped garlic, ½tsp chopped ginger, 1tsp sesame oil, 1tsp sesame seeds

Sliced cucumber salad

1(230g) cucumber, 2tsp salt, ½cup water

Seasoning - 1tsp soy sauce for soup, 1tsp sugar, 1tsp chopped leek, ½tsp chopped garlic, 1tsp sesame seeds, 1tsp vinegar

Bellflower root salad

200g bellflower roots, 1tsp salt

Seasoning - 2Tbsps red chili paste, 1tsp fine chili powder, 1Tbsp sugar, 1Tbsp vinegar, 1tsp chopped leek, ½tsp chopped garlic, 2tsp sesame seeds

Preparation

1 Peel the radish skin, cut into 0.3cm-thick slices and scatter with salt to pickle.

2 Cut the cucumber into rounded slices then place the slices in salted water (2tsp salt + ½ cup water).

3 Tear the bellflower roots thinly, cutting into 5cm lengthways strips. Get rid of the bitter taste by massaging the roots with salt, then rinsing them with water.

Method

4 Squeeze water out of the cucumber and radish.

5 Mix the shredded radish with the chili powder first to impart color, then season with the rest of the ingredients.

6 Mix the slices of cucumber with the seasoning ingredients.

7 Mix the bellflower roots with the red chili paste and chili powder for color, then season with the rest of the ingredients.



Ingredients

5



Bibimbap (mixed rice) with seasoned raw vegetables

Ingredients

200g beef (sliced thinly), 50g lettuce, 20g assorted sprout vegetables, 100g cabbage, 80g carrot, 100g zucchini, 1½tsp salt

Beef seasoning - 1½Tbsps soy sauce, ½Tbsp sugar, 2tsp chopped leek, ½Tbsp chopped garlic, ½Tbsp cooking wine, ½Tbsp sesame oil, 2tsp sesame seeds, a pinch of pepper, 2Tbsps water, 1tsp cooking oil

Vinegared red chili paste - 4Tbsps red chili paste, 2Tbsps vinegar, 1Tbsp sugar, 2Tbsps water

Preparation

1 Wash and shred lettuce. Wash the assorted sprout vegetables.

2 Shred the cabbage and carrot into 0.5cm thickness. Cut the zucchini in half and slice into half-moon shapes, then place these into salted water until they are wilted, and remove the moisture.

3 Mix all the ingredients to make vinegared red chili paste.

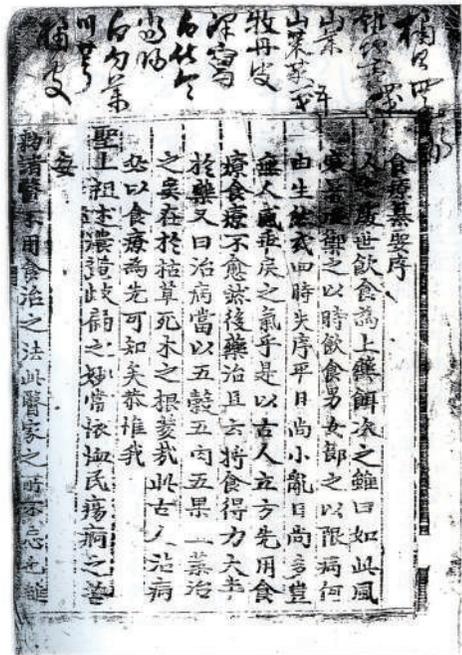
Method

4 Marinate the beef with a mixture of seasoning ingredients for 5 minutes. Stir fry in an oiled pan.

5 Stir fry each cabbage, carrot and zucchini in an oiled pan.

6 Put the cooked rice in a *bibimbap* bowl. Place the beef, cooked vegetables and raw vegetables on top of the rice. Serve with vinegared red chili paste.

Food and health



In the preface to "Sikryochanyo" ("Diet Therapy Book") it is written: 'Food comes first, then medicine follows. To cure illnesses, treatment with food is primary.'

Can food cure illness? The practice of sikchi

In the Joseon Dynasty, it was believed that eating well was important for the prevention of illness and, moreover, that food could cure illness. This belief was called sikchi, and it was emphasized in many agri-cultural and medical books like "Dongeuibogam" ("Principles and Practice of Eastern Medicine," published in 1613). According to this book, the foodstuffs we eat every day are as important as medicine; some illnesses can be cured by good food; and food can help along with medical treatment. A balanced diet comprising vegetables, meats, fruits, grains and herbal drinks could maintain health. This view is based on the

belief that food and medicine derive from the same root.

Doctors who practiced yaksikdongwon (藥食同源)

Among the kings of Joseon, King Sejo (1455~1468) took a particular interest in astronomy, geography and medicine and paid close attention to the education of doctors. According to "Eui-yaklon", a book about the qualities of a virtuous doctor written by King Sejo himself, doctors could be categorized into eight types. Among them, *simeui* and *sikeui* were most virtuous.

Simeui refers to a doctor who can ease patient's minds; *sikeui* refers to a doctor who can prescribe good food as a curative. Patients had to gain both energy and comfort from good food; if not, a cure for their conditions would be more difficult since their weakened physiques would be unable to withstand long periods of treatment. Moreover, some Joseon scholars considered moderation in eating to be an important element in preventing illnesses. These scholars recommended that overeating, bingeing and generally being gluttonous should be controlled, while foods that were overly salty, sour or sweet should be avoided.

"Sikryochanyo" ("Diet Therapy Book") written by a royal doctor

"Sikryochanyo" ("Diet Therapy Book") was written and published in 1460, by Jeon Sun-eui, a royal doctor who served four kings, from the reign of King Sejong (1418~1450) through the reign of King Sejo (1455~1468). On the orders of King Sejo, this book combined 45 prescribed dietary treatments for illnesses, gathered from previous

medical books. In the preface to "Sikryochanyo," Doctor Jeon emphasized first trying to cure illnesses with food before applying medicine. He wrote: "To strengthen the body with five kinds of grains, meats, fruits and vegetables is far more important than being treated with roots and dried herbs from dead trees."

Sikchi food in the palace

The book "Seungjeongwon-Ilggi" ("The Diaries of the Royal Secretariat") also mentions *sikchi*. Therefore, we can assume that *sikchi* or *yaksikdongwon* (both meaning curing illness with food) were common beliefs during the Joseon Dynasty. Royal *sikchi* food was diverse, including rice porridges, herbal teas and energy foods like chicken, quail, carp and abalone.

Among these dishes, rice porridge was the most representative, with dozens of varieties. Especially *tarakjuk* (milk porridge) which appeared in the dairies of the royal secretariat, was a typical health food to impart energy and virility served at times when eating meat was restrained, especially during periods of mourning. *Nokdujuk* (mung bean porridge), *yeonjajuk* (lotus root & lotus flower seed porridge) and *yangjeup* (broth of beef stomach) were other examples of royal *sikchi* dishes.

On days or periods that signified a changing of the weather - days like *Dano* (the 5th day of the 5th month of the lunar year) and *Dongji* (the winter solstice in November and December of the lunar year), the king ordered *Naeuiwon* (the Royal Institute of Medicine and Pharmaceuticals) to make *jehotang* and *jeonyak* and give it to old retainers. *Jehotang* is a kind of tonic made of rare

medicinal ingredients like dried and scorched Japanese apricot pulps, white sandalwood and alpinia katsumadai hayata. *Jehotang* was given to old retainers, along with a gift of a fan and ice on *Dano* before the arrival of the hot and humid summer months. In winter, *jeonyak* was given to warm the inner body. *Jeonyak* is a kind of soft jelly made of honey, animal glue, cinnamon, dried ginger, cloves and jujubes.



1 Jeonyak (winter jelly).
2 Jehotang (summer refreshment drink).



Five colors, Five
tastes: Garnishes
for longevity

Yukjijim and Gogi gui

braised and glazed beef with nuts grilled meats

“ A competition took place between Court Lady Han and Court Lady Choi to decide who would take charge of a three-day, three-night banquet for the king's grandmother. Han was entrapped by Choi and so had to withdraw from the cooking competition. However, Janggeum took Han's place, cooking a series of marvelous dishes for which she received the honor of a mention from the king, who praised her thusly: "You are the best in the royal kitchen!" Among feast foods, the preparation of beef was especially important as many cuts of the meat were used in various dishes, but beef was quite tough in those days. ”

Specialty for feasts / Yukjijim

In Korean cooking, braising and steaming are both referred to as *jjim*. Koreans prefer braising when it comes to cooking tough cuts such as beef ribs, oxtails, beef shins and pork ribs to turn tough meats tender. Among these kinds of dishes, *sogalbijjim* (braised beef short ribs) have always been a Korean favorite, customarily served on feasts marking ceremonies, national holidays and rituals. This dish is made of marinated beef, braised with vegetables.



Galbijjim (braised short ribs of beef with vegetables and nuts)

Ingredients

2kg (after boiling 1.6kg) beef ribs, 10 cups (2L) water

Meat broth - 7 cups (1.4L) meat broth, 200g radish, 100g carrot, 5(20g) small dried *pyogo* (shitake) mushrooms, 5(150g) chestnuts, 8(32g) jujubes

Garnish - 10(15g) ginkgos, 1 tsp (5g) pine nuts, 1 egg, 1 tsp cooking oil, 1/4 tsp salt, 8 water dropwort leaves

Seasoning - 8Tbsps soy sauce, 4Tbsps sugar, 4Tbsps chopped leek, 2Tbsps chopped garlic, 2Tbsps sesame oil, 2Tbsps sesame seeds, a pinch of pepper, 1 cup meat broth, 1/2 (pear juice 8Tbsps) pear

Preparation

- 1 Cut the ribs into 5 cm chunks, remove the fatty parts and place them in cold water to remove blood for 1 hour. Boil 10 cups of water, drop the ribs in, and cook for 20 minutes. Take out the ribs, cool the broth down, and strain the broth through a sieve a few times until the broth is clear.
- 2 Remove any remaining fatty parts of the half-cooked beef and make small cuts, 1 cm apart, in the beef.

