

## E07 : 티라미수

티라미수 romanized Ti-Ra-Mi-Su means Tiramisu. It is a type of cheesecake that uses cheese, eggs, coffee, and cocoa powder as main ingredients. It is soft and sweet, but it is also eaten with coffee as it has a rich bitter taste created by harmonizing coffee and cocoa.

Tiramisu is a combination of the Italian verb "Tirare" (pull) and "su" in the command form, corresponding to "Pick me up" or "Cheer me up" in English, meaning "make me feel good, happy" in Korean. There are also rumors that coffee and sugar are added a lot to "boost vitality" and "break the mind," and it is assumed that the meaning of "feeling good" is corrected from Joe Bastianic's remarks among the master chefs.

The cake called tiramisu became popular in Korea from the early and mid-2000s, when Starbucks and other coffee franchises were created and expanded. Even in the 1990s, hotel bakeries, some luxury bakeries, and desserts from restaurants were already serving it, but since early coffee franchises such as Jadeng and Waltz were not cafes that served desserts as well as Starbucks does today, desserts like Tiramisu were not popular yet back then.



## E08 : 제육볶음

제육볶음 romanized Je-Yuk-Bokk-Eum means stir-fried pork or spicy stir-fried pork. The food is made by stir-frying pork with red pepper paste-based seasoning. It mainly uses pork forelimbs or hind legs. Depending on your taste, you may use pork belly as well.

Je-yuk is a word that has changed from Dye-yuk. The old word was recorded in Baktongsa-Eonhae in 1677 (Baktongsa-Eonhae is the Korean annotation of Chinese study material) as "Dye-yuk", which is a word formed of "Dye + Yuk".

"Dye (뎨)" may be mistaken to be spelled as "Dyeo (뎨) + Eui (의)," but when looking at the Hunmong-Hoe (a 1527 book that defined the modern order and names of the hangul letters as currently used in South Korea), it is correct to say that "Dye" since it is pronounced as Zhū, meaning Pig in Chinese.

Each region calls the same dish by the names of stir-fried spicy pork, marinated pork, pork gochujang bulgogi, pork bulgogi, and red bulgogi.

As mentioned above, the dish is also called pork bulgogi, and if the pork bulgogi is seasoned with red pepper paste then it is similar to stir-fried spicy pork.



#### E09 : 동파육

동파육 romanized Dong-Pa-Yook means fried pork belly in soy sauce. Dong-Pa-Yook (東坡肉) is a Chinese dish made from pork. The pork is cut thick, about 5 centimeters (2.0 in) square, and should consist equally of fat and lean meat. The skin is left on. Its texture is oily but not greasy and the dish is more fragrant with wine. In standard Chinese, it is called 'Dongpo Lou', and in the Soju and Hangzhou dialect, it is called 'Tungpayu'.

It is called Dong-Pa-Yook because the first recipe was developed when Sodongpa served as a government official in Korea.



The vegetables under the meat are bok choy, a staple in Chinese cuisine.

E10 : 죽

죽 romanized Juk means porridge. The Korean word for 'porridge' is written in Chinese characters 粥. There are also the letters 鬻 and 粿, which are in the shape of rice (米) placed in a pot, and even the shape of the pot. Based on modern Korean, the only Chinese characters with the sound 'juk' are 竹 and 粥. 侑 and 鬻 are different characters for 粥.

The reason is that porridge was originally a form of rice. Until the middle of the Goryeo Dynasty, it was difficult for the common people to have access to what we think of rice, and most of it was the property of the nobles. On the other hand, ordinary people ate rice in the form of porridge. Therefore, there was no distinction between porridge and rice, and it was merely a difference in shape depending on whether or not it was cooked in an antique manner. After the middle Goryeo period, the rice we know penetrated into the common people, the existing thin form began to be pushed out to the fringes of the meaning of 'bap'. As a result, the Chinese character 'porridge' was adopted. In other words, it is also called 'Mieum'.

In addition to the porridge brand restaurants, there are porridge products that can be easily heated and eaten. There are retort food types that are eaten by heating a container or bag, and a form that comes in powder form and can be eaten after dissolving it in water or milk. However, the price is quite high compared to the quantity.

White porridge made only with white rice is incredibly easy to cook. Just soak the rice in water or grind it, put it in a pot and boil it. You can cook it right away with leftover cold rice. Even

without the need to cook it, it is a simple dish that can be completed simply by putting rice and water in a microwave or electric rice cooker and operating the porridge menu button.

Boiling porridge increases the volume of the grain by about three times. For this reason, it is said that poor people often ate it to increase the amount of food and fill their stomachs. That is why there is also a saying, “Joban-seokjuk” (朝飯夕粥) among the old idioms that express poverty.



#### E11 : 떡볶이

떡볶이 romanized Tteok-Bokki means rice cake, the literal translation is stir-fried rice cake. It was a Royal Cuisine in Joseon. It was eaten as soy sauce tteokbokki by mixing meat, vegetables and roasted rice cakes in soy sauce, but these days, 'tteokbokki' has come to refer to red food with red pepper paste, so the one with soy sauce is often referred to as 'Ganjang tteokbokki'. Ganjang tteokbokki is difficult to find in the market due to the problem of the unit price of auxiliary materials, and it can be seen occasionally as a home-cooked meal, a side dish for a school/canteen, or a military service meal.

Red tteokbokki is based on rice cake and gochujang seasoning base, various ingredients such as vegetables, fish cakes, processed meat, boiled eggs, ramen noodles or vermicelli are included. Among modern Korean food, its versatility is the best. In terms of location, it can be enjoyed in a variety of situations, such as street food, which is simply enjoyed with Cup Tteokbokki, a simple meal menu at a snack bar, and snacks at bars/stalls. And can also be enjoyed in a variety of situations, from a light snack street (Cup Tteokbokki) that costs around

1,000 won. You can enjoy various meals ranging from 10,000 won to 20,000 won by adding additional ingredients such as tempura and sundae in a large bowl.



E12 : 밥

밥 romanized Bap means rice. In Korea, for this reason, in these countries, the meal itself is sometimes called rice (like having breakfast or lunch), so you can say that you have eaten even if you use other food instead of rice. For example, "I ate bread with rice".

Coincidentally, the English word "meal" is also an ambiguous word like "rice" in Korean. This is because Meal also means grain (finer than grain but coarser than wheat) in addition to the meaning of meal. However, meal meaning meal and meal meaning grain flour have different etymologies, so it is only a coincidence that they are both called meal today.

In Korea, the word 'bap' refers to a meal and a staple food, and is used interchangeably with the meaning of 'rice as food'. It is a language phenomenon that occurs because rice is used as a staple food. In the above phrase, we can see that the word meal, which means meal, is translated into rice.

