



RECOMMENDED

# 10 KOREAN RESTAURANTS



1 STAR KOREAN BBQ



4 THE PINE KOREAN BBQ



6 GO GOO RYEO KOREAN BBQ



11 THE KOREA FOLK VILLAGE



12 CHAM SUT GOL KOREAN BBQ



14 BOOKCHANGDONG TOFU HOUSE



16 MORAN GAK KOREAN RESTAURANT



17 SHIK DO RAK KOREAN BBQ



20 NEW SEOUL B.B.Q. BUFFET



22 HAM HUNG KOREAN RESTAURANT



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# Delicious <sup>2013</sup> in Garden Grove Koreatown



### ***Kimchi (Cabbage)***

This side dish of fermented vegetables continues to be an essential part of any Korean meal. Early kimchi dishes were relatively mild, spiced with fermented anchovies, ginger, garlic, and green onions. Koreans still use these ingredients today, but the spice most closely associated with modern kimchi is red pepper powder. Korea boasts more than two hundred types of kimchi, all rich in vitamins, minerals, and proteins created by the lactic acid fermentation of cabbage, radish, and other vegetables and seafood.



### ***Galbi-gui (Broiled Short Ribs)***

Kalbi is one of Korea's most famous grilled dishes. Beef short ribs are marinated overnight in a mixture of green onions, garlic, sugar, sesame oil, and soy sauce. Rice wine and oriental pear slices can be added for extra flavor. The marinade tenderizes the meat which is grilled over charcoal or gas right at the table. A variation, dwaeji kalbi-gui (broiled pork spareribs), uses pork seasoned with sesame oil, soy sauce, garlic, sesame seeds, and boiled ginger juice before grilling.

### ***Bulgogi (Barbecued Beef)***

Pulgogi is one of Korea's most famous grilled dishes. It is made from sirloin or another prime cut of beef (such as top round), cut into thin strips. For an outside barbecue, the meat is marinated for at least four hours to enhance the flavor and to tenderize it in a mixture of sesame oil, soy sauce, black pepper, garlic, sugar, onions, ginger, and wine. The marinated beef is cooked on a metal dish over the burner. Whole cloves of garlic, sliced onions, and chopped green peppers are often grilled at the same time.

### ***Samgyeopsal-gui (Grilled Side of Pork)***

A side cut of pork is rolled and refrigerated. When ready to be cooked, it is sliced and broiled on an oiled grill. Sesame oil and salt are mixed for a sauce. It is often eaten with lettuce similar to pulgogi.

### ***Naengmyeon (Cold Noodles in Soup)***

This noodle dish is perfect for the hottest days of summer. naengmyeon is easy to digest and cooling to eat. A dough made from buckwheat and potato flour is cut into slender noodles and boiled while very fresh. The strained noodles are added to a chilled broth made of chicken stock or water from dong chimi (winter white water kimchi). It is garnished with sliced beef or pork, a boiled half egg, slices of of Asian pear, sliced sour kimchi, and sliced cucumber. Sometimes sauce can be added, which is made of pepper paste, pepper powder, soy sauce, chopped onions, garlic, and vinegar.



### ***Sundubu-jjigae (Raw Bean Curd Stew)***

This dish is made from boiled raw bean curd. other ingredients include cooked opened clams, clam water, chopped poke, chopped kimchi, sliced Welsh onion, and sauce in a small Korean traditional style pot. To make the sauce, mix red pepper powder, chopped welsh onion, garlic, and ginger with soy sauce, and put them into a prepared hot pot with oil. Many times an egg can be placed on top of the stew. The taste can be somewhat spicy, but very tasty.

### ***Seolleong-tang (Ox Bone and Stew Meat Stock Soup)***

Seolleong-t'ang is a thick broth made from beef bones and stewing meat. Before serving, the stewing meat is sliced and returned to the soup. The soup is served with square cut radish kimchi (Kkaktugi), chopped scallions, and hot pepper sauce for garnishes. Sometimes the cook also adds some noodles to it. This dish is similar to kalbi-t'ang.

# Delicious <sup>2013</sup> in Garden Grove Koreatown

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