- 3 Cut the radishes and carrots into 4cm×2.5cm chunks, trim the edges of the vegetables and cook in the broth for 5 minutes. Soak the mushrooms in cold water for 1 hour and remove the stems.

- 4 Peel the skin off the chestnuts and de-seed the jujubes. Stir fry the ginkgo nuts in an oiled pan until they turn green, then peel the skins.

- 5 Separate the egg, add 1/4 teaspoon of salt to the yolk and the white, and beat well. Make thin egg pancakes in an oiled pan on low heat, then slice both egg pancakes into 1 cm sized diamond shapes.

- 6 Peel the skin of the pear, grate it and mix with the seasoning ingredients.

Method

- 7 Combine the trimmed beef ribs with 2/3 of the seasoning mixture. Mix well. Pour in the broth till it is level, and cook on medium heat until completely cooked.

- 8 Add the cooked radish, carrot, mushroom, chestnuts and jujubes. Add the remaining seasoning mixture and cook further until about 2 cups of broth are left. Garnish with ginkgo nuts, pine nuts and egg pancakes.



Galbi-gui (grilled beef short ribs)

Ingredients

1 kg beef ribs, 1 leek, 2Tbsps pine nut powder

Seasoning - 4Tbsps soy sauce, 2Tbsps sugar, 3Tbsps chopped leek, 1½Tbsps chopped garlic, 1½Tbsps sesame seeds, 1½Tbsps sesame oil, a pinch of pepper, 4Tbsps (pear ¼, 80g) pear juice

Preparation

- 1 Make cuts along the ribs every 6–7cm, and remove all fatty parts.
- 2 Place a knife in one side of the beef and make a long fillet, making many small cuts around the joints.
- 3 Peel the skin of the pear, grate it and mix it with the seasoning ingredients, including soy sauce to marinate.
- 4 Cut the leek into 3cm chunks and impale 5 of them on a skewer.

Method

- 5 Scatter ⅔ of the seasoning mixture over the trimmed beef ribs, roll the beef around the rib bone, and leave to marinate for 1 hour.
- 6 Grill the beef short ribs directly over charcoal in a pan, or in an oven. When one side is cooked, turn over and cook the other side, basting with the leftover marinade.
- 7 Grill the skewered leeks in the same pan that the beef ribs were cooked in, basting with marinade.
- 8 Put the beef ribs and leeks on a plate and scatter pine nuts over them.



Yin and yang: Five-colored garnishes



A feast for the king's grandmother in "Daejanggeum".

Beef: Centerpiece of the feast

Joseon ceremonials proceeded according to set routines - and so did food. According to "Jeonghae-Jinchan-Euigwe" ("Royal Protocols of the Feast for the King's Grandmother," published in 1887), alcoholic aperitifs were served first, then eight different tables full of sumptuous food followed in order. Most feast foods were sweet, greasy and powerfully tasty, unlike dishes served

meat courses became even more tasty to eat and beautiful to regard when they were cooked together with vegetables, fish and other seafood.

Application of five colors in the palace

In Joseon royal cuisine, five colors are seen diversely in the garnishes of famous dishes. The natural colors of food are used to express the five colors. For white, these include: egg-white pancakes, stir-fried skinned sesame seeds, pine nuts and white parts of leeks. For yellow, egg-yolk pancakes were most frequently used. For green: water dropworts, spring onions, green pumpkins and cucumbers were most often used. For red: finely shredded red chili, jujubes and carrot. And for black: manna lichen, *pyogo* and black tree



Table settings reproducing the tables of the feasts explained in "Jeonghae-Jinchan-Euigwe" ("Royal Protocols of Feasts for the King's Grandmother", 1887). Among various tables, *soseon* and *daeseon* were for meats.

on normal days. Meats and sweet rice cakes were perhaps the most loved.

Various cuts of beef were served using various kinds of cooking methods - steaming, grilling, boiling and making into soups. And it was not just beef. A variety of meats and fowl, including wild boar, pheasant and chicken, appeared on the table. These

mushrooms.

Garnishes are called, in Korean, *gomyeong* - or sometimes *utgi* or *ggumi*. The importance placed on garnishes shows that Koreans cared not only about the taste of their food, but also about its visual aesthetics.

Five colors and five tastes

Koreans love using these five different colors in many ways. This usage of five colors - yellow, green, red, white and black - was based on the Chinese philosophy of yin and yang as well as the five elements that are, in turn, related to location, object and season. Yin and yang philosophy explains how apparently opposed or contrary forces are actually interconnected and complementary; they are interdependent in the natural world, and give rise to each other. Many tangible dualities (such as light and dark; fire and water; and male and female) are thought of as physical manifestations of yin and yang. Asian people believe that yin and yang produce five elements - fire, water, wood, metal and earth - and these five elements correspond to the five colors. This philosophy first came to Korea in the 4th century.



Ingredients for the five colors

The five cardinal tastes of Korean cuisine are related with the five-element theory. Koreans consider five tastes of food with five colors as ideal. The five tastes are saltiness, sweetness, sourness, spiciness and bitterness. This concept was mentioned in a book called "Dongeuibogam" ("Principles and Practice of Eastern Medicine," published in 1613), written by Heojun, a famous royal doctor. According to this book, an imbalance of five elements could cause illness harming the five viscera. Following from this, a balanced harmony of the five tastes is the basis of both a healthy diet and a healthy life.

Health with 5 colors and 5 tastes

5 Elements	Wood	Fire	Earth	Gold or metal	Water
5 Colors	Green	Red	Yellow	White	Black
5 Tastes	Sourness	Bitterness	Sweetness	Spiciness	Saltiness
5 Seasons	Spring	Summer	Late summer	Autumn	Winter
Body Part	Liver, gall bladder, eyes, muscles	Heart, small intestine, blood, tongue	Spleen, stomach, mouth	Lung, large intestine or colon, nose	Kidney, bladder, ears, bones
Body Functions	Helps liver function, detoxifies, recovers fatigue	Helps clean blood, strengthens heart	Aids digestion	Helps strengthen lungs and bronchial tubes	Helps activation of kidneys, which control growth and reproduction



Sweet bites of royal
cookies

Dasik and Yakgwa

pressed cookies

deep-fried honey cookies

“ All the scenes of royal feasts in "Daejanggeum" show endless appearances of sumptuous food as well as royal sweets. In one of these scenes, everybody in the royal kitchen was busy making royal sweets for the feast. The chief court lady of the royal kitchen ordered workers to make the candied ginseng separately, in order not to lose the flavor of the ginseng. Geumyoung prepared candied lotus roots and colored the dried gourd shavings red, while Jangeum made candied raspberries, which she had served to her late mother. ”

Snacks for refreshments / **Dasik** and **Yakgwa**

Yakgwa, a kind of *yumilgwa* (sesame oil and honey pastries) should not be missed during Korean ceremonies. They are made of dough with honey and sesame oil, imprinted with leaf or flower patterns, and deep fried in vegetable oil. *Dasik* is a cookie made of dough with grain powder, chestnuts, beans and honey or grain syrups, pressed into patterned molds.



4 different colors of dasik

(pressed cookies)

Ingredients

Green bean dasik - 1 cup (70g) green bean powder,
4Tbsps (80g) honey

Jinmal dasik - 1 cup (110g) flour (stir fried),
5Tbsps (100g) honey

Songhwa dasik - 1 cup (35g) pine pollen powder, ¼ tsp salt,
5Tbsps (100g) honey

Nokmal dasik - 1 cup (130g) starch powder,
1Tbsp *omija* berry juice, 4Tbsps (35g) sugar powder,
2Tbsps (40g) honey, 1Tbsp cooking oil

Preparation

- 1 Mix green bean powder with honey to make a dough and mix the stir-fried flour with honey to make a dough.
- 2 Put salt into the pine pollen powder, add honey, stir with a chopstick and make the dough by hand when lumps occur.
- 3 Mix the starch powder with the *omija* juice. Strain it through a sieve, mix with sugar powder and honey, and make a dough.

Method

- 4 Lightly grease a mold with oil, take the right amount of dough and place into a mold where it is pressed down and cut off.

- **Making green bean powder** - Wash 1 cup (160g) of green beans, steam in a hot steamer for 10 minutes, then stir fry. Cool down and rub between hands to peel the skins off. Put them into a grinder with ¼ teaspoon of salt, then grind and strain them through a fine sieve.
- **Making stir-fried flour** - Dry fry the flour in a pan on low heat, stirring all the time for about 15 minutes. When golden, strain through a fine sieve and cool.
- **Making *omija* juice** - Infuse 4 tablespoons (30g) of *omija* berries in 4 tablespoons of water for 2 hours. Strain through a cotton cloth.
- **Making sugar powder** - Put ¼ cup (85g) of sugar and 2 tablespoons (20g) of starch powder together into a grinder, grind and strain them through a fine sieve.
- **Songhwa** *Songhwa* means pine pollen powder; it is used for coloring rice cakes, cookies and drinks. It has a gentle yellow color. In spring, when the wind blows, pine pollen would sit in a wide bowl with water. It is considered rare and valuable as it is not easy to obtain. It contains protein, sugar and minerals as well as vitamin C.



