

Exhibition

Traditional Korean Foods Festival

The Korean meals mainly consisted of grains and prepared vegetables due to natural environment and availability of resources. According to the historical records regarding foods prepared with grains and vegetables, there are over 100 various ways of preparing water gruel, boiled rice mixed with other cereals and legumes and Korean rice cakes in the grain group. In the vegetable group, there are over 100 various ways in preparing kimchi and over 500 different ways to prepare assorted vegetables for storing purposes.

In our exhibition, the most representative dishes from above were shown through different food groups and preparing and cooking methods. They were water gruel(7 kinds), gruels(27 kinds), boiled rice(21 kinds), rice cake(24 kinds), prepared vegetable(20 kinds), Kimchi(23 kinds), and fried tangle(28 kinds).

1. Bab

Hin Bab(steamed rice)
Ggang Bori Bab(steamed rice with barley)
Chajo Bab(steamed rice with glutinous millet)
Patmool Bab(steamed rice with red bean soup)
Chasoo-soo Bab(steamed rice with Indian millet)
Gumeun Kong Bab(steamed rice with black bean)
Chal Bab(steamed glutinous rice)
Bam Bab(steamed rice with chestnut)
Seomi Bab(steamed rice with sweet potato)
Kamja Bab(steamed rice with potato)
Oksoo-soo Bab(steamed rice with corn)

Kimchi Bab(steamed rice with Kimchi)
Muu Bab(steamed rice with chinese radish)
Chungdae Kong Bab(steamed rice with green beans)
Bigi Bab(steamed rice with bean curd dreg)
Kangnam Kong Bab(steamed rice with kidney beans)
Kool Bab(steamed rice with oyster)
O'kok Bab(steamed rice with five grains)
Kongnamool Bab(steamed rice with yellow bean sprout)
Bibim Bab(steamed rice with vegetables and meat)
Yaksik(steamed glutinous rice with nuts)

2. Mieum, Eungyi and Jook

Ssal Mieum(Rice water gruel)
Chajo Mieum(Waxy millet water gruel)
Sok Mieum(Ginseng water gruel)
Yoolmoo Eungyi(Pearl-barley water gruel)
Omija Eungyi(Maximowiczia typica water gruel)
Soosoo Eungyi(Sorghuma water gruel)
Yeonppuri Eungyi(Lotus root water gruel)
Ahm Jook(Steamed rice cake water gruel)
Yoolmoo Jook(Adlay gruel)
Heukimja Jook(Black sesame seed gruel)
Deulkae Jook(Seed of perilla gruel)
Kangboon Jook(Ginger powder gruel)
Bokryung Jook(Peong seed powder gruel)
Jat Jook(Pinenuts gruel)
Bam Jook(Chestnut gruel)
Hodo Jook(Walnut gruel)
Haengin Jook(Apricot seed gruel)

Chomi Jook(Jujube gruel)
Hokion Jook(Peanut gruel)
Bori Jook(Barley gruel)
Mookmool Jook(Mung-bean jelly gruel)
Pat Jook(Red bean gruel)
Nokdu Jook(Mung bean gruel)
Kong Jook(Soy-bean gruel)
Hin Jook(Rice gruel)
Chungyang Jook(Glutinous millet gruel)
Hobak Jook(Summer squash gruel)
Aook Jook(Mallow gruel)
Kongnamool Jook(Yellow bean sprouts gruel)
Hobak Jook(Zucchini gruel)
Damchae Jook(Sea mussel gruel)
Dak Jook(Chicken gruel)
Miyueuk Jook(Sea weed gruel)
Tarak Jook(Milk gruel)

3. Dduk

Baeksulki(Rice cake)
Kongsulki(Rice cake with black beans)
Patsulki(Rice cake with red beans)
Ssuksulki(Rice cake with wormwood)
Bamsulki(Rice cake with chestnut)
Bokryung sulki(Rice cake with peony seed)
Sukiisulki(Rice cake with manna lichen)
Kosadduk(Glutinous rice cake with red beans)

