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## Culinary Delights Await You in Korea

Expect unique dishes and dining experiences

by Korea Tourism Organization (Paid Content)

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When you travel to Korea, you enter a world dedicated to harmony, respect, community, and tradition. Korean cuisine is no exception. Grounded in food that is fresh, seasonal, and flavorful, this country honors its 5,000-year-old culinary history. Elements from the land and sea combine with a range of cooking methods that produce exquisite flavor and exceptional textures, brimming with nutrients. Each meal is a harmonious experience that weaves together the highlights of the season and the tastes of the region to create unforgettable dishes.

Here is what makes Korean cuisine unique, and why you'll want to put these dining experiences on your travel radar.

### Seasonal Ingredients

The four distinct seasons in Korea allow for a variety of fresh ingredients harvested and caught at different times of the year. Look for vegetables, grains, fish, seafood, and marine plants to produce markets and on restaurant menus that focus on the freshest offerings.

In the spring, for example, you may enjoy greens pulled from the still-frozen soil rich in vitamins and minerals that restore the body after a long winter. It is also believed that eating according to the bounty of the season can improve the appetite and ensure a healthy metabolic process.

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### Distinct Flavors

Flavorful spices and sauces are another trademark of the country's cuisine. Korea's most popular sauces, collectively called "jang," are soy sauce, soybean paste, and red chili paste. Other staples include green onions, garlic, and ginger. In addition to adding flavor, all of these ingredients have medicinal properties. For example, garlic is an antibiotic. Ginger can help relieve pain and fever. And sauces made from beans are high in protein and fiber.

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### Fermented Specialties

Fermented foods have a rich history in Korea, spanning back over 1,500 years. They are valued for their health benefits, which include boosting the immune system and blocking viruses and oxidants. Kimchi, or fermented cabbage, is Korea's most popular fermented food. Peppers add a little spice and also provide vitamins C and E. Every region of the country has its own style of kimchi, adding up to more than 200 varieties.

PHOTO BY NOTDAM

A typical meal consists of steamed rice, soup, and side dishes known as "banchan" that create a deep and rich harmony of colorful ingredients. These small plates can include kimchi, pickled radishes, and seaweed as well as greens, meat, or fish. You can expect anywhere from three to nine banchan gracing the traditionally set table at one time. This allows for balanced nutritional intake and the enjoyment of multiple flavors characteristic of this delightful land. As for the rice, it helps balance out the nutritional intake of the meal and the multitude of

Ready to taste foods like bop, guksu, and jeongol for yourself? A whole world of culinary delights is available to you on your next trip to Korea. Flavors from the variety of dishes.

[Click here to learn more about Korean cuisine, and start planning your visit!](#)

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