Yakgwa (deep-fried honey cookies)

Ingredients

200g medium flour, 1/2 tsp salt, 1/3 tsp pepper,
3 1/2 Tbsps sesame oil, 6 cups (1200ml) cooking oil

Syrup for dough - 3 Tbsps honey, 3 1/2 Tbsps *soju*
(Korean distilled spirit, similar to vodka)

Jibcheong syrup - 580g grain syrup, 2/3 cup water,
20g ginger (sliced)

Garnish - pine nut powder

Preparation

- 1 Put the flour, salt, pepper and sesame oil into a big bowl and mix. Strain through a sieve.
- 2 Mix the honey and *soju* to make a syrup for the dough.
- 3 Put all the ingredients of the *jibcheong* syrup into a pot, boil for 5 minutes on medium heat, then cool down.

Method

- 4 Mix the flour mixture with the syrup to make a dough. Make the dough so that it is of a consistency that is just enough to hold together - not too wet. Also, too much kneading will make the cookies hard.
- 5 Press down a lump of dough, flatten it down until it is 2cm thick and cut it in half. Repeat this method about 3 times.
- 6 Roll the dough into 0.8cm thicknesses, cut off 3.5~4cm sized pieces and prick the middle of each piece with a fork or the tip of a knife so that the cookies can be cooked all the way through.
- 7 Deep fry in oil heated to 90~100°C until the cookies float up to the surface and the layers of cookies become widely opened, then turn up the temperature of the oil to 140~160°C, and deep fry until the cookies turn a light brown. Turn them over to get an even color on both sides, take them out, and strain the oil.
- 8 Soak the deep-fried cookies in the *jibcheong* syrup for 20 minutes and serve with scatterings of pine nut powder.



Cookies for the king



Piles of assorted food with various patterns. Skillful technique was required to pile the towers of food into the appropriate patterns.

Royal feasts and the piling up a mighty banquet table

On the tables during royal feasts, various foods were piled high to showcase the efforts of the people who had done the cooking. From a foundation of flat plates, towers of food were skillfully piled up, with rice cakes or cookies being piled the highest. While piling up the food, arrangements of colors or decorative characters had to appear symmetrically on the side. Sometimes, royals including the king gave gifts of the untouched, piled-up food to civil and military officials who had been invited to the palace.

Hangwa (Korean traditional sweets and cookies)

Hangwa (Korean traditional sweets and cookies) originated in the Silla Dynasty (BC 57~AD 935)

and developed further during the Goryeo Dynasty (918~1392); in both these dynasties, Buddhism was prevalent. *Hangwa* was a very important food for Buddhist feasts and ceremonies, as the eating of meats and fish was prohibited.

Hangwa include *yumilgwa* (sesame oil and honey pastries), *yugwa* (deep-fried grain cookies), *dasik* (pressed cookies) and *gangjeong* (sweet rice puffs). They were essential not only for royal feasts but during the ceremonies and rituals of the common people in the Joseon Dynasty (1392~1910). *Hangwa* was also a popular accompaniment to tea on ordinary days. And *hangwa* was a seasonal food, as seasonal ingredients were needed to make it. For example, in spring and summer, *gwapyeon* (sweet fruit jellies) were made with cherry and apricot. In autumn, *songpyeon* (half-moon shaped rice cakes) were



A mighty banquet table is loaded with delicacies for the royal feast in "Daejanggeum".

made with new crops, and *suksilgwa* (glazed fruits and nuts) were made with new fruits.

Varieties of hangwa

Yumilgwa is the most extravagant *hangwa* made of dough with flour, honey and sesame oil, deep fried in vegetable oil, soaked in either grain syrup or honey. The most representative cookie in the *yumilgwa* category is *yakgwa*, which is well known to every Korean. As it is cooked slowly in oil, it is high in calories; the layered pastry soaked in honey and oil tastes soft and delicious.

Yugwa is made of a dough with glutinous rice powder, alcohol, sugar and soy milk, sliced, dried and deep fried in oil. It is classified as *sanja*, *yeon-sagwa*, *gangjeong* and so on according to its shape. *Dasik* is a cookie made of dough with grain powder, honey or grain syrup, pressed into patterned molds. *Dasik* come in many varieties: *kongdasik* with beans, *songwhadasik* with pine pollen, *bamdasik* with chestnuts, etc. *Dasik*

molds were normally patterned after Chinese characters and flowers. These molds were passed down from generation to generation and were not lent to anyone.

Jeonggwa means candied fruits or roots with honey or malt taffy. Lotus roots, ginseng, bell-flower roots, ginger, bamboo shoots and gourd are well known ingredients.

Gwapyeon is a kind of jelly made of starch and fruit juice. It has a lovely sweet-and-sour taste. In early summers, it can be made with cherry and apricot.

Suksilgwa is made of cooked and mashed fruits, glazed with honey. *Yulran* is made of chestnuts, and *joran* is made of jujube.

Yeotgangjeong is made of nuts or grains mixed with taffy liquid. Black sesame seeds, sesame seeds, beans, peanuts and walnuts are usually used, so it is full of nutrients. It is eaten often in winter.



Food that grants
respect

Yuja-hwachae and *yuja* punch

Hobakpyeon

steamed rice cake with pumpkin and red beans

“ Court Lady Han invited the young Janggeum, who was scatterbrained and reckless, to share her room. However, she proved a hard task master, continually ordering Janggeum to bring a bowl of water to her. Every time Janggeum brought the bowl of water - whether it was cold or hot or even had a willow leaf floating on the surface - Court Lady Han was dissatisfied. In fact, this was training. The master - Han - wanted the disciple - Janggeum - to understand the delicate body condition of drinkers. Several years later, during a competition among the chefs in the royal kitchen, Janggeum made a pear and cinnamon punch while Geumyoung made a *yuja* punch. Both of them thought of pairing these refreshments with food. ”

Traditional sweet refreshment / Yuja-hwachae

Yuja hwachae (*yuja* punch) made of citrus fruit, *yuja*, pear and pomegranate, has long been popular as a sweet dessert drink in Korea. *Hwachae* refers to a traditional beverage, sweetened with fruit juice and either honey or sugar. It is drunk chilled, with pieces of fruits or flower petals added. There are various *hwachae* according to seasons: azalea flower or Korean cherry punch in spring; rose, peach or barley dumpling balls in *omija* berry punch in summer; crataegus fruit or *yuja* punch in autumn; and honey punch with sweet colorful rice balls in winter.



Yuja-hwachae (yuja punch)

Ingredients

1 yuja, 1/2(300g) pear, 2Tbsps kernels of pomegranate,
1Tbsp pine nuts, 1Tbsp sugar

Based juice - 5 cups (1L) water, 1 cup (170g) sugar

Preparation

- 1 Quarter the *yuja* and separate the pulp and skin.
- 2 Separate the segments of *yuja*, de-seed them and cut each segment in half. Add sugar and leave for a while.
- 3 Take out all the white inner bits from the yellow skin and shred the yellow skin thinly, so that it is about 0.1cm thick.
- 4 Peel the skin of the pear and shred it thinly. Take out the kernels of pomegranate.
- 5 Dissolve the sugar in cold water to make the base juice for the punch.

Method

- 6 Put sugared *yuja* pulp into a punch bowl, arrange the shredded *yuja* skins and pear neatly around the bowl and put the kernels of the pomegranate in the middle.
- 7 Pour the base juice into a bowl, cover with cling film and leave it in a refrigerator for an hour to chill and let the aroma of the *yuja* come out. Serve with pine nuts on top.



Beasuk (boiled pear punch with ginger)

Ingredients

50g ginger, 10 cups (2L) water, 1(320g) pear, 2tsp peppercorns, 2/3 cup (120g) sugar, 1Tbsp pine nuts

Preparation

- 1 Peel the skin of the ginger, wash it thoroughly, slice it thinly and boil it in water for 30 minutes.
- 2 Peel the pear, make flower shapes using a shape cutter and put the peppercorns into the middle of the pear pieces.

Method

- 3 Put sugar and the pear pieces into strained ginger water and simmer on low heat for 20 minutes.
- 4 Chill and serve with floating pine nuts. It can be served hot as well.

- If no shape cutter is available, de-seed the pear, cut it into triangular pieces and put 3 peppercorns in each piece of pear.



Omija berry punch

Ingredients

1/2 cup (45g) omija berries, 6 cups (1200ml) water, 1 cup (170g) sugar, 1/4tsp salt, 1/4(80g) pear, 1tsp pine nuts

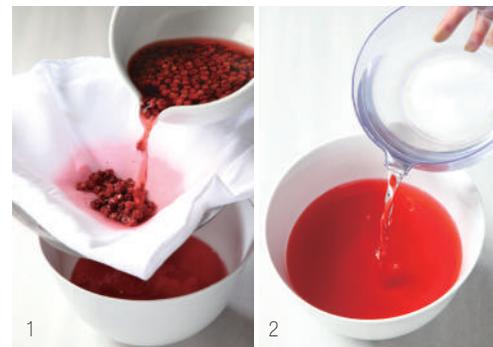
Preparation

- 1 Wash the berries and infuse them in 4 cups of water overnight. Strain through a cotton cloth.

