

Pod-cast

Title: How To Enjoy
Korean Barbecue

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Although foreigners have visited Korea several times, they still hesitate whenever choosing meals. Unlike western countries, there are few fast food restaurants, and it is hard to find restaurants that can satisfy a foreigner's taste. Usually, in Korean restaurants, even though they want to eat something simple, they will be served many kinds of side dishes. Therefore, their first visit to a Korean restaurant can be overwhelming. Koreans also can be overwhelmed when they go to restaurants abroad. Particularly, western people have a variety of dressings, side dishes, and even recipes. If it is the first time to experience restaurants in other countries, ordering from the menus can be confusing. It is hard to know the correct way to order food the first time.

We also have to pay tips and taxes that are not common in Korea. Therefore, we would like to introduce about Korean restaurants, how to enjoy Korean food, how to order foods, and some exotic Korean food culture in the restaurants.

Meats are popular foods all over the world. Among the many kinds of meat, in Korea, pork barbecue that is called Samgyeopsal is the most popular. In Korea, we have many kinds of meat like beef ribs, seasoned rib meat, charcoal rib meat, beef intestines etc. We also use different broilers like gridirons, German grills, lid shaped gridirons, etc. and sauces like sesame oil with salt, sweet soy sauce with wasabi, soybean paste, pepper paste etc. depend on the meats. Pork barbecue is pork from near ribs to abdomen that is wide and flat. Abdomen muscle and fat form three layers, and that's the reason why Pork barbecue is tastier than other meats.

Bacon is processed from the same part as Pork barbecue. Actually, Pork barbecue is unfamiliar to many foreigners, particularly westerners even though they have lived in Korea for several years. It is not because of Samgyeopsal is not delicious but foreigners are not familiar with food cultures that include wrapping food in lettuce. Wrapping food in lettuce is a really popular way to eat food in Korea. Is it possible to be only satisfied with world-renowned Bulgalbi when there is also Pork barbecue? If you pass up the chance to go to a barbecue restaurant, you are giving up an important part of Korean food culture. Therefore, you guys should try Samgyeopsal.



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If you do try Samgyepsal, you should choose which restaurant would fit you. There are many ways to grill meats, so you should think about that before entering a random restaurant. Choose according to your personal taste. If you like greasy foods, you should go to the restaurants that use solid, cone-shaped grills called Bulpan and if you like less greasy foods, you should find the restaurant that are equipped lid shaped gridirons. So, there are lots of Samgyepsal restaurants here. Among them, let's go to the restaurants that have lid shaped gridirons.

Samgyepsal looks like bacon, but it is not as salty, and it is more delicious. So, you must find a delicious restaurant in order to eat this delicacy. When you enter the restaurant filled street, you can see many signs with pictures of pigs outside of restaurants with names like subulgalbi, Samgyepsal shickdangn etc. All of these are acceptable restaurants, so you can go into anyone of those. Once you enter the restaurant, waiter will say "eo seo o se yo" and ask you how many people are in your party. Then you should answer him and tell him where you want to eat, either on the floor or the table outside. If you want to eat it inside, you should keep track of your shoes.

Now, let's go inside sokdangi Samgyepsal which is located next to the agricultural cooperation bank, Nonghyup in front of Keimyung University. It's small but popular with the students of the University. They use a special gridiron called a sokdooggyung. It makes the meat's oil drain down, so the meat is not greasy. Moreover, it is wide, so you can roast Kimchi, seafoods, various mushrooms, onions and hams with the Samgyepsal so you will never get tired of eating it alone. Then, let's go inside and order.



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If you are in a western country, the waiter will ask you what you want to drink. However, in Korea, it is different and simpler. First, the waiter asks you "what would you like to eat." and brings water and a menu. While viewing the menu enjoy a glass of water, and also you can see a menu board on the wall. Almost all the restaurants in Korea have the menu board on the wall. There are many kinds of meat, beverages, and liquor. Then you can say to the waiter "Samgyeopsal sam in bun joo sae yo (three portions of Samgyeopsal please)." to order in Korea. Whether it is Samgyeopsal or rib, ordering three servings is most common. 'inbun' means the number of people so 'one inbun' means one person. It's different according to the situation, but it is good to order three inbun and some Korean wine with coke and sprite. I'd like to recommend Seoljungmae and Bokbunjae that are made of plums among the Korean wines for foreigners. Because for the people who drink Soju for the first time, they might feel it is too strong to drink it with Samgyeopsal. Soju tastes like Vodka but only contains twenty one percent alcohol. Koreans usually drink it without mixing it. After ordering, the waiter serves salad, lots of side dishes and sauces. However, you cannot choose a dressing. This is also Korean tradition, but it's not bad because they are made by cooks especially in each restaurant, and they are all free. So, if you want to eat more, you can say, "give some more" politely. Then the waiter will give you more. Vegetable, Kimchi, Mul kimchi, Korean pan cakes and other special side dishes of the restaurant's chef are served as a basic side dishes. Kimchi is Korean traditional food and suitable with all Korean foods. Even if you go to the restaurant to eat only Samgyeopsal, you must be satisfied with tasting various Korean food like Kimchi and pan cakes for free.