Kkai, Nokdu Chal pyeon(Glutinous rice cake with sesame, mung bean)
Patgupi siru Dduk(Rice cake with red beans)
Baek Pyun(Decorative rice cake)
Kkul Pyun(Rice cake with honey)
Sing kumcho Pyun(Rice cake with singkumcho pharmaceuticals)

Chapgwa Byông(Rice cake mixed with fruits & chestnuts)
 Injolmi(Glutinous rice cake)
 Chul pyun(Rice cake with flower pattern imprinted)
 Garae Dduk(Long slender rice cake)
 Gaepi Dduk(Rice cake stuffed with bean jams)

Dootup Dduk(Glutinous rice cake mixed with blue beans and fruits)
 Songpyun(Rice cake steamed in pine needles)
 Kyungdan(Dumpling)
 Danja(Assorted flavors with glutinous rice)
 Jeungpyun(Fermented steamed rice cake)
 Bukumi(Pancakes made from glutinous rice)

4. Kimch

Bak Kimch'i(White Kimch'i)
 Baechu Tong Kimch'i(Kimch'i of whole cabbage)
 Sukbaggee
 Hatbaechu Kimch'i(New crop of cabbage Kimch'i)
 Oisobaegi(Stuffed cucumber Kimch'i)
 Kaji Sobaegi(Stuffed eggplant Kimch'i)
 Yeulmu Kimch'i(Young radish Kimch'i)
 Bossam Kimch'i(Kimch'i wrapped in a large cabbag leaf)
 Bineul Kkagduki(Scaled radish cube Kimch's)
 Muu Kkagduki(Radish cube Kimch'i)
 Oi Kkagduki(Cucumber Kimch'i)

Meulchigeot Kkagduki(Radish cube Kimch'i with salted anchovy)
 Chae Kkagduki(Sliced radish Kimch'i)
 Dong Ch'i Mi(Salted radish in juice)
 Muu Chanji(Salted radish)
 Oi Ji(Salted cucumber)
 Pa Kimch'i(Green onion Kimch'i)
 Gat Kimch'i(Leaf mustard Kimch'i)
 Godeulbbagi Kimch'i(Lettuce Kimch'i)
 Buchu Kimch'i(Leeks Kimch'i)
 Chuksun Kimch'i(Bamboo shoots Kimch'i)
 Putkochu Kimch'i(Green pepper Kimch'i)
 Hobak Kimch'i

5. Namool and Saengchae

1) Boreum Namool(Fist full moon holiday vegetables)

Chyi Namool(Cooked seasoned wild aster)
 Kobi Namool(Cooked seasoned royal fern)
 Kosari Namool(Cooked seasoned braken)
 Hobakgogi Namool(Cooked seasoned dried squash)
 Kaji Namool(Cooked seasoned dried eggplant)
 Shiraegi Namool(Cooked seasoned dried radish leaves)
 Dora ji Namool(Cooked seasoned dried root of bell flower)
 Muu Namool(Cooked seasoned dried white gourd shavings)

2) Koojol Pan(Nine-course Hors D'oeuvre Tray)

3) Kang whe(Cooked rolled vegetable)

Minari Kang whe(Cooked rolled watercress)
 Pa Kang whe(Cooked rolled green onion)

4) Pokeum Namool(Seasoned shredded vegetables)

Oi Pokeum (Seasoned shredded cucumber)
 Sukii Pokeum(Seasoned shredded sukii)
 Kongnamool Pokeum(Seasoned shredded)
 Pyogo Pokeum (Seasoned shredded Pyogomushroom)

5) Saengchae(Seasoned raw vegetable)

Muu Saengchae(Seasoned raw radish)
 Minari Saengchae(Seasoned raw watercress)
 Oi Saengchae(Seasoned raw cucumber)
 Chooksoon Saengchae(Seasoned raw bamboo shoot)