Method

- 2 Mix the omija juice with 2 cups of water to dilute, add sugar and mix well.
- 3 Slice the peeled pear thinly, making flower shapes using a shape cutter or shredding thinly into 2~3cm lengthways.
- 4 Put pieces of pear in a punch bowl, pour in the diluted omija berry juice and scatter pine nuts on top.

- Any white fruits can be substituted when pear is not available.
- Omija is a Korean berry. Its name means "five taste berry" as it offers sweetness, sourness, bitterness, saltiness and spiciness, and it becomes red when infused. It is best to infuse it in cold water as a bitter and astringent taste will result if it is infused in hot water or boiled. It can be used for punches and other drinks, as well as as a coloring agent for rice cakes and cookies.



Royal beverages

The most commonly used fruits in the *hwachae* (fruit punch) served at royal feasts were pears, pomegranates, *yujas*, eucommia, *omija* berries, etc. Pieces of fruit and flower petals or barley dumpling balls and sweet colorful rice balls were placed in the fruit punches, especially in the *omija* berry punch.

Another famous punch called *sujeonggwa* (cinnamon punch with dried persimmon) was served during royal feasts. This drink is made of ginger, cinnamon sticks and sugar or honey, all simmered together in water. Dried persimmon is added after cooling. It is one of the most popular Korean dessert drinks nowadays, but during the Joseon Dynasty, *baesuk* (boiled pear punch with ginger), *yuja hwachae* (yuja punch) and *omija-hwachae* (five-taste Korean berry punch) were all called *sujeonggwa*, meaning there were many different kinds of *sujeonggwa*.

Hobakpyeon (Steamed rice cake with pumpkin and red beans)

Ingredients

10 cups (1kg) (5 cups (800g) non-glutinous rice) non-glutinous rice powder, 1Tbsp salt, ½ cup water, 5Tbsp water, 10Tbsps sugar, 1kg pumpkin, ½ cup (85g) sugar

Coating - 6 cups (600g) mashed crumbs of red beans (1½ cups (240g) thin skinned red beans, 1 tsp salt)

Preparation

- 1 Wash the rice, soak it in water for at least 5 hours, and drain the water through a sieve slowly for 30 minutes. Grind the rice with salt and put it through a fine sieve; 5 cups of rice become 10 cups of rice powder.
- 2 Peel the skin of the pumpkin and de-seed. Cut into chunks of 5~6cm width and 0.5cm thickness, and sprinkle them with sugar.
- 3 Soak the thin-skinned red beans in cold water for 1 hour. Remove the skins by rubbing the beans between your hands. Wash and steam the whitish colored beans in a cloth-layered hot steamer for 40 minutes. Mash them with salt and put

them through a sieve to get a crumb-like texture. 1½ cups of thin-skinned beans become 6 cups of red-bean crumbs.

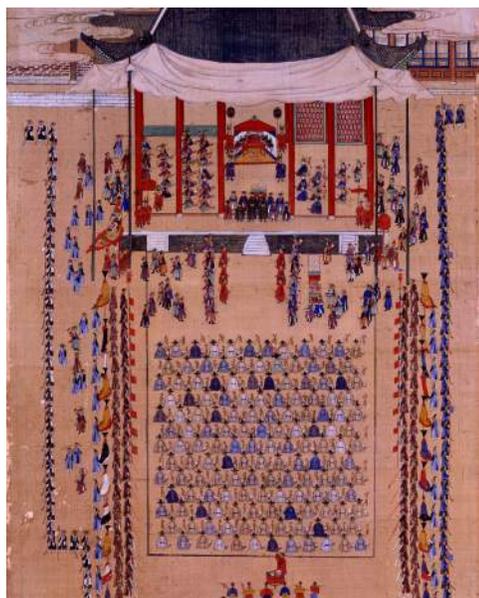
Method

- 4 Mix the rice powder with water, put it through a sieve and mix it with sugar.
- 5 Mix the 6 cups of rice powder with pumpkin chunks and set aside 4 cups of rice powder.
- 6 Spread 3 cups of the mashed crumbs of red beans evenly on the bottom of an earthenware steamer, then put 2 cups of rice powder and 6 cups of rice powder and pumpkin chunks in. Then, pour on 2 cups of rice powder and finish off with 3 cups of mashed crumbs of red beans on top.
- 7 Put the earthenware steamer on the top of a boiling pot, put a lid on it and steam it on medium heat for 25 minutes. Turn the heat down to low, steam for 5 more minutes and turn off the heat.

- Sweet pumpkin can be used instead of yellow pumpkin.



Food that grants respect



A picture of a *yangroyeon*, or feast for aged people, hosted by King Jeonjo (1776~1800).

Giroso: The honorary organization for retired high-ranked officials and officers

As filial duty was the premier virtue in Confucian-based Joseon society, respect for elders was strongly emphasized and policies demanding respect for old people and parents were implemented.

Giroso was an honorary organization which the first king of Joseon, Taejo, founded for retired high-ranking officials. Only those aged over 70 could join. At first, *Giroso* was quite powerful as a political advisory body to the king, but it subse-

quently became a more social grouping in the latter period of Joseon.

The main role of *Giroso* was self-serving: It was to organize *Giroyeon*, or feasts for the members of *Giroso*, twice a year in March and in September. During these *Giroyeon* feasts, the king would grant rare and precious foods to the members of *Giroso*.

The ranking of seats for these feasts was graded by age, rather than by previously held positions, but to qualify for *Giroso* in the first place, military officers and civil officials had to have held certain ranks. Even some Joseon kings joined *Giroso* - if they lived long enough.

Yangroyeon: Feasts for aged people

While *Giroyeon* were feasts for retired senior officials and military officers, *Yangroyeon* were for ordinary old people regardless of their position or status. Apart from years of poor harvest and wars, *Yangroyeon* were held regularly. There were three kinds: *Oiyeon* for aged men hosted by the king; *Naeyeon* for aged women hosted by the queen; and *Hyangjungyangroyeon* for rural residents hosted by regional governors.

This system of *Yangroyeon* was started in the reign of King Sejong (1418~1450). During the era of King Seongjong (1470~1494), these feasts were held 18 times, but they decreased after the Japanese invasions in 1592 and the Manchu attack of 1636.

When it came to setting a good Confucian example, the kings had to take the initiative by giving special treatment and treating old people with



1 In "Wonhang-eulmyo-jeongri-Euigwe" (a book about the etiquette for the long journey from Seoul to the grave of *Sadojesa*, King Jeongjo's father) the food served to the king and the old people is detailed. It was the same in terms of quality and quantity; only the tables were different. The food served included *dubu-tang* (bean curd soup), *pyeonyuk* (slices of boiled meats), *heuktaejheuk* (braised back beans) and *silgwa* (fruits). All were cooked softly so that aged people could eat them easily. They were also full of nutrients.

2 Fruit is piled up on the table in this scene of a royal feast in "Daejanggeum".

respect. On the 2nd *Yangroyeon* during the reign of King Sejong, the king thoughtfully ordered the guests to leave out deep bows, and on the 4th *Yangroyeon*, Sejong permitted people to bring their servants, regardless of class. Despite the fact that Joseon was a country with rigid caste system, honorary titles were given to the participants to *Yangroyeon*. Whenever the feasts finished, the leftover food was doled out, as well as gifts like linen and cotton, or fans in summer. If *Yangroyeon* had to be canceled due to, for example, bad weather, all the food was divided among senior citizens.

Fruits and ceremonies

An important part of the king's duties in Joseon was to perform memorial services at a shrine called

Jongmyo which was dedicated to the deceased kings and queens and to offer seasonal agricultural products. Among others, fruits were particularly important as offerings all year round: green tangerines in February, cherries and apricots in May, oriental melons and watermelons in June, plums, pears and pine nuts in July, hazelnuts, chestnuts and ginkgo nuts, jujubes, soft persimmons and apples in August, gooseberries, mountain grapes and nutmegs in September, yujas and kumquats in October and tangerines, persimmons, mandarins and pomegranates in December.

IV How was royal cuisine passed down?

Culinary life in Korea's last dynasty; lives of the royal cooks after the fall of *Joseon*; royal cuisine passes to the common people.

Motherly love by the court lady who raised Jangeum
Dubuseon steamed bean curd with chicken and mushroom,
Oiseon stuffed cucumber with beef and mushroom
Eoseon steamed fish fillet with vegetables

Jangeum takes charge of naengmyeon for the first time...
Bae-dongchimi-guksu cold noodle soup with pear and radish water kimchi

Suksu: The male caterers in the palace
Gujeolpan or **Milssam** platter of nine delicacies

Master chef 'competition' in the royal kitchen
Gyuasang dumpling filled with beef and cucumber
Eomandu fish fillet dumpling





Motherly love by the
court lady who raised
Janggeum

Dubuseon and
steamed bean curd with chicken and mushroom

Oiseon and
stuffed cucumber with beef and mushroom

Eoseon
steamed fish fillet with vegetables

“ Right after putting *eomandu* (steamed fish fillet with vegetables) into a steamer, Court Lady Han started making *dubuseon* (steamed bean curd with chicken and mushroom). She was always calm, even when cooking, unlike the excitable trainee Janggeum. Lady Han was almost like a mother to Janggeum, who entered palace service after her own mother's death. The character of this court lady was based on a real person - Han Hee-sun, the last court lady of the royal kitchens of Joseon, and one of Korea's 'intangible cultural assets'. ”

Well-presented appetizer / **Samsaekseon** (three-colored appetizers)

Dubuseon is a steamed appetizer made of bean curd mixed with ground chicken, garnished with mushroom, shredded egg pancake and colorful vegetables.

