



<b>Title</b>	Korean Templestay & Temple Food Cultural Week – Go for 2018 PyeongChang Winter Olympic Games
<b>Slogan</b>	Korean Temple Culture, it is more than what you imagine
<b>Website</b>	KoreanTempleFood.com
<b>When/Where</b>	September 26~28 at Astor Center (399 Lafayette St, New York)
<b>Host</b>	Jogye Order of Korean Buddhism / Cultural Corps of Korean Buddhism Consulate General of the Republic of Korea in New York
<b>Promoter</b>	SRC&C (SRCandC.com) Event, Chef Interview & Press Inquiry to Kuki Son (sroadny@gmail.com)

## EVENT SUMMARY

2017-09-08 FRI

Flavors and Stories of 1,700 Years' Tradition,  
Korean Temple Culture, It Is More Than What You Imagine

## Cultural Week of Korean Templestay and Temple Food in New York City In Celebration of the Upcoming 2018 Pyeongchang Winter Olympics

In honor of the 2018 Pyeongchang Winter Olympics, the Cultural Week of Korean Templestay and Temple Food in New York City will be celebrated from September 26<sup>th</sup> through September 28<sup>th</sup>. The Jogye Order of Korean Buddhism returns to New York City to host the Cultural Week for the fourth time and is excited to share this special part of Korean culture with the general public for the first time.

The Cultural Week will be overseen by Beop Song, Buddhist nun chef from Yeongseonsa Temple of Daejeon City, South Korea. She has been actively sharing her expertise in temple food by teaching cooking classes, delivering food to the underprivileged elderly, and publishing cooking columns and a cookbook.

A wide range of events during the Cultural Week, from exhibitions, mini workshops, lectures, cooking demonstrations, tastings to dinners, will provide memorable experiences and learning opportunities about Korean templestay and temple food to any interested New Yorkers.

Through the Korean templestay program, participants have a chance to experience the meditational tradition of Korean Buddhism that has been passed down for over 1,700 years and to reflect on their own lives in the midst of beautiful nature. With the practice of Korean temple food, participants will learn to eat the necessary amount of food in whole and to keep mindful of the body and mind, which goes beyond the act of eating.

The Cultural Week of Korean Templestay and Temple Food in NYC, in the spirit of harmonious coexistence with nature, will be held at Astor Center for three days from September 26th through September 28th.

Further event information and registration details will be available on KoreanTempleFood.com.

#KoreanTempleFood #Templestay #KTempleCulturalWeek

### Event Logo







<b>Title</b>	Korean Templestay & Temple Food Cultural Week – Go for 2018 PyeongChang Winter Olympic Games
<b>Slogan</b>	Korean Temple Culture, it is more than what you imagine
<b>Website</b>	KoreanTempleFood.com
<b>When/Where</b>	September 26~28 at Astor Center (399 Lafayette St, New York)
<b>Host</b>	Jogye Order of Korean Buddhism / Cultural Corps of Korean Buddhism Consulate General of the Republic of Korea in New York
<b>Promoter</b>	SRC&C (SRCandC.com) Event, Chef Interview & Press Inquiry to Kuki Son (sroadny@gmail.com)

## EVENT SUMMARY

2017-09-08 FRI

## I. SCHEDULES

Session	Date	Time	Room	Guest	Others
Special Presentation	09/26 (Tues)	11:00am~1:00pm	The Study	<b>Travel Industry</b> (Agent, media, bloggers etc.) 36 guests / Invitation only Luncheon	
Korean Temple Food with NGI	09/27 (Wed)	11:30am~2:00pm	The Study	<b>Natural Gourmet Institute</b> (Faculty, students) 36 guests / Invitation only Cooking demonstration & Luncheon	
Special Lecture & Cooking Demonstration	09/28 (Thurs)	<b>11:30am~2:00pm</b>	The Study	<b>Open to public</b> 36 guests / Registration required (via eventbrite) Cooking demonstration & Luncheon	
Opening Night	09/26 (Tues)	6pm~9pm	The Gallery	<b>Opinion leaders</b> (Politicians, cultural industry, media desks and etc.) 36 guests / Invitation only	
Press Night	09/27 (Wed)	6pm~9pm	The Gallery	<b>Press</b> (TV, newspapers, magazines, online and etc.) 36 guests / Invitation only Cooking demonstration & Dinner	
Culinary Night	09/28 (Thurs)	6pm~9pm	The Gallery	<b>Culinary Industry</b> (Chefs, managers and etc.) 36 guests / Invitation only Cooking demonstration & Dinner	
Mini workshops & Tasting Korean Temple Food  Public session 01 & 02	09/26~28 (Tues~Thurs)	<b>Session 01: 12pm~1:30pm</b>  <b>Session 02: 1:30pm~3pm</b>	The Gallery	<b>Open to public</b> Up to 80~100 people per day Registration required (via eventbrite) Exhibition, Cultural Experience (templestay, tea ceremony, lotus lantern making and etc.), Tasting Korean Temple Food	