6. Bugak

Solguchiip Bugak(Fried solguchi leaves with glutinous rice starch)
 Kajiip Bugak(Fried eggplant leaves with glutinous rice starch)
 Camfery Bugak(Fried camfery with glutinous rice starch)
 Sandongbaekip Bugak(Fried Camellia leaves with glutinous rice starch)
 Kogumaip Bugak(Fried sweet potato leaves with glutinous rice starch)
 Dongbuip Bugak(Fried cowpea leaves with glutinous rice starch)
 Kamja Bugak(Fried potato with glutinous rice starch)
 Kongkoturi Bugak(Fried bean pod with glutinous rice starch)
 Ssukgat Bugak(Fried garland chrysanthemum with glutinous rice starch)
 Chunchoyulmae Bugak(Fried chunchoy with glutinous rice starch)
 Dulikkaesongii Bugak(Fried Dulikkaesongii with glutinous rice starch)
 Kajuk Bugak (Fried tree-of-heaven with glutinous rice starch)
 Kangnamkong Bugak(Fried kidney bean with glutinous rice starch)
 Kughwaip Bugak(Fried chrysan themum leaves with glutinous rice starch)
 Chyynamool Bugak(Fried chyi leaves with glutinous rice starch)

Dulkkaeip Bugak(Fried perilla leaves with glutinous rice starch)
 Muyidae Bugak(Fried butterbur with glutinous rice starch)
 Mandurami Bugak(Fried cockscomb with glutinous rice starch)
 Woongip Bugak(Fried burdock with glutinous rice starch)
 Kim Bugak(Fried laver with glutinous rice starch)
 Misam Bugak(Fried tiny-sized ginseng with glutinous rice starch)
 Kochu Bugak(Fried red pepper with glutinous rice starch)
 Dasima Bugak(Fried sea tangle with glutinous rice starch)
 Bakip Bugak(Fried gourd leaves with glutinous rice starch)
 Pimajaip Bugak(Fried castor leaves with glutinous rice starch)
 Kongip Bugak(Fried bean leaves with glutinous rice starch)
 Kkaeip Bugak(Fried wild sesame leaves with glutinous rice starch)
 Maettugi Bugak(Fried grasshopper with glutinous rice starch)

7. Table setting with seven side dishes

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| 1) Hin Bab(Steamed rice) | 9) Ma-rûn-ban-chan(dry side dishes) |
| 2) Wanja T'ang(Chopped and knead beef soup) | Puk-ô-mu-chim(Seasoned dried pollack) |
| 3) Bossam Kimch'i(Kimch'i wrapped in large cabbage leaf) | Cha-ban-mi-yôk-bok-eûm(Panbroiled brow seaweed which is dried and seasoned) |
| Muu Kkagduki(Radish cube Kimch'i) | Chand-san-jôk(Roasted ground beef and Tubu) |
| 4) Samsaek Namool(Seasoned spinach, osmund, bracken) | 10) Hoe(Suk Hoe) |
| 5) Muu Saengchae(Seasoned raw Korean radish) | Minô sôn(Blanched Sciaenoid fish) |
| 6) Saeng-Sôn-jo-lim(stewed fish in soy sauce) | Oi Sôn(Blanched cucumber) |
| 7) Nôbi-a-ni-kuyi(Roast soysauced beef) | Pyogo mushroom |
| 8) Ho-bak-chôn(Grilled zucchini) | 11) Ko-chu-jang chigae(Hot peppers paste stew) |
| Saeng-Sôn-chôn(Grilled fish) | 12) Dak ch'im(Braised chicken) |

Korea International Nutrition Industry Exhibition

Exhibits of nutrition products, instrument and equipment, and publications that may interest nutrition and health scientists were held in conjunction with the Congress from August 21 through August 25 at Pacific Hall, Korea Exhibition Center(KOEX) in the Exhibition Complex of Korea World Trade Center.

Followings are the list of the participating Companies.

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