Oiseon is a very refreshing appetizer made of cucumber stuffed with beef and shredded egg pancake, scattered over with sweet vinegary water.

Eoseon is a steamed appetizer made of fresh white fish fillet, rolled with beef and mushroom. When served with mustard sauce, it stimulates the appetite in summer.



Dubuseon (steamed bean curd with chicken and mushroom)

Ingredients

600g bean curd, 100g chicken,

5g *pyogo*(shitake) mushroom

Garnish - 1 manna lichen mushroom, 1 egg, 1 tsp pine nuts, 1 red chili, 1/2 tsp salt

Seasoning sauce - 1 tsp salt, 1 tsp soy sauce, 1 tsp sugar, 2 tsps chopped leek, 1 tsp chopped garlic, 1/2 tsp ginger juice, 1 tsp sesame oil, 1 tsp sesame seeds, a pinch of pepper

vinegary mustard sauce - (10g) mustard powder 2Tbsps + 1Tbsp water, 1/2Tbsp vinegar, 1/2Tbsp sugar, 1/2tsp soy sauce, 1/2 tsp salt, 1/2Tbsp water

Preparation

- 1 Mash the bean curd carefully, put the mashed bean curd in a wet cloth and squeeze out all the moisture.
- 2 Chop the chicken meat. Soak the *pyogo* mushroom in cold water for 2 hours, remove the stem and moisture, and chop finely.
- 3 Soak the manna lichen mushroom in hot water for 5 minutes and shred very thinly. Separate the egg, put 1/4 teaspoon of salt on the egg yolk and egg white, and beat well. Make a thin egg pancake in an oiled pan and shred both egg pancakes 2cm lengthways.
- 4 Cut red chili in half, de-seed and shred 2cm lengthways. Cut pine nuts in half.
- 5 Mix all the ingredients for the sauce.

Method

- 6 Mix the mashed bean curd with the chicken, *pyogo* mushroom and seasoning sauce. Line a wet clean cloth, spread seasoned bean curd mixture evenly about 1cm thick.
- 7 Scatter garnish over the top and stick together, pressing with a wet clean cloth.
- 8 Put it in a hot steamer and cook for 10 minutes. When it has cooled down enough, cut it squarely into bite-sized pieces.
- 9 Serve with vinegary mustard sauce.

- See the vinegary mustard sauce recipe on page 152.



Oiseon (Stuffed cucumber with beef and mushroom)

Ingredients

2(400g, thickness 2~3cm) cucumbers,
(1Tbsp salt, ½ cup water) salted water, 50g beef (rump cut),
5g *pyogo* (medium sized) (shitake) mushroom, 1 egg,
½ red chili, ½ tsp cooking oil

Meat marinade - ½Tbsp soy sauce, 1 tsp sugar,
1 tsp chopped leek, ½ tsp chopped garlic, ½ tsp sesame oil,
½ tsp sesame seeds, a pinch of pepper

Sweet vinegary water - 3Tbsps vinegar, 2Tbsps water,
2Tbsps sugar, 1 tsp salt

Preparation

- 1 Wash the cucumbers, rubbing them with salt and cutting them in half lengthways. Make 3 cuts in the cucumbers at 1 cm intervals then slice off it after 1 cm more, so that the cucumbers are cut into chunks 4cm in length. Soak the cucumber pieces in salted water for 20 minutes.
- 2 Shred the beef 3cm lengthways, shred the *pyogo* mushroom soaked in cold water for 2 hours and mix with the ingredients of the marinade.

- 3 Separate the eggs, add ¼ teaspoon of salt to each egg yolk and egg white, and beat them well. Make a thin egg pancake in an oiled pan.

Method

- 4 Squeeze the moisture out of the salted cucumber pieces. Put ½ teaspoon of oil in a pan and stir fry them quickly, then cool them down.
- 5 Stir fry the marinated meat and mushrooms on medium heat.
- 6 Shred both egg pancakes 2cm lengthways. Cut the red chili in half, de-seed it and shred it 2cm lengthways.
- 7 Stuff the cucumber pieces with the egg pancakes, beef, mushroom and red chili.
- 8 Arrange the decorated cucumbers on a plate neatly, and scatter sweet vinegary sauce over them just before serving.



Eoseon (steamed fish fillet with vegetables)

Ingredients

200g white fish (cod fillet), 2 eggs, 3Tbsps starch powder

Fish seasoning - 1 tsp salt, 1 tsp refined rice wine,
½ tsp ginger juice, a pinch of white pepper

Stuffing - 50g ground beef, 1 *pyogo* (shitake) mushroom,
2 (4cm, 100g) cucumbers, 1 (4cm, 50g) carrot

Marinade - ½Tbsp soy sauce, 1 tsp sugar, 1 tsp chopped leek,
½ tsp chopped garlic, ½ tsp sesame oil, ½ tsp sesame seeds,
a pinch of pepper

Vinegared red chili paste - 1 Tbsp red chili paste,
1Tbsp vinegar, ½Tbsp sugar, ½ tsp ginger juice, 1Tbsp water

Preparation

- 1 Prepare wide and thin fish fillets, flatten them down evenly, tapping them gently with the side of a knife. Mix the seasoning ingredients together and scatter them over the fillets.
- 2 Soak the *pyogo* mushroom in cold water for 1 hour, remove the stem and the moisture, and shred finely. Mix with the ground beef.
- 3 Peel the skin of the 4cm cut cucumber pieces and shred them so they are 0.2cm thick. Scatter salt for 5 minutes and remove the moisture. Shred the carrot to the same thickness as the cucumber, blanch in boiling water for 2 minutes and remove the moisture as well.
- 4 Break in 2 egg yolks and 1 egg white and add ⅓ teaspoon of salt. Make a thin egg pancake in an oiled pan at low heat.

Method

- 5 Stir fry the marinated meat and mushroom on medium heat.
- 6 Put ½ teaspoon of oil in a pan and stir fry the carrot and cucumber pieces quickly, then cool them down.
- 7 On a bamboo mat, lay out the egg pancake then lay out the starch water and fish fillet
- 8 Put the stuffing ingredients on top of the fish fillet, leaving about 3cm of empty space. Roll it up, carefully but tightly, and seal the edges with the starch water.
- 9 Wrap the bamboo mat in which the fish fillet is rolled up in with a wet clean cloth. Put it in a hot steamer and cook for 10 minutes.
- 10 Take out the roll and cool it down. Unwrap it and cut 1.5cm into round shape. Serve with vinegared red chili paste.



Good food, seon (steamed stuffed vegetables)



1 Court Lady Han setting the royal table in "Daejanggeum".
2 Dongawaseon (seasoned gourd) from the oldest cookbook written in Korean, "Eumsikdimibang".

The last court lady in the royal kitchen and the succession of royal cuisine

In "Daejanggeum", Court Lady Han looked after the young Janggeum with love, but was always strict when teaching her cookery skills and know-how. The character of the lady was based on Han Hee-sun (1889~1972), the last court lady of the royal kitchens of Joseon, an 'intangible cultural asset' and Korea's premier chef of royal cuisine.

Han Hee-sun was born in Seoul in 1889 and started working in the palace at the age of 13. She became a court lady in the kitchen of Gyeongbokgung, the largest palace in Seoul, in 1907. After King Gojong's death in 1919, she mourned at the king's grave for three years. She then served King Sunjong from 1921 until 1928. Finally, she served Queen Yunbi, King Sunjong's wife, from 1931 until 1965. After Queen Yunbi's death, she mourned at her grave for three years. Han Hee-sun herself passed away in 1972, having spent most of her life in royal service.

One of the disciples of Court Lady Han Hee-sun was Hwang Hye-seong, who, after Han, was designated as the second holder of the title, "intangible cultural asset." Hwang taught Joseon cookery in a women's college, and managed to secure Han an appointment to teach and disseminate royal cuisine. The two collected materials related to royal cuisine and wrote a cook book together, with the purpose of conserving the dishes which had been fading away since the fall of the dynasty. Hwang also worked hard to promote palace cuisine as a cultural tradition. In 1971, Joseon royal cuisine was finally recognized as an intangible cultural heritage. In the same year, the

Institute of Korean Royal Cuisine was established.

1st royal cuisine cook book, "Yijogungjungyoritonggo"

While Court Lady Han and Professor Hwang were teaching at a college, they published a cookbook together. This was "Yijogungjungyoritonggo" (1957) which means, literally, "An Encyclopedia of Korean Royal Cuisine." It contained the recipes, the know-how of table setting and general information about royal meals and feasts.

The change of seon (good food) recipes

Seon originally meant good food, rather than any specific recipe. But more generally these days, seon refers to steamed dishes of stuffed vegetables. There were some dishes called seon in Joseon,

although they were neither steamed nor stuffed. In the oldest Korean cookery book "Eumsikdimibang," there is a recipe for *dongwaseon*: "Donga(an old gourd) was sliced, blanched, soaked in soy sauce with chopped ginger and when served, slices of the old gourd were scattered with vinegar." We can see that this recipe is different from the dishes called seon nowadays. However, a recipe similar to the more recent meaning appeared in a cook book called "Sieujeonseo" written at the end of the 19th century; it is recipe for *namgwaseon* (steamed and stuffed green pumpkin). In the early 20th century, seon recipes using meat and fish appeared in books such as "Joseon-mussang-sinsik-yori-jebeop," "Joseon-yoribeop" and so on.



1,2 Court Lady Han Hee-sun, the model for a key character in "Daejanggeum".
3 The cover of her 1957 cookbook "Yijogungjungyoritonggo".



