



# GANGNEUNG SOUTH KOREA

## 2023

加入網絡年份

YEAR OF DESIGNATION

## 韓國·江陵

### 城市介紹 | INTRODUCTION OF THE CITY

Gangneung's culinary tradition was born out of a unique ecological environment. Wild greens, herbs and mushrooms gathered from mountains and valleys; seaweed and seafood gathered from lakes, rivers, and the ocean; various grains and vegetables harvested from the small yet fertile rice paddies and farms make up the diverse ingredients of Gangneung's traditional dishes. In mountainous regions where grains were scarce in the past, the locals used wild vegetables, potatoes, buckwheat, and corn to cook dishes like sannamul (seasoned greens), ongsimi (potato ball soup), gamjajeon (potato pancake), and memiljeon (buckwheat pancake). Gangneung has developed 'roughage food' into unique local dishes. Meanwhile, the upper class indulged in Confucian ceremonial dishes and other gastronomic traditions like hangwa and tea ceremonies. Gangneung's culinary scene is evolving and keeping pace with changing times. Traditional dishes that depended on famine food are now expanding into 'healthy food,' and Gangneung's local cuisine is traveling beyond the boundary of Korea to incorporate other foreign culinary cultures.

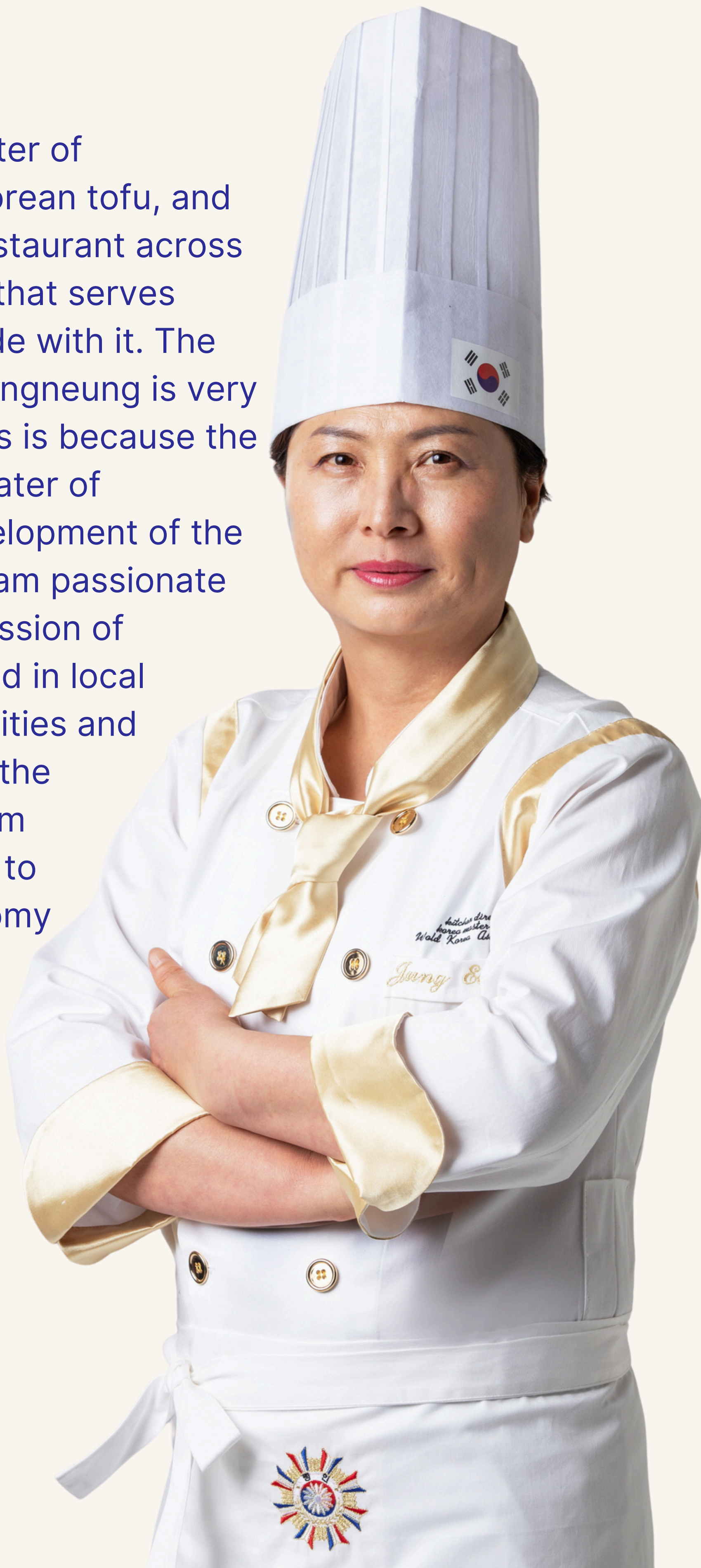




## 廚師介紹 | CHEF INFORMATION

# EunSuk Jung

I was born in Gangneung, the center of Chodangsun Tofu, a traditional Korean tofu, and since 2006 I've been running a restaurant across the street from where I was born that serves Chodangsun Tofu and dishes made with it. The tofu from the Chodang area of Gangneung is very special in Korean tofu cuisine. This is because the tofu is made from the clear sea water of Gangneung, which led to the development of the dish known today as 'soontofu'. I am passionate about the preservation and succession of Gangneung's food and am involved in local activities. I lecture at local universities and educational centers and serve as the manager of the village festival. I am delighted to have the opportunity to participate in the Macau Gastronomy Festival, and I look forward to interacting with chefs from various world gastronomic cities in Macau and contributing to the revitalization of this creative city.





## 菜品 | DISHES

### Sundubu Jeongol (Soft Tofu Hot Pot)

Tofu from the Chodang region in Gangneung holds a unique significance in Korean tofu cuisine. This distinction arises from the use of the pristine, crystal-clear waters of Gangneung in its preparation, which also led to the creation of the dish now widely known as "sundubu."

Today, Chodang-dong in Gangneung is home to over 30 establishments that specialise in crafting and selling Chodang's pure tofu and related dishes. These tofu-based delicacies continue to evolve creatively, adapting to the tastes and preferences of modern times.

Sundubu Jeongol is a Gangneung-style tofu dish full of fragrance, made with sundubu made from Gangneung soybeans grown and produced in Gangneung, as well as shiitake mushrooms, kimchi, and other ingredients boiled in a clean and refreshing broth.



### Jang Kalguksu (Spicy Noodle Soup)

A popular dish in Gangneung, jangkalguksu is a slow food that includes doenjang and gochujang—two of Korea's most representative fermented foods. This noodle dish is made with a doenjang-based broth and adds a bit of gochujang and gochugaru (chili powder) for extra flavor and spiciness. Salt was scarce in mountainous regions, so the residents seasoned their broth with fermented sauces. The dish is the result of a creative solution to Gangneung's geographical restrictions.

