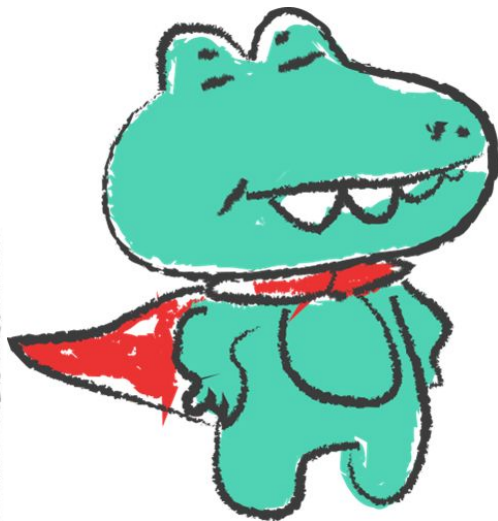
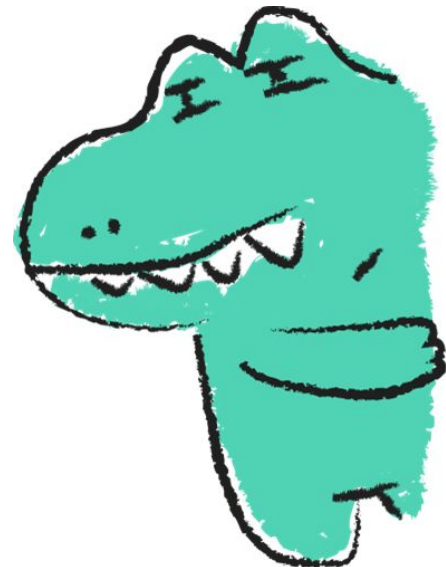


Korean breakfast



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Introduction



bean paste stew



Spicy Sausage Stew



Kimchi soup



soybean paste stew stew

Bone health
anticancer
liver health
brain health
toxin discharge
the stomach and intestines
skin health

To make bean paste stew, you need water, onions, mushrooms, red pepper powder and squashes. To make kimchi stew, you need kimchi first. Then you add sugar, onions, water, and red pepper powder. It is delicious if you put meat or tuna to kimchi stew. If you want to make a Spicy sausage stew, you can choose your favorite ingredients and boil it with water. For examples, ham, sausage, and noodles.



kimchi stew



Second, this is a side dish. Not only breakfast but also at every meal Koreans have side dishes. For instance, There are Kimchi, rolled omelet, seasoned herbs and so on.

Spicy Sausage Stew



If you want to make a spicy sausage stew, you can choose your favorite ingredients and boil them with water. For examples, ham, sausage, and noodles. Sausage has been used in Korea since Korean Civil War. Because Koreans were very poor at that time, ham, sausage, and bacon left by the US military units were boiled with kimchi and water. This is a short history of spicy sausage stew.

Why don't you come
to Korea
and enjoy for yourself?