Janggeum takes charge of naengmyeon for the first time . . .

Bae-dongchimi-guksu

cold noodle soup with pear and radish water *kimchi*

“ While the king was out hunting, the palace kitchen staff, who were preparing his meal, suddenly fell ill after eating whelks. This meant that the responsibility of cooking for the king fell upon the inexperienced shoulders of Janggeum and Geumyoung. The king ordered *naengmyeon* (cold noodle soup), so Janggeum rushed up the mountain to obtain some fresh mineral water. She completed the *naengmyeon* with this water, mixed it with radish water *kimchi*, and seasoned with pear juice and vinegar. The king was greatly satisfied and praised young Janggeum for her innovation, which got rid of the stale smell of radish water *kimchi*. ”

The king's night snack / Dongchimi-guksu

Dongchimi-guksu (cold noodle soup with radish water *kimchi*) was the favorite snack of King Gojong. This dish is now available throughout the year, but in the old days, it was mainly eaten by people in northern parts of Korea like Pyeongando and Hwanghaedo in cold weather, as *dongchimi* (radish water *kimchi*) used to be made in winter.



Bae-dongchimi-guksu



Bae-dongchimi

Bae-dongchimi-guksu (cold noodle soup with pear and radish water kimchi)

Ingredients

300g buckwheat noodles, 300g beef (rump cut),
15 cups (3L) water, 50g leek, 5 cloves of garlic,
1 tsp peppercorns, 1/2 (300g) pear, 1/2 (100g) green cucumber,
1/2 tsp salt, 1/2 dongchimi radish, 1 tsp fine chili powder, 1 egg,
2Tbsps pine nuts, mustard sauce

Sugared water - 1 cup water, 2Tbsps sugar

Broth for naengmyeon - 5 cups (1L) dongchimi liquid,
5 cups (1L) beef stock, 1Tbsp salt, 2Tbsps vinegar,
2Tbsps sugar

Preparation

- 1 Put the beef in cold water and leave for 1 hour to remove blood, then boil the beef with the leek, garlic and peppercorns for 1 hour. Take out the cooked beef, wrap it with a clean cloth and put something heavy on the top of the beef (such as a clean stone) which will flatten it to make *pyeonyuk* (slices of boiled and pressed meat). Remove all the fat and dregs from the beef broth and cool it down.
- 2 Peel the pear and slice it thinly. Cut the green cucumber in half and slice slantwise thinly, salt the slices of cucumber for a few minutes and squeeze out the moisture.
- 3 Slice the *dongchimi* radish thinly and mix with chili powder.
- 4 Put the egg in cold water and boil it for 10 minutes. Cool the boiled egg in cold water, peel and cut it in half.

Method

- 5 Put the noodles in boiling water and cook until soft, rinse a few times in cold water and scoop out the noodles with a bamboo net, dividing them into portions.
- 6 Slice beef 0.3 cm thick.
- 7 Mix the radish water *kimchi* liquid and beef broth, seasoned with salt, vinegar and sugar. Cool it down in a refrigerator.
- 8 Put 1 portion of noodles in a bowl and add slices of pear, radish, cucumber, beef, boiled egg and pine nuts neatly.
- 9 Pour the broth in until the noodles are submerged.

- Check the vinegary mustard sauce recipe on page 152.



7



8



dongchimi

Dongchimi (radish water kimchi)

Ingredients

10 radishes, 1½ cups coarse salt, 3 pears, ½ pomegranate, 2 *yujas*, 60g spring onion, 80g mustard leaves, 2Tbsps coarse salt, 10g dried sea staghorn, 1 (100g) leek, 5 fermented chilis, 3 red chilis, 50g garlic, 50g ginger

Kimchi liquid - 1 cup (160g) coarse salt, 5L (salt concentration is 3%) water

Ingredients

- 1 Remove the rootlets of the radishes and wash them with a brush. Do not peel the skins.
- 2 Roll all the radishes in 1½ cups of coarse salt, pile them in a jar and leave overnight.
- 3 Cut off the roots of the leek and wash it. Slice the garlic and ginger.
- 4 Trim the spring onions and mustard leaves, salt them for 20 minutes, and pick up 2~3 salted vegetables together, then roll them and tie them (using the spring onions themselves). Wash and drain the fermented chilis.
- 5 Soak the dried sea staghorn and wash it under running water, remove the moisture and cut it short. Slice the garlic and ginger thinly.



- 6 Wash the pears and *yujas*, remove the moisture and prick holes in the fruits with a bamboo skewer to let the flavor ooze out.
- 7 Prepare salted water one day in advance. Pour the water into a big container, put a sieve filled with coarse salt in the water, stir and let the coarse salt blend into the water.

Method

- 8 Put the sliced garlic and ginger in a cloth bag and place it at the bottom of a deep jar. Layer the radishes and minor ingredients in the jar, alternating with each other.
- 9 Put pears and *yuja* between the layers, then repeat, ending with the mustard leaves. Put something heavy on the top of the layered *kimchi* - such as a clean stone - then pour salted water in. Cut the pomegranate in half and set it aside. Leave at room temperature for 2 weeks until it smells mature. Then put it in a refrigerator. When serving, slice the radishes into half-moon shapes and cut the minor ingredients into small pieces. Put them together in a bowl and pour in the *kimchi* liquid.



The royal kimchi

Kimchi made in the royal kitchens was not the same as that served in the present day. Unlike *kimchi* made with napa cabbage, the most favored type of *kimchi* by the royals was called *suckbackji*, which was made with napa cabbage and radish cut in slices and seasoned with ample quantities of yellow corvina sauce. Other varieties of *kimchi* made in the royal kitchens were *jetgukji*, *songsongi*, *bo-kimchi* and *jangkimchi*, all of which were similar to more popular types of *kimchi* enjoyed among the commoners but with the addition of a vast quantities of luxurious ingredients such as oysters and yellow corvina sauce.

Kimjang, the preparation of the palace kimchi for the winter ahead

In late Joseon, *kimjang* - the preparation of huge quantities of *kimchi* for the long winter - was a lengthy process, one that required many workers, so court ladies from various departments of the palace were called in to assist. Vegetable gardens produced good quality raw materials for the palace. It took one day to salt the cabbages and other vegetables, and several days to wash and prepare them. On the whole, it took nearly 10 days to complete the palace's *kimjang*.



Naengmyeon(cold noodle soup) and the royal kimchi



Royal hunting: A military training regimen

Joseon kings sought the centralization of power, and central to their policies was maintaining the ethics of Confucianism. Kings, especially, had to take the initiative and serve as examples. There were "five proprieties" to be followed by the royals: auspicious ceremonies; funeral ceremonies; military honor ceremonies; welcoming ceremonies for foreign envoys; and wedding ceremonies. These were paralleled in the domestic rituals observed by common people: initiation, wedding, funeral and memorial services. The proprieties for the royal family and noblemen were stricter and more detailed than those of common people.

Hunting trips were called *gangmu*. The biggest and best animals caught on the hunt were served during rituals; the other game was eaten on the spot. All people shared this food together, regardless of status. Sometimes musicians, dancers and jesters joined the hunt to liven up the feasts and parties.

Among kings who enjoyed hunting the most were Seongjong(1469~1494) and Yeonsangun(1494~ 1506). They would take many entertainers, even *gisaeng* (pleasure girls) on hunting trips. King Sejo (1455~1468) particularly enjoyed hawking in the back gardens of the palace, in spite of the disapproval of some courtiers.

Some of the most famed hunting spots were Gwangju, Yangju and Icheon in Gyeonggi Province (which surrounds Seoul), and Cheolwon,

Pyeonggang and Hoinhseon in Gangwon Province (in eastern Korea).

Naengmyeon (cold noodle soup); Beloved even in the Joseon Dynasty

Naengmyeon originated as a seasonal specialty in the northern parts of Korea like Pyeongando and Hwanghaedo.

Only in the last 100 years has it been feasible to enjoy this dish all year round, thanks to the introduction of modern refrigeration.

Naengmyun-style noodle soup, however, has always been a familiar dish throughout the Joseon dynasty, the ingredients vary according to cookery books in which mentions of *naengmyun* appear though.

Naengmyun was also served during royal banquets. While noodles were normally served hot in most cases, mentions of cold noodles like *naengmyun* appear twice in official records. One was a feast held to celebrate birthdays of two queens, king's mother and grandmother, with a joint birthday party. According to "Jinchan-euigwe", ingredients such as buckwheat noodles, pork, chinese cabbage *kimchi* and pear were used to prepare *naengmyun* served during the banquet. The other was a party king Gojong had with high-ranking officials in which cold noodles were also served alongside other dishes

Sweet pears added flavor to dongchimi-guksu (noodle soup with radish water kimchi) for King Gojong

King Gojong, used to enjoy noodle soup with radish water *kimchi*, flavored with pear as his night-time snack. He did not like either spicy or salty food, so the *naengmyeon* served to King Gojong was sweet and juicy, flavored with scoops of pear. This radish water *kimchi* was fragrant, as citrus fruits - *yuja* and pomegranate - were added. The picture shown here is the exact replication of the *naengmyeon* served in late Joseon, according to King Gojong's 8th concubine, Samchukdang Kim (1892~1970)



1 *Naengmyeon* served to King Jungjong in "Daejanggeum".
2 In the painting "Deasaryeodo" (1734) the king and his servants practice archery together.



