

♣ English conversation for tourism (#02)

"Kimchi"

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History of Kimchi (Song Eun-young/ Jessica/ 4818796)

You are going to listen all about Kimchi. First, I'm going to talk about history of Kimchi. Kimchi is one of Koreans' favorite foods and also the food that represents Korea. Since Kimchi is a fermented food, it's spicy because of red pepper powder. It's the attractiveness and taste of Kimchi.

It is suspected that the name Kimchi originated from shimchae (salting of vegetable) before going through some phonetic changes (shimchae to dimchae to kimchae to kimchi). Kimchi is salted vegetables marinated and fermented. One day someone put vegetables in a big ceramic jar and salty water from the sea entered the jar. Weeks later, vegetables were taken out. The vegetables were fresh and not withered. From that time people realized that they could keep the food longer if the vegetables were salted. In the beginning there were many ingredients for Kimchi such as cucumbers, eggplants, leeks and radishes. But the main vegetables used for Kimchi would have been radishes preserved with salty water with green onions and garlic or cucumbers dried and seasoned with soy. The color was too simple and didn't look appetizing so people added water that was dyed with cockscomb flowers to give Kimchi a red color.

Red pepper powder was later introduced to Korea in the mid-Chosun Dynasty and today's kind of Kimchi was first developed in that era. Modern Kimchi mostly uses cabbage with red pepper powder.

The origins of Kimchi are long and varied. It was first developed in China about 3,000 years ago and was later introduced to the Korean peninsula in the Three Kingdoms period. Since that time the recipes have changed through the many dynasties and periods as new ingredients were introduced or removed from the recipes.

Kind of Kimchi (Yang Sun-mi /Sun mi/ 4468586)

Next, I am going to introduce three popular kimchi. First, Cabbage Kotchori.



This instant type of Kimchi is usually prepared when you are running out of stored Kimchi or are fed up with sour Kimchi. It has a refreshing taste. For saltiness, add a little bit of fermented shrimp instead of other types of strong fermented fish. The seasoning should not be too much. Put the inner part of a whole cabbage slightly, tear it by hand before adding all the ingredients, and mix well. It will increase your appetite with its cool and fresh taste.

Second, Kkakdugi.



Radishes are available year-round, but they are sweeter and firmer in the winter. That is why many preserved side dishes are made of radishes. When you add green radish leaves, green onions, or the outer leaves of Baechu (Englishname: Chinese cabbages) to Kkadugi, it will be more delicious. If you want to make Kkakdugi a darker color and stronger scent, you should put fermented shrimp instead of anchovy paste. Oysters are great too when added to Kkadugi, but be sure to consume it as soon as possible because it will easily go bad.

At last, Dongchimi (Watery radish Kimchi)



The cool tastes of pear with high saccharine and radish mix to make the excellent taste of dongchimi. The pear should be matured for better storage.

At this point, saccharine accounts more fructose than glucose. It makes less sour taste and it is good for dongchimi.

These three of them are most popular Kimchi. Depends on main ingredients, there are many kinds of Kimchi. For example, Chonggakmu Kimchi (Ponytail Radish Kimchi), Gat Kimchi, Pa Kimchi (Green Onion Kimchi), and so on.

Kimjang (Choi Ji-won/ Angela/ 4549905)

I would like to talk about Kimjang. Kimjang is a traditional Korean event in which Kimchi is prepared for Um-dong (the coldest 3 or 4 months of winter).

The main ingredients of Kimjang Kimchi are Korean cabbage and radish. Additional ingredients include spicy vegetables such as parsley, mustard leaf, garlic, green onion and ginger. Pickled fish and red pepper powder are also used to give Kimchi its unique flavor. To fully enjoy this flavor, it is very important to prevent Kimchi from turning sour.

Kimchi contains vitamins A and C, as well as a number of lactic acids, which are produced as the Kimchi ferments. Lactic acid generates a chemical reaction that is effective in curing intestinal disorders. In winter, vitamin C deficiency can occur because the vegetable supply is quite short.

Without Kimjang Kimchi, Koreans health would have been ruined. Since Kimchi so nutritlous in many ways, it is called a "winter staple"

This is why you can find Kimchi in any region and any household in korea.

