

Top 3 Dishes You Must Try in Korea

BY NICKY KIM
FOR THE EPOCH TIMES

My yearly pilgrimage to Korea is always jam-packed with seeing family and friends, shopping for ingredients, and of

course eating!

My trip starts with sending a list of food that I have been craving to my best friend, so that she can do the research on where to go. Some old favourites always make it to the list, and some new ones that are the current trend will be suggested by friends and family. I usually end up having

breakfast, lunch, an afternoon snack, dinner and supper every day. You can imagine what my waistline is like by the time I am done with the trip.

It's amazing how some food you grew up eating will always remain your favourite.

Here are the top three Korean dishes I love eating when I am in Korea:



Jjambong
(spicy seafood
noodle soup)



Dduk bok yi—Chilli rice cake

1. Dduk bok yi—Chilli rice cake

This is my number one dish. I grew up eating this almost everyday after school. You can buy a small plate of ddukbokyi for only a few dollars on the street and can share it with your friends. Another option is to go to a café that specialises in this dish only, and they cook it right in front of you at the table. The best part of this dish is that you can add a variety of toppings such as fried dumplings, instant noodles, hard boiled eggs or the latest trend—cheese.

The best I have tried during my recent trip is at a café called Muk Shi Don Na. Despite being a restaurant chain, it is the best I have ever tried. Unfortunately, their website is only in Korean.

Address: Seoul Jongrogu Yulgokro3gil 66-5

Tel: 82-2-516-1898

Website: www.mukshidonna.com

2. Nak ji bok eum—Chilli octopus

For some reason, I like all dishes made with octopus. Living in Southeast Asia, it's hard to come across octopus and this might be the reason I crave it so much. Chilli octopus is really spicy and sometimes it's served with noodles or on a bed of rice. If you can't tolerate spicy, it's not the best dish to try. There are many chilli octopus restaurant in Myungdong area in Seoul. My recommendation is the restaurant called Halme Nakji (Grandma octopus).

Address: Jung gu Myungdong2ga 31-7

Tel: 82-2-757-3353



Nak ji bok eum – Chilli octopus



Gam ja ttang – potato stew

3. Gam ja ttang—potato stew

This stew is perfect for cold winter weather in Korea. Despite the name, the star ingredient is actually pork bones, not potatoes. I was never a big fan of this stew until my parents dragged me to a restaurant nearby where some of our relatives live. Since then, this is one of my "must eat" dishes. If I don't get a chance, one of my relatives will buy it in a takeaway container for me to take it back home! It's about 40 minutes subway ride out of central Seoul, but they are open 24 hours!

Name: So Mun Nan Gam Ja Ttang (Famous Gamjatang Restaurant)

Address: Nowongu Sang ge 1dong 1107-129

(3 minute walk from Sang Ge subway station)

Tel: 02-934-9298

Other dishes that I like eating include: Jjajangmyn (black bean noodles), Jjambong (spicy seafood noodle soup)
Hodduk (cinnamon sweet pancake)



Jjajangmyn (black bean noodles)



Hodduk (cinnamon sweet pancake)

Nicky Kim had been teaching Korean cooking in Singapore for four years before relocating to Bangkok at the end of 2012. She still travels to Singapore on a regular basis, teaching Korean cooking at private classes, corporate events and at the Korean Tourism Organisation (KTO) in Singapore every month. Please contact KTO (+65 6533 0441) to register for classes. She blogs at www.nickyskitchen.com.sg