Garnish for *dongchimi-guksu* served to King Gojong. At first, one layer of thinly cutted pear is laid, the meats are placed in a cross shape. Add pine nuts, cucumber and eggs.



Suksu: The male caterers in the palace

Gujeolpan or Milssam

platter of nine delicacies

“ A man named Deokgu was a caterer who sometimes cooked in the royal kitchen, especially when extra hands were required to prepare special feasts. Kind and warm-hearted, he gave food to the tiny Janggeum, who was wandering like a beggar after her mother's death. In the royal kitchen he was ordered to make the king's favorite dish, *gyesamungjang* (braised bear's paws with chicken and ginseng) by the head court lady. Many other male cooks could also be seen in the royal kitchen...

Fast forward to the present day. After the collapse of the Joseon Dynasty, male caterers left the palace and worked in the kitchens of commercial restaurants, many of which became famous. This is how royal dishes were introduced to the general Korean public. However, in the process, quite a lot of the dishes served at these restaurants diverged from the originals. For example the famous *gujeolpan* (platter of nine delicacies) - which is widely believed by modern Koreans to be an original royal dish - is not; it actually appeared after the fall of the Joseon Dynasty. ”

Enjoying beauty / Gujeolpan

Gujeolpan literally means an octagonal wooden platter with a lid. It consists of a small octagonal compartment in the middle with eight trapezoid compact compartments radiating out from the center. It can be lacquered or inlaid with beautiful landscapes or pretty flowers with mother-of-pearl. White crepes made of flour are placed in the middle part and eight different colored fillings are placed around it. The colorful harmony looks marvelous. Take one crepe; put it on the individual plate; add some of the fillings to it with sauce; then wrap gently and pop it into your mouth. This, it is said, is the taste of Korea. From olden times, the number nine has meant perfection.

Despite its perceived significance as a dish in the Korean cooking tradition, up until the 1930s, there were no recipes for *gujeolpan* to be found in any documents - it first appeared in later cook books like "Joseonyoribeop", "Joseonyorihak", "Yijogungeongyoritonggo", and it was only in the 1960s when *gujeolpan* was introduced as a party food in several major newspapers and the recipe became widespread across the country.



Saek-gujeolpan or saekmilssam (colored platter of nine delicacies)

Ingredients

100g beef (rump cut), 5(25g) *pyogo*(shitake) mushrooms, 4(4cm, 200g) cucumbers, 1/2tsp salt, 2(4cm, 100g) carrots, 150g green bean sprouts, 3 eggs, 2tsp cooking oil, 20g (after soaking, 50g) manna lichen mushroom

Meat and mushroom marinade - 1 1/2Tbsps soy sauce, 2/3Tbsp sugar, 2tsp chopped leek, 1tsp chopped garlic, 2tsp sesame oil, 2tsp sesame seeds, a pinch of pepper

Carrot, green bean sprout and manna lichen mushroom marinade - 1/2tsp salt, 1/2tsp sesame oil

Batter - 2 cups(200g) flour, 1tsp salt, 2 1/4 cups (425ml) water

Coloring ingredients - 1/3tsp cactus powder, 1/2tsp angelica plant powder, 1/2tsp manna lichen mushroom powder, 1/2Tbsp (1 gardenia seed, water 3Tbsps) gardenia seed water

Mustard sauce - 4Tbsps (20g) mustard powder, 2Tbsps water, 1Tbsp vinegar, 1Tbsp sugar, 1tsp salt, 1tsp soy sauce, 1Tbsp water



Ingredients

Preparation

- 1 Shred beef thinly, 5cm lengthways, soak *pyogo* mushrooms in cold water for 2 hours, remove moisture and stems, then shred thinly.
- 2 Cut the cucumbers into 4 cm chunks, peel around the seeds inside and throw away the seedy parts. Shred thinly. Salt the shredded cucumbers for 10 minutes and squeeze out the moisture.
- 3 Shred carrots thinly 4cm lengthways, blanch them in boiling water for 2 minutes, rinse in cold water and remove the moisture.
- 4 Take off the tail and head parts, blanch them in boiling water for 3 minutes, rinse in cold water and remove moisture.
 - Soak manna lichen mushrooms in hot water, wash and shred thinly.
- 5 Separate the eggs, add 1/4 teaspoon of salt to each egg yolk and egg white, and beat them well. Make a thin egg pancake in an oiled pan.
- 6 Make the marinade to season the meat and mushrooms.
- 7 Mix flour and salt, then add water bit by bit to make a thin batter. Strain the batter through a fine sieve and leave it for 1 hour.



Method

- 8 Season the beef and *pyogo* with marinade separately, then stir fry each in a pan on medium heat.
- 9 Stir fry the carrots and cucumber separately in an oiled pan on high heat. Season the green bean sprouts and manna lichen mushrooms with salt and sesame oil.
- 10 Shred the egg white pancake and the egg yolk pancake thinly 4cm lengthways.
- 11 Make 4 different colored batters with coloring ingredients, mixing them with 1 teaspoon of water each. Then the red, green, black and yellow batters are ready.
- 12 Spoon batter into an oiled pan to make 7~8cm round crepes. When both sides are cooked, cool them down in a bamboo net.
- 13 Put all the crepes in the middle compartment of the platter, and place the 8 different fillings in each of the compact compartments radiating out from the center.
- 14 Take one of the crepes, put it on the individual plate, add some fillings to it, season with mustard sauce, wrap gently and eat!



Mustard sauce

Put the mustard powder and water in a bowl; mix well. Place this bowl on the lid of a pot of simmering water for 2 hours. When the surface of mustard water is dried, pour more water in and wait for 3 minutes to get rid of the bitter taste. Drain the water, add vinegar, salt, sugar and soy sauce, water, and mix.



Other ingredients used in gujeolpan

Radish, bamboo shoot, onion, crab meat, abalone and shrimp can also be used as fillings. Cactus powder, angelica plant powder, manna lichen mushroom powder, gardenia seeds and so on can be used to color the flour crepes. To substitute for coloring ingredients that are difficult to obtain, colored bell peppers, spinach, parsley, black sesame seeds, beetroot, etc. can be used.



As it is a fiddly business to wrap and eat the crepes one at a time, you can wrap all the crepes around the various fillings, fix them with mini skewers or cocktail swords, and serve them on a big plate with a bowl of mustard sauce.

Suksu (male caterers) and Saongwon (the Palace Department of Food and Groceries)



A *suksu* (male caterer) can be seen at a royal feast in "Daejanggeum".

Saongwon, the ministry of provisions

Saongwon was one of the departments that took charge of all the food in the palace. According to "Gyeongguk-daejeon" ("Great Code of National Governance", 1471), *Saongwon* oversaw the dietary life of the palaces, taking care of the daily food of the royal family, feasts, hunting functions, and picnic outings to hot springs and other scenic locations. In addition to the food for the royals, the

department also supplied rations to the soldiers who guarded the palace and escorted the royal family. Naturally, it also took charge of food for guests.

Suksu: The professional male caterers

Many slaves belonged to the authorities and to the palace, especially male slaves aged 15~60 years old. They were permitted to work for themselves for six months, but for the rest of the year, they worked for the authorities. There were over 350 slaves serving in the many kitchens of the palaces. These *suksu* (male slave/caterers) had to wear a pass - a kind of ID/entry certificate - whenever they went into and out of the palace gates, as they did not live in the palace. All

of the male caterers were collectively referred to as *suksu*, regardless of the hierarchical distinction existed among them and the work division. While a *bangam* played a role similar to the head chef in the modern kitchens today, the rest were in charge of particular areas of production in the royal kitchen.

Suragan: The royal kitchen

Suragan means the royal kitchen where the actual food was prepared. There were independent residences in the main royal palace including the king, the queen, the king's grandmother, the king's mother, the crown



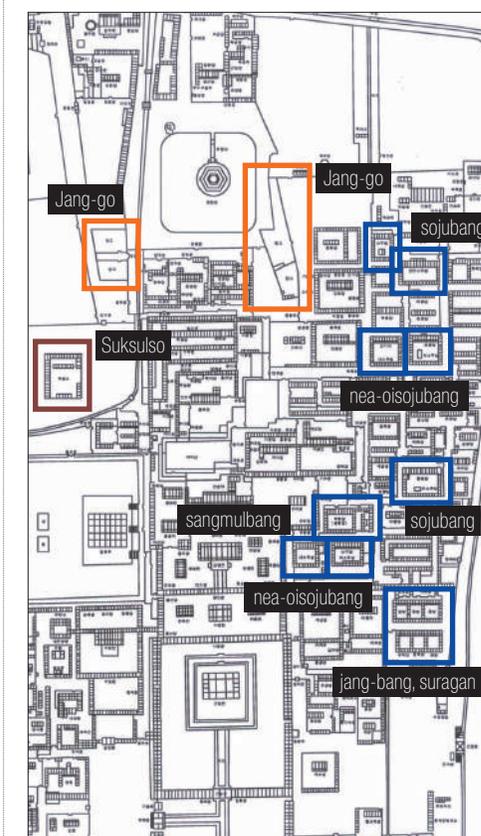
'Seonmyojogegyongsuyeondo', a picture of a feast given for officials who looked after aged parents.