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There are various sauces. There is sesame oil with salt and another made of soybean paste. It is called "Ssam jang" in Korea. The color differs according to chef. Others include soy sauce, red pepper sauce, and mustard. Choose whichever sauce you prefer. Have you ever eaten spicy foods of Korea? If it is too spicy then it is better that you don't eat the red pepper sauce. It is too hot for most foreigners. When the grill is hot, start cooking. At some restaurants you can cook yourself while at others the waiter will do it for you. There is no rare, medium, or well done. It is a one size fit all kind of meat. To get the flavor to come out the best, you should flip the meat twice while cooking it. Put the meat on the grill, and when the bottom side is well done, it is time to flip it. Then check regularly to see when the meat is done. If you are not sure about anything, feel free to ask the waiters. Then, cut the meat into the proper size with the scissors. Finally serve it up with the various side dishes and enjoy.

In order to taste the natural flavor of the meat, you should dip it in the sesame sauce. From there, explore the taste by using the other sauces to bring out the taste. Aren't you curious about the flavor? At Taco Bell or other Mexican restaurants, the food is put on thin bread and eaten. Subway also involves the layering of foods inside bread. Koreans add peppers, garlic and many other things when eating barbecue. You can wrap it up in vegetables like lettuce or sesame leaves, or thin rice cakes. To start, put the lettuce in your hand. Then add the meat, sauce, kimchi and other ingredients as your like. In other words, have it your way.

Side dishes are different according to the restaurant. All basic side dishes are free of charge. All side dishes can be refilled for free. Ask the waiter for some more when you need it. You can also order the main course whenever you like. Korean people usually order the main course after eating the meat, which can include rice or Naengmyon. If you order rice, bean paste stew is also given.



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For good etiquette you should order a minimum of two bowls of rice. Soybean paste stew is a very popular jjigae. It is less watery and contains more substance than soup. The main ingredient is soy bean paste. And we can put bean curd, seafood, etc into it. Naengmyeon means cold noodles. Noodles are boiled, and then they are cooled in ice water. After that they are mixed with a very spice sauce along with a sliced egg and chopped vegetables. Korean thinks Naengmyeon is good match for meat.

Korea also has desserts that help with digestion. In most foreign countries people eat ice cream or cake, but in Korea they drink healthy beverages. First, there is green tea that not only helps with digestion but also removes odors from the mouth. Also it has no calories so it is good for dieting. Many women drink this after meals. Next, is coffee. Korean coffee contains for sugar and cream than most coffees. There are also traditional teas. One is called Shikhe and is made up rice giving it a sweet taste. When you drink it, you should eat the rice with it. The other is called Sujungkwa that has a cinnamon taste. Both beverages are served chilled. drinks are usually given for free at most restaurants.

So far we have explained to have a good time at a restaurant. How do the meat restaurants of Korea compare with other countries? You don't need to give tips to waiters. All kinds of side dishes are included for free. You like Korea more now, don't you? If you come to Korea, I hope that you will eat Samgyeopsal and enjoy the experience.



Merry Christmas

To. Robert

Thanks for your class for one semester. We learned lots of useful English expressions and words. Moreover, we met our group members. We were well cooperative group. We had lots of fun during making pod cast. We ate Samgyeopsal several times and met exchange students from Europe. All of us appreciate your project even though it took much time. Thanks a lot for making good opportunity to introduce Korean restaurant culture to foreigners and meet great team members.

We hope your winter vacation will be awesome.

Thanks

P.S: Merry Christmas!!!

Sincerely;

Jenny, Jenni, Alice, Susan, and Chris..

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