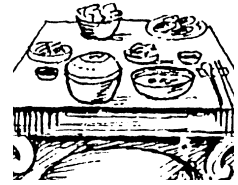


11 많이 드세요.

IN THIS UNIT ...

- Table Insa
- A Korean meal
- Common ingredients used in Korean meals
- Buying food and meals
- Some common Korean dishes
- *Shall we ...?*



BON APPETIT.

Food, clothing and shelter are the three basic material necessities of life – and food is surely the most talked about. In this Unit, we learn about Korean food and eating habits so as to extend our ability to interact with Koreans socially.

1 Table Insa

자, 드세요.	<i>Here, help yourself./Take some.</i> ‘자’ is an interjection commonly used to encourage an action from the hearer which the speaker believes would give pleasure. See also Page 39.
차린 건 없지만 ...	Lit. <i>We've prepared nothing, but ...</i> ; an expression used by the host/hostess when inviting you to help your self
많이 드세요.	<i>Bon appetit.</i> Lit. <i>Take a lot.</i> ; a standard invitation from the host for a guest not to hold back
더 드세요.	<i>Have some more.</i> ; an exhortation in the middle of the meal for the guest to refill the plate
김치 좋아하세요?	<i>Do you like Gimchi?</i>
식사합시다.	<i>Let's eat!</i> This is the standard way for a host to invite a guest to begin a meal, or for one member of a party to suggest to the others that they begin. Note that this expression has masculine connotations.
건배!/듭시다.	<i>Here's cheers.</i> Lit. <i>Let's take, eg, a drink.</i> There are a few more toasts in Korean, but these are the standard suggestions to raise a glass of alcohol.
잘 먹겠습니다.	<i>Looks good!</i> Lit. <i>I'll eat well.</i> ; an expression used when you start to eat
맛있어요.	<i>It's tasty!</i> Lit. <i>There is flavour (in this food).</i> This is the standard compliment about the quality of the meal. We strongly advise you commit it to memory and use it often for the pleasure that it will give your hosts.
아니오, 많이 먹었어요.	<i>No more, thanks.</i> If you are being entertained in a very traditional Korea way, your hosts may continue to press food upon you. Your only defense then might be to say this expression politely – literally, it means <i>No, I've eaten a lot.</i>
잘 먹었습니다.	<i>I've eaten well.</i> ; an expression used when you finish eating

2 A Korean Meal & Some Related Expressions

음식	food	포크	fork
밥	cooked rice	나이프	knife
국	soup	맵-	be hot (in taste)
찌개	hot-pot style of soup	짜-	be salty
반찬	side-dishes	잡수시-	eat (respect form)
숟가락	spoon	먹어보-	taste, try
젓가락	chopsticks	좋아하-	to like
쓰-	use	싫어하-	to dislike
못	cannot	음식을 만들-	to prepare a meal
후식	dessert	요리하-	to cook

- 밥: cooked rice. In English, we have one word for rice whether it's in the field, in the shop, or on the plate. In Korean, if it's in the field it's **벼**, when it's harvested it's **쌀**, and when it's cooked it's **밥**.
- 쓰-: 쓰- can mean *use* as well as *write* (see Page 25); as we saw on Page 25, when the verb stem ends in the vowel **ㅡ**, the **ㅡ** drops out when attaching Polite Informal ending **-어요**. Thus, **숟가락하고 젓가락을 써요** (*We use spoons and chopsticks*).
- 못: When we want to say that something out of our control, eg, allergy, is preventing us from doing something we can place the negative adverb **못** before the verb. For example, **땅콩을 못 먹어요** (*I can't eat peanuts*). The difference between **못** (*cannot*) and **안** (*do not*) is the difference between being prevented from doing something and deciding not to do something. In English we often say *I couldn't do it* when we really mean *I didn't want to do it*, and it's the same in Korean. Since it's always more polite to be a victim of circumstances, than a deliberate non-performer, it's best to under-use **안** and over-use (or so it may seem to you) **못**.
- 맵- is an irregular verb to the extent that **ㅁ** changes to **ㅃ** when followed by the **-어요** ending. Thus, *The gimchi is a bit hot* will be **김치가 좀 매워요**. (See also Page 54.)
- 잡수시- vs 먹어-: When referring to a small number of basic human activities, such as eating, speaking, giving, or sleeping, Korean speakers use special verb forms to indicate that they regard the person they are referring to as being of a higher social status (see Unit 14). Therefore, of course, we can never use these verb forms in referring to ourselves. For the Korean language learner the challenge is simple: when someone uses ... **잡수세요?** in addressing you, you need to have the mental agility to reply with **네, ... 먹어요** and avoid saying **네, ... 잡수세요**.

3 Common Ingredients of Korean Meals (1)

고기	meat	생선	fish
소고기 (소)	beef (cow, bull)	해물	seafood
돼지고기 (돼지)	pork (pig)	달걀	egg
닭고기 (닭)	chicken - meat (chicken - bird)	콩	beans
양고기 (양)	lamb, mutton (sheep)	두부	tofu

- The pronunciation of 닭: The **ㄹ** in 닭 remains silent in Modern Korean, whether or not there is a following vowel.

4 Common Ingredients of Korean Meals (2)

야채	vegetables	고추	chili peppers
배추	Chinese cabbage	파	shallots
무	white radish	마늘	garlic
상추	lettuce	-장	sauce
시금치	spinach/greens	간장	soy sauce
오이	cucumber	고추장	chilli sauce
깻잎	sesame leaves	된장	soybean paste
땅콩	peanuts	참기름	sesame oil

5 Buying Food and Meals

요리	cuisine, cooking	빵	bread
중국요리	Chinese cuisine	빵집 / 베이커리	bread shop, bakery
중국음식점	a Chinese restaurant	사-	to buy
일식집	a Japanese restaurant	사먹-	to buy meals (Lit. <i>buy and eat</i>)
한식집	a traditional Korean restaurant	주문하-	order (eg food)
양식집/레스토랑	a Western-style restaurant	돈을 내-	pay
포장마차	a street food stall	싸-	be cheap
식당가 / 푸드코트	food court	비싸-	be expensive

- 빵: if 빵 sounds a little familiar it's because it has reached the Korean language from Portuguese via Japan and is, therefore, similar to *pain*, the French word for *bread*. It would take a little while to explain how two or three Portuguese words got into Korean, but any book on Japan's history will tell you the tale of the Portuguese in Japan.

6 Some Common Korean Dishes

불고기	Korean barbecue. The meat – usually beef but in more informal settings pork is also used – is marinated in various condiments including soy sauce, sugar, spring onion, garlic, sesame seed and sesame oil. It is then cooked over a charcoal or gas fire, on a perforated metal dish with a raised centre or on a gridiron.
갈비	Spare ribs cooked in a similar manner to 불고기. Pork Galbi (돼지 갈비) is also served in more informal settings.
김치	When we say just 김치 we mean <u>cabbage</u> Gimchi, in much the same way as <i>ice cream</i> is presumed to refer to <u>vanilla</u> ice cream unless we specify otherwise. If we want to specify a non-cabbage 김치, we name the vegetable. Thus, <u>cucumber</u> Gimchi, for instance, would be 오이 김치.
만두	Small dumplings with meat filling, usually eaten with a soy and vinegar sauce.

Continued on next page

잡채	Sweet potato noodles and finely-chopped beef and vegetables stir-fried together.
비빔밥	Steamed rice served in a bowl with a number of side helpings of finely-chopped Bulgogi, mushrooms, carrots, spinach and bean sprouts, topped with a fried egg, sunny side up. The ingredients are then combined together by vigorous spoon action, and eaten with chili sauce and a side soup.
김밥	김 is dried green seaweed (laver). To make 김밥, you wrap around, with a thin layer of 김, cooked rice and finely chopped/sliced carrot, pickled radish, meat, fish, etc, and then sliced it into bite-size pieces.
찌개	The suffix 찌개 on the names of dishes indicates that the food is cooked ‘hot-pot’ fashion – in a soup over high heat. Thus 김치 찌개 is a hot soup where the most prominent ingredient is Chinese cabbage Gimchi. More examples include: 해물 찌개 (<i>seafood Jjigae</i>), 된장 찌개 (<i>soybean paste Jjigae</i>), etc.
튀김	The suffix 튀김 on the names of dishes indicates that the food is being deep-fried in light batter in a similar fashion to Japanese tempura. Thus 야채 튀김 is mixed vegetables deep-fried in batter.
-면	This suffix indicates a noodle dish, such as 냉면 – the cold noodle dish of North Korean origin which is a summertime staple, or 라면 – the ever-ready instant noodles.
-국/-탕	This indicates a soup, the most common of which are Manduguk (만두국: <i>dumpling soup</i>) and Galbitang (갈비탕: <i>beef, spare-rib broth</i>).

7 Some language notes

About the question 이게 뭐예요?: *What’s this?*

By now, you might wonder what the difference would be between “이거 뭐예요?”, which we learnt in Unit 6 (see Page 33), and “이게 뭐예요?”. The main difference is this. Grammatically, 이게 is the combination of 이거 (this thing) and 이 (Subject marker), and meaning-wise, the difference between the two questions is in fact very slight. At best, you can take 이게 as carrying a mild emphasis in line with what we explained in Unit 10 (see Page 61). It has the Subject marker after all, which 이거 doesn’t!

Don’t get alarmed if you see 저게 뭐예요, 그게 뭐예요, etc. 저게 and 그게 are 저거 and 그거 plus the Subject marker respectively.

The expression ... - 은/는요?: *What (or How) about ...?*

The expression “... - 은/는요?” can be very handy, when we’re asking a kind of contrastive questions that involve more than one persons or things. It allows us not to repeat the whole question as in the examples.

EXAMPLES

Q: 커피 마세요?	Do you drink coffee?
A: 네, 마세요.	Yes, I do.
Q: 녹차는요?	What about Green Tea? cf. 녹차는 (마셔)요?
A: 안 마세요.	I don’t.
Q: 선영씨는 하루에 몇 시간 한국어를 공부해요?	Seon-Yeong, how many hours per day do you study Korean?
A: 하루에 한 시간 공부해요.	I do one hour per day.
Q: 태우씨는요?	How about you, Tae-U? cf. 태우씨는 (하루에 몇 시간 한국어를 공부해)요?
A: 하루에 삼십 분 공부해요.	I do thirty minutes a day.

8 Cultural Notes: Korean Food

Korean food perhaps lacks the variety to become known as one of the world's great cuisines, but nevertheless it contains a lot of pleasant surprises. From its temperate climate and surrounding seas, Korea draws a wide variety of vegetables, fruits and seafood; and from its long winters when fresh food is hard to come by, it draws the inspiration for a rich tradition of pickling or drying fresh foods for later use. It is protein-rich and relatively fat-free.

The most common meats in Korea are beef, pork, chicken and, of course, fish. The most common methods of cooking are slow simmering, for soups, or else broiling over a hot charcoal fire for beef or pork. Characteristic seasoning tends to be sesame oil and seed, soy sauce, fermented bean paste (Doen-jang), salt, white pepper, chili, spring onion, and garlic. By way of quick comparison with its neighbours, Korean food shares a number of dishes with Japanese cuisine; but is generally more robust and pungently flavoured. Korean restaurants offering bland versions of Korean dishes are widespread in Japan. Korean food is also broadly similar to Northern Chinese cooking though, as a small geographical area with little internal climatic variation, Korea lacks important sources of the culinary variety enjoyed by China.

To start off, perhaps we'd better list some of the main styles of Korean cooking. In some cases they overlap; but for the most part it's difficult to find a restaurant in Korea offering food from more than one style. Overseas Korean restaurants usually offer a kaleidoscope of Korean dishes drawn from a variety of these different cooking styles.

대중 음식: Literally *the food of the masses* meaning ordinary, everyday food. This is what you get at small restaurants typically around universities, which tend to feature soups based on beef and chicken stocks with accompanying rice and side dishes, and even simple instant noodles. At its worst it is like canteen food; but, at its best, it is a simple and wholesome way of grabbing an inexpensive quick bite.

궁중 음식: Literally *palace food*, this is the tradition of royal cooking – Korea's *haute cuisine*. You'd be most unlikely to find any strong flavours like chili or garlic here – only the very subtle use of condiments to enhance the natural flavour of a predominantly vegetarian cuisine. Palace food consists of an amazing variety of flavoursome wild plants, mushrooms, nuts and berries, with an occasional meat or fish dish. Pine nut broth, bell flower roots, ginkgo nuts, abalone mushroom are typical ingredients in a cuisine which offers one of the most striking examples of the deeply rustic, ethereal strain in Korean aesthetics.

Palace food has a very complex, precise tradition of food preparation, requiring years of training and a good deal of labour in its preparation. It's not surprising, then, that there are few palace food restaurants. These are mostly to be found in major hotels in Seoul, and are extremely expensive. For most people, however, the experience of eating in one will be unforgettable.

한식: The title simply means *Korean food*, but Hansik restaurants in Korea are more up-market than ordinary restaurants, and offer a richer, more diverse array of Korean dishes. People normally order a set menu based on price, and get a number of courses, often representing regional traditions of cooking. For most visitors to Korea this will be the best way of getting an idea of what Korean cuisine is really capable of.

중화 요리: A sign written in Chinese characters on a protruding signboard decked out with scarlet strips of plastic and cloth usually announces the humble and ubiquitous Chinese restaurant in Korea. The food served within will resemble Chinese food more or less depending on what tradition of Chinese cooking you're used to. For Australians who are usually familiar with Cantonese or Szechuan cooking the resemblance will be rather less than more.

Basically, the food served in 중국 음식점 is descended from regional cooking brought to Korea nearly a hundred years ago from the Shandong region adjacent to Korea, and greatly modified since then to satisfy with the demands of the Korean palate. People use Chinese restaurants like

fast food outlets, catching a cheap unpretentious bowl of noodles or dumpling in the Northern Chinese style.

There are also more elaborate Chinese meals at up-market establishments usually found in the major hotels and in expensive neighbourhoods.

Other restaurants: There are various other types of restaurants in Korea specialising in particular dishes. These might include ginseng chicken (삼계탕), Buddhist vegetarian dishes (산채), mung bean flour pancakes (빈대떡) or pigfoot (족발). Interest in foreign foods is growing slowly, but is still not very high in Korea. In cities, almost all non-Korean restaurants outside the major international hotels are either Japanese, highly indigenised Chinese or else Western-style fast food outlets.

Meals of the day

Koreans eat three meals a day, and to the onlooker there may seem little distinction between the meals in terms of the food eaten. As befits a people with strong agricultural roots, breakfast tends to be a hearty meal, with strongly flavoured soups, rice and Gimchi, although this is changing particularly in cities like Seoul. Lunch is usually little more than a snack, and the evening meal is moderate in quantity and generally eaten early.

Attitude to meat

The Korean attitude to meat is different to the Australian attitude in a number of ways. To begin with, it is extremely rare to find a Korean who does not express a strong distaste for lamb. Most cite the smell as the main reason and, seeing that no distinction seems to be made between mutton and lamb in Korea, this is perhaps not surprising. Also behind the attitude seems to be a deep-seated cultural reflex, shared with the Japanese and most Chinese, in which people traditionally contrasted their settled, agricultural, beef-eating ways with the nomadic, pastoral, mutton-eating and milk-drinking ways of the Mongols and other *northern barbarians*. It's not as if the Chinese, Japanese and Koreans continue to look down on their northern neighbours, of course. But since the constant threat of northern invasion was a major theme of their respective histories in pre-modern times, the dietary reflex seems to persist.

Beef is the prestige meat in Korea, and it is considerably more expensive than pork. In fact, just as 김치 tends to mean just one kind of Gimchi, so 고기 tends to mean beef, unless otherwise specified. It is therefore expensive, relative to pork and chicken (the other two major meats), and in the course of a normal household meal it is rarely eaten in the amounts that Australians are familiar with. However, for guests beef is often laid on in abundance, and, in a very traditional mode of hospitality, a host might say to a guest 고기 많이 잡주세요 (*Eat plenty of meat!*) to counteract any tentativeness the guest might feel.

Attitude to alcohol

Koreans have acquired something of a reputation as drinkers over the years, and this reputation can obscure the very careful, moderate attitude taken by most people in Korea. We'd advise you to observe Korean attitudes to drink carefully rather than just accept this reputation at face value.

Above all, the use of alcohol is socially and ceremony-bound. The idea of a quiet, relaxing drink or two after work is not common, though sitting down and having round after round with work colleagues is more common, as is consuming considerable amounts of alcohol on weekend group picnics.

In formally entertaining foreigners Koreans will rarely hit the bottle, since getting drunk together is an expression of close friendship, and business colleagues are unlikely to risk losing their inhibitions until they are very familiar with the company they are in. Foreign visitors will lose no respect by displaying a similar degree of self-discipline, even when pressed by their hosts.