The Gallery	The Study
	

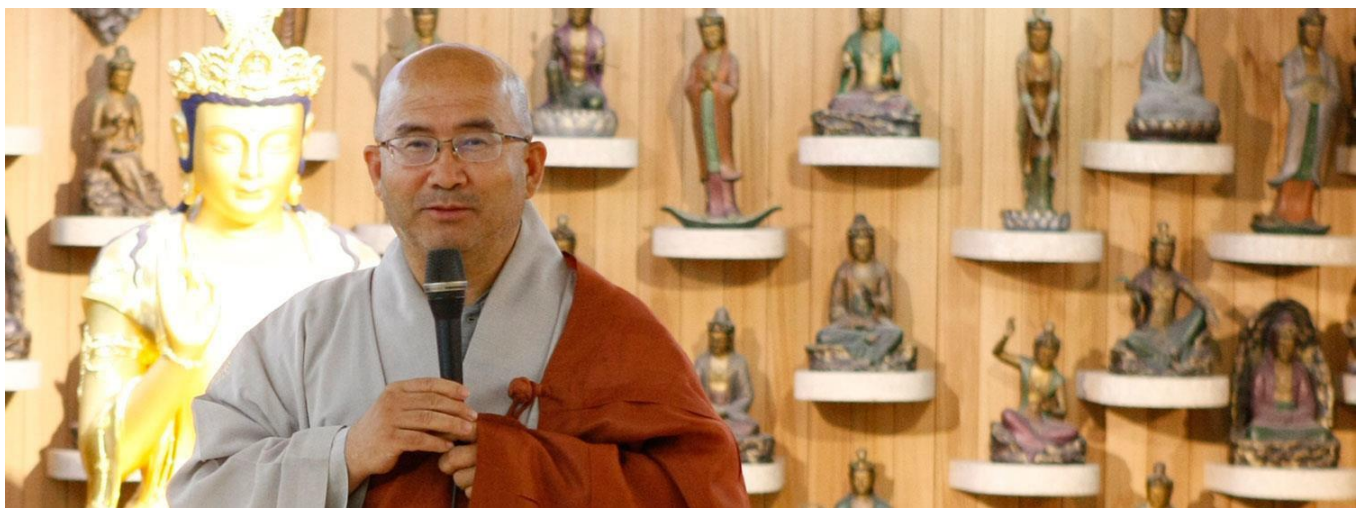


<b>Title</b>	Korean Templestay & Temple Food Cultural Week – Go for 2018 PyeongChang Winter Olympic Games
<b>Slogan</b>	Korean Temple Culture, it is more than what you imagine
<b>Website</b>	KoreanTempleFood.com
<b>When/Where</b>	September 26~28 at Astor Center (399 Lafayette St, New York)
<b>Host</b>	Jogye Order of Korean Buddhism / Cultural Corps of Korean Buddhism Consulate General of the Republic of Korea in New York
<b>Promoter</b>	SRC&C (SRCandC.com) Event, Chef Interview & Press Inquiry to Kuki Son (sroadny@gmail.com)

## EVENT SUMMARY

2017-09-08 FRI

## II. Greetings



It is truly a pleasure to have this opportunity to introduce traditional Korean Buddhist culture of 1,700 years through Korean templestay and temple food.