Now, I'm going to talk about how to make Kimchi.

Pickled or fermented vegetables can be stored for a long time during the winter season when fresh vegetables are scare.

1. Cut cabbage in half. add salt it and leave it for a while.
2. Salt cabbage and radishes.
3. Wash the salted vegetable with fresh water.
4. Make seasonings such as red papper powder, garlic, jeotgal (seafood fermented in salt) and ginger
5. Mix all of the ingredients together.
6. Keep the spiced vegetables in a cool place for a few days

This process let the vegetables undergo a process of naturally mixed, lactic acid fermentation.

Kimchi food (Kim Youn-woon/ Paige/ 4696194)

I'm going to talk about Kimchi food.

First, I'm going to tell you about Kimchi Fried Rice.

Kimchi Fried Rice

Ingredients you need is - kimchi, rice, onion, potato, ham, green onion, salt, and oil

1. You chop kimchi about 1cm, and also chop ham, onion, potato in 1cm.
2. You put oil around pan, and roast (fry) kimchi and potato. After that, you put ham and onion
3. When onion is fried enough, put rice and spread it around the pan as you fry it.
4. Put salt and pepper for your taste and then put egg fry on it.

And here is your Kimchi Fried Rice.

Kimchi pot stew

Ingredients you need is - kimchi, tuna, onion, big green onion, red pepper, mushroom, bean-curd, powder of red pepper, salt and sesame oil.

1. Kimchi chop about 4cm long.
2. For tuna, put on strainer to get rid of oil.
3. You cut onion, big green onion, red or green pepper diagonally.
4. Cut bean-curd as 0.5cm thick.
5. You put sesame oil in a pot and then put fried kimchi, onion and pour the water.
6. When number 5 is boiled at first time, you put tuna inside.
7. In number 6, you put bean-curd, one small spoon of powder of pepper, and little bit of salt for your taste.
8. When 7 is boiled, for the last, you put mushroom, big green onion, red or green pepper.

Kimchi Sandwich

Ingredient you need is - kimchi, 1 can of tuna, half of green onion, 8 pieces of bread, two big spoon of mayonnaise, and little bit of butter

1. You just cut the stem of kimchi and chop up fine. You should squeeze until it doesn't have water.
2. Take oil out of tuna and chop up fine.
3. Take onion skin out and chop up of fine. After that, preserve with salt in short time, and squeeze the moisture.
4. You put the oil around frying pan, and fry kimchi. After that, you leave it until it gets cool.
5. Put mayonnaise in kimchi, tuna, onion, and mix it.
6. Put butter the one side of bread and put number 4 thinly and cover it with another bread.
7. For your tip, put butter around the pan and burn little bit front and back of number 6 bread. You will have delicious Kimchi Sandwich.

The beneficial effects of Kimchi (Lee Tae-kyung/ Leo/ 4508264)

Well-fermented kimchi has anti-biotic characteristics as lactic acid bacteria produced in the process of fermentation suppresses the growth of harmful bacteria. This bacteria not only gives a sour flavor to mature kimchi, but also prevents excessive fermentation by restraining the growth of other bacteria in the intestines. Vegetable that is material of kimchi contains lots of fiber, so it prevents constipation and diseases such as enteritis and colonitis.

The principle materials used to make kimchi contains commonly lots of moisture, so it has low contents of other nutrients. But lactobacillus blocks the increase of harmful bacteria in internal organs, stimulates the secretion of pepsin, the analysis ferment of protein in stomach and intestines and helps digestion by normalizing the distribution of microbes in internal organs. Kimchi, the representative fermentation food of Korea performs digestion that suppresses the rearing of harmful bacteria by lowering the acid rate in internal organs like yogurt, and as it is ripen, lactic acid bacteria increases. Kimchi is alkaline food provider that prevents acid toxicosis generated by acidification of blood when having too much meat or acid food.

In addition, the lactic acid is effective in preventing the development of diseases such as obesity, diabetes, and even gastrointestinal cancers.

Also, as kimchi has anti acidification effect by the activation ingredients such as vitamin C, Carotin, Phenolic compounds, and chlorophyll etc., it suppresses aging, especially skin aging.