The division of labor of Suksu and assistants

	Job title	Main duties
Suksu (Bangam+ Saekjang)	<i>Bangam</i>	command
	<i>Byeolsaeng</i>	cooking meats
	<i>Tangusaek</i>	boiling water
	<i>Sangbaesaek</i>	setting tables
	<i>Jasaek</i>	cooking fish
	<i>Bangong</i>	cooking rice
	<i>Pojang</i>	making bean curd
	<i>Jusaek</i>	brewing rice wines
	<i>Chasaek</i>	brewing tea
	<i>Byeonggong</i>	making rice cakes
etc	<i>Jeungsaek</i>	steaming
	<i>Deungchoksaek</i>	managing lamps and candles
	<i>Seongsang</i>	managing the tableware pantries
	<i>Subok</i>	cleaning and tidying
	<i>Sugong</i>	bringing water
	<i>Beolgam</i>	cleaning

prince and the crown princess. These kitchens were located far from the bedrooms of the royals, due to the danger of fire in the predominantly wooden palaces.

According to the testimonies of some court ladies in the late Joseon Dynasty, *Suragan* was itself divided into three sub-departments. *Ansojubang* for daily meals and side dishes served to the king and queen; *Baksojubang* for feasts and rituals; and *Saenggwabang* for desserts and drinks.



Food-related sites in Gyeongbokgung, Seoul's main palace. The king, queen and prince had their own dedicated kitchens.



'Master chef competition' in the royal kitchen

Gyuasang and

dumpling filled with beef and cucumber

Eomandu

fish fillet dumpling

“ Young trainee court ladies in the palace, having gone through a long, hard training, had to participate in the royal cooking competition. Having failed to get the right answer in the preliminary competition, which was *mandu*, Janggeum was assigned ingredients not suitable for making *mandu*, the theme of the main competition, as a penalty. To make matters worse, Janggeum realized that her flour, the key ingredient to make *mandu* wrappers, had been stolen. Despite a series of bad luck incidents, however, the resilient Janggeum managed to invent a unique *mandu* using rinds of gourd and Chinese cabbage leaves as *mandu* wrappers. ”

Diverse dumplings / Mandu

Mandu (dumplings) were normally served during feasts and rituals. They are a winter specialty for Koreans, though they originally came from China. As dumpling skin is made of buckwheat or wheat flour, it was developed more in northern parts of Korea. *Pyeonsu* (square dumpling for summer) is still famous as a local specialty in Gaeseong (a former royal city that is now in North Korea, north of Seoul).

All Koreans love *mandu*. Apart from flour dough, fish fillets, vegetables, and even offal can be used for the dumplings' skins. Dumplings were a good-luck food. Hence, on the first day of the Lunar New Year - a hugely important festival in Korea, China and around Asia - Koreans traditionally eat *mandu-guk* (dumpling soup). This dumpling soup was also served at feasts and other happy events.



Gyuasang



Eomandu

Gyuasang (Mimandu, dumplings filled with beef and cucumber)

Ingredients

2 cups (400g) flour, 1 tsp salt, 6 Tbsps water, ½ tsp cooking oil, 20 green leaves for decoration

Stuffing - 80g ground beef, 2(10g) *pyogo*(shitake) mushrooms, 3(700g) cucumbers, 2 tsps salt, 1Tbsp pine nuts

Meat marinade - 1Tbsp soy sauce, ½ tsp sugar, 2tsps chopped leek, 1 tsp chopped garlic, 1 tsp sesame seeds, 1 tsp sesame oil, a pinch of pepper

Vinegaed soy sauce - 1Tbsp soy sauce, 1Tbsp vinegar, ½Tbsp sugar, 1Tbsp water

Preparation

- 1 Make the dough by mixing flour and salted water together. Rest the dough by wrapping it in wet cloth for 30 minutes and kneading it until the dough becomes glutinous. Roll it out thinly and make dumpling skins that are 8cm round in shape.
- 2 Soak the mushrooms in cold water for 2 hours, remove the moisture and shred thinly. Mix with ground beef.
- 3 Cut the cucumbers into 3cm chunks, peel around the seeds inside and throw away the seedy parts. Shred thinly. Salt the shredded cucumbers for 10 minutes and squeeze out the moisture.

Method

- 4 Mix the meat marinade with the beef and mushroom, and stir fry on medium heat until the beef is cooked.
- 5 Put ½ teaspoon of oil into a pan, stir fry quickly on a high heat, and then let it cool down.
- 6 Make the stuffing by mixing together all the stir-fried ingredients.
- 7 Put a spoonful of stuffing with a pine nut in the center of each dumpling skin, wet the edges with water, and fold in half, grasping them so that your finger marks are left as a pattern in the dumplings.
- 8 Put the dumplings on a layer of wet cloth in hot steamer. Do not allow the dumplings to touch each other. While steaming for 10 minutes, scatter water over the dumplings.
- 9 Layer the green leaves on a serving plate, place the dumplings on the leaves and serve with vinegaed soy sauce.

- Commercially available frozen dumpling skins can also be used.



Ingredients



4, 5



7



7

Eomandu (fish-fillet dumplings)

Ingredients

1 (400g) gray mullet fillet, ½ cup starch powder,
1 tsp cooking oil

Seasoning for fish - 1 tsp salt, 2tsp cooking wine,
½ tsp ginger juice, a pinch of white pepper

Stuffing - 100g ground beef, 80g green bean sprouts,
3 (10g; 70gs after soaked in water) black tree mushrooms,
1 tsp salt

Meat marinade 1Tbsp soy sauce, ½ tsp sugar,
2tsp chopped leek, 1tsp chopped garlic, 1tsp sesame seeds,
1tsp sesame oil, a pinch of pepper

Vinegared soy sauce - 2Tbsps soy sauce, 2Tbsps vinegar,
2Tbsps water, 1Tbsp sugar, a pinch of pine nut powder

Preparation

1 Slice the gray mullet into half-palm-sized fillets; mix the seasoning ingredients and season with it.

2 Soak the mushrooms in hot water for 5 minutes and shred them thinly.

3 Blanch green bean sprouts in boiling water for 3 minutes, rinse in cold water and remove the moisture.

Method

4 Mix the meat marinade with beef and mushroom and stir fry on a medium heat until the beef is cooked.

5 Make the stuffing mixing all the stir-fried ingredients and green bean sprouts.

6 If there is any water coming out of the fillets, wipe them completely. Coat one side of the fillets with starch powder and put a spoonful of stuffing on each fillet, grasp the fillet with stuffing to make a lump, powdering it with starch powder.

7 Put the dumplings on a layer of wet cloth in a hot steamer for 10 minutes until the fish dumplings turn transparent.

8 Take them out of the steamer with wet hands and cool down. Serve with vinegared soy sauce.



Representative dishes of Korean royal cuisine: *eomandu* (fish fillet dumplings), *gyuasang* (dumplings filled with beef and cucumber), *gugeolpan* (platter of nine delicacies), *sinseonlo* (royal hot pot) and *galbijim* (beef ribs).

The story of mandu(dumpling)



The royal cooking competition gets underway in "Daejanggeum".

Mandu: A long-loved specialty

Mandu is a steamed or boiled dumpling, stuffed with various ingredients. It originated from China, though the exact time is not known. But we know that *mandu* has existed since the Goryeo Dynasty (the dynasty which fell in 1392, to be replaced by Joseon) as the book "Goryeosa" ("The History of Goryeo") records the punishment of a man who had stolen *mandu* from the royal kitchen. Despite its foreign origin, *mandu* had becoming a popular dish by the time "Eumshikdimi-bang" (1670), the first cook book ever written in the Korean alphabet, appeared. In "Eumshikdimi-bang", a variety of *mandu* recipes are introduced. Many of the recipes are not familiar to most Koreans these days, including buckwheat flour

mandu and *mandu* wrapped in grey mullet fillet and so on. Other *mandu* recipes introduced in "Daejang-geum" were also based on old cookery books.

The royal dumplings

An endless procession of dumplings appear in "Euigwe"(The Royal Protocols of the Joseon Dynasty). These include *yukmandu*(meat dumplings), *eomandu* (fish dumplings), *yangmandu* (beef stomach dumplings), *cheonyeopmandu* (manyplies dumplings), *saengchimandu* (pheasant dumplings), *saenghap-mandu* (clam dumplings), *chimchaemandu* (kimchi dumplings), *dongamandu* (gourd dumplings) and many more. Dumplings made with a leavened dough was also a

variety widely enjoyed during the Goryeo Dynasty but unleavened dumplings gradually became the majority during the Joseon Dynasty which succeeded Goryeo.

Leavened dumplings, however, did not cease to exist and were sometimes made in the palace mainly to be served during welcoming parties for Chinese envoys to Joseon who were more accustomed to eat leavened ones, according to official records.

A special type of *mandu* which was exclusively made in royal kitchens and eaten as a summertime delicacy was *gyuasang*, a type of dumpling filled with beef and cucumber. The recipe was passed down by Han Hee-sun, the last court lady of Joseon's royal kitchens. According to her, *gyuasang* was shaped like a sea cucumber and steamed on layers of ivy leaves.

Mandu and flour

Mandu comes in many different varieties. Some varieties vary according to their wrappers. *Mil-mandu* (wheat flour dumplings), *eomandu* (fish fillet dumplings) and *memilmandu* (buckwheat flour dumplings) were the ones which were named after the main ingredients used to make their wrappers.

In fact, the variety in *mandu* wrappers is due to the fact that wheat production in Joseon was very limited and various other ingredients were substituted for the precious flour.

In "Daejanggeum", the protagonist Janggeum loses her assigned amount of flour. She panics but requesting more flour is instantly out of question as flour is so precious an ingredient that is not at the senior court ladies' easy disposal.



1 Sungchaemandu in "Daejanggeum".
2 Memilmandu.
3 Sugyoewi.
4 Ssanghwa.

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