With the Korean templestay program, people can experience a monk's life along with cherished traditions of Korean Buddhism. Moreover, Korean temple food is taken as a part of meditation, a practice of clearing out the body and the mind by consuming only the necessary amount. Taste of nature and gratitude for all beings are emphasized in Korean temple food, which embodies the spirit of harmonious co-existence between nature and all living creatures. With this humble temple food, we pray for peace in the world.

During the Korean Templestay and Temple Food Culture Week in New York City, everyone will have a chance to learn about the 2018 Pyeongchang Winter Olympics and experience a part of traditional Korean culture. We prepared a range of activities, from mini workshops about templestay to temple food cooking demonstrations and tastings in NYC. In addition, various templestay activities are hosted by Korean Buddhist temples in New York and New Jersey area from the 24<sup>th</sup> through the 30<sup>th</sup> of September.

As you take part in this Cultural Week, we hope that you gain a better understanding of Korean Buddhist culture and become more interested in temple food and Korean culinary culture overall.

Thank you.

Ven. Soo Am  
Director of Cultural Corps of Korean Buddhism

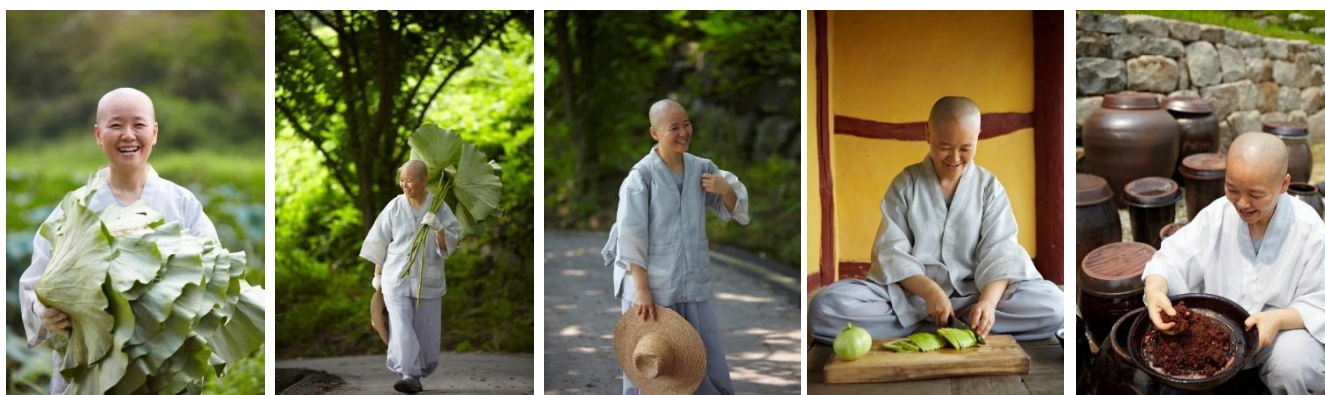


<b>Title</b>	Korean Templestay & Temple Food Cultural Week – Go for 2018 PyeongChang Winter Olympic Games
<b>Slogan</b>	Korean Temple Culture, it is more than what you imagine
<b>Website</b>	KoreanTempleFood.com
<b>When/Where</b>	September 26~28 at Astor Center (399 Lafayette St, New York)
<b>Host</b>	Jogye Order of Korean Buddhism / Cultural Corps of Korean Buddhism Consulate General of the Republic of Korea in New York
<b>Promoter</b>	SRC&C (SRCandC.com) Event, Chef Interview & Press Inquiry to Kuki Son (sroadny@gmail.com)

## EVENT SUMMARY

2017-09-08 FRI

### III. BEOP SONG



#### With honest, delicate flavors – BEOP SONG, Buddhist nun chef

Beop Song, currently residing in Yeongseonsa temple in Daejeon City, became a Buddhist nun under the tutelage of Venerable Seongkwan in 1996.

She has refined her practice of temple cooking with the guidance of master monks and nuns who have a deep foundational knowledge of the cuisine. Over the years, she has been actively sharing her expertise in Korean temple cooking both in practice and in paper so that people, whether Buddhist or not, can easily approach temple food and participate in its mindful cooking and eating.

