

Meals in Korea usually come with a diverse set of vegetables (many fermented or pickled) and are eaten with metal chopsticks.





In more traditional restaurants, food is served on low tables while you sit on pillows.





There were usually numerous small dishes to share at the table, including Kimchi.





The most common kimchi is made from Napa cabbage, but the term is used for a variety of vegetables that are salted and fermented.





Kimchi and chili paste are fermented in traditional ceramic earthenware.





Bibimbap may be the most recognized Korean dish. It is a mixed rice dish usually containing various vegetables, sliced meat, chili paste, soy sauce and often topped with an egg.





Bulgogi is a popular dish made from thin, sweetly marinated beef cooked at the table.





Gogi-gui (roast meat) is Korean barbeque and involves cooking beef or pork at the table.





On Jeju Island, local black pork is used for Korean BBQ.





Meat and vegetables are often eaten in lettuce or perilla leaf wraps.





Chicken and ginseng soup comes in individual bowls served while still in a raging boil.





Dumplings (Mandoo) are stuffed with meat or vegetables and often steamed in bamboo baskets.





Dumpling soup  
(Mandguk) is a  
traditional way to  
serve dumplings.





We met a local celebrity cook famous for her dumplings made in the traditional shape of a rice bag. The different colored dough is from addition of specific vegetables.





Gimbap is cooked rice (bap) and other ingredients, like leafy greens, rolled in dried nori seaweed sheets (gim). They are usually cut into bite-sized pieces.





Rice balls can be mixed with a variety of vegetables.





Dessert rice cakes are made from high glutinous rice. Green cakes include mugwort.





Blood sausage is a traditional Korean dish,  
but was not our favorite.





Squash or pumpkin soup was available for breakfast or dinner.





Jajangmyeon is a Korean black bean noodle dish made with a sweet, thick sauce.

The noodles are made with wheat flour, salt, baking soda and water.

The black bean sauce (Chunjang) is primarily made from fermented wheat flour.





Sandwiches, like egg and tuna salad, are also available for a quick lunch.





Seafood is also commonly available at Korean restaurants and can be incredibly diverse.





Various forms of octopus and squid are available, often from street vendors.





Squid on a stick, is a popular grab-and-go snack.





Even waffles come as squid on a stick.





Overall, the food in Korea was delicious (masitda).

