



Korean culinary series

- Korean Cooking for Indian Homes: Episode 5

Since ancient times, people in Korea, as indeed in India, have maintained a belief that food and medicine have the same origin and hence perform the same function, following the adage that 'food is the best medicine'.

With harvests from lush green rice paddies, sun-drenched tangerine orchards, and mountain valley chili pepper farms, Korean food exudes freshness. It delights the senses, invigorates the palate - and invites foodies to explore regional variations.

Korean Cooking for Indian Homes, a booklet prepared by the Korea Toursim Organisation, is intended as a guide for people who may want to try cooking Korean food at home. The recipes included in this book have been slightly modified to suit the Indian palate and availability of ingredients.

All recipes included in this book have been sourced from www.hansik.org – managed by the Korea Food Promotion Institute, a public institution established with the purpose of promoting and globalizing the traditions of Korean food.

In an episodic series we introduce 10 recipes that could easily be prepared in Indian homes. The series examines cuisine as a unique cultural signpost and a conduit for meaningful cultural exchange. In Episode 5, the final episode of this series, we introduce *Sujeonggwaa* (*Cinnamon Punch with Dried Persimmons*) and *Yaksik* (*Sweet Rice with Nuts and Jujubes*). Along with the recipe, cooking instructions and useful tips, details are provided as to where the ingredients can be sourced at physical stores in Chenni, New Delhi, as well as online.

Presented in association with
Korea Tourism Organization



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