Beop Song has been teaching Korean temple food at various institutions such as Dongguk University, Korean Temple Food Center, Temple Food Education Center, and Bongjeonsa temple in Seoul to name a few. She hosted several FAM (familiarization) tours for chefs from all over the world, including Angelo Sosa (2013), Chef Kim So Hee of Kim Kocht, Vienna, Austria (2016) and Chef Joseph Lidgerwood from Australia (2017). She shared not only her knowledge of temple cooking but also its meditational spirit with these chefs.

On the academic side, Beop Song searched for the true meaning of temple food through the topic of “A Study on the View of Buddhist Food in the Agama” at the graduate school of Dongguk University in Seoul. She has also written the temple food column “Beop Song’s Easy Dishes” in the Korean cooking magazine *Essen* (2013-2015) and published the cookbook *Beop Song’s Table from Nature* (October, 2015).





<b>Title</b>	Korean Templestay & Temple Food Cultural Week – Go for 2018 PyeongChang Winter Olympic Games
<b>Slogan</b>	Korean Temple Culture, it is more than what you imagine
<b>Website</b>	KoreanTempleFood.com
<b>When/Where</b>	September 26~28 at Astor Center (399 Lafayette St, New York)
<b>Host</b>	Jogye Order of Korean Buddhism / Cultural Corps of Korean Buddhism Consulate General of the Republic of Korea in New York
<b>Promoter</b>	SRC&C (SRCandC.com) Event, Chef Interview & Press Inquiry to Kuki Son (sroadny@gmail.com)

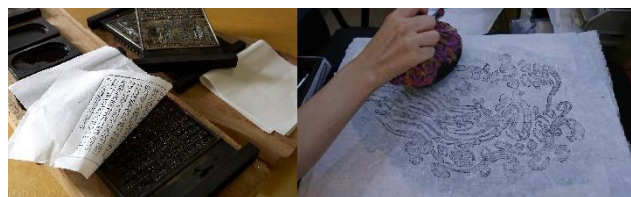
## EVENT SUMMARY

2017-09-08 FRI

### IV. Experience Korean Templestay

#### 1. Woodblock printing

Experience woodblock printing from the ancient times! Buddhist scripture books used to be assembled by carving the letters on woodblocks, pressing the woodblocks on paper, and binding the papers together. Try woodblock printing with a passage from the Heart Sutra, the most widely read Buddhist scripture in Korea, and the image of bicheon, a flying fairy that delivers the sound of Buddha. The flying fairy is often engraved on Buddhist temple bells in Korea.



#### 2. Mini Workshops

##### 1) LOTUS FLOWER MAKING

Choose colorful petals made out of traditional Korean paper hanji and attach them together to create a beautiful lotus flower. Lotus flowers bloom in the midst of mud and signify purity and beauty that rise above the worldly muddy waters. As we create a lotus flower, let us also cleanse our foolish mind in the hopes of achieving enlightenment.



##### 2) PRINT ON HAND FAN

Decorate a hand fan shaped like a lotus flower with stamps of traditional patterns used in Korean Buddhist culture. Experience a part of Korean tradition by creating your own one-of-a-kind hand fan.



#### 3. Tea time with Monk

##### A CUP OF TEA WITH A WORD OF COMFORT

One of the special moments during a templestay in Korea is conversation with a monk while you share a cup of tea together. This is an opportunity not only to bring up your questions about Buddhism but also to discuss your concerns and worries that arise in life in general.





<b>Title</b>	Korean Templestay & Temple Food Cultural Week – Go for 2018 PyeongChang Winter Olympic Games
<b>Slogan</b>	Korean Temple Culture, it is more than what you imagine
<b>Website</b>	KoreanTempleFood.com
<b>When/Where</b>	September 26~28 at Astor Center (399 Lafayette St, New York)
<b>Host</b>	Jogye Order of Korean Buddhism / Cultural Corps of Korean Buddhism Consulate General of the Republic of Korea in New York
<b>Promoter</b>	SRC&C (SRCandC.com) Event, Chef Interview & Press Inquiry to Kuki Son (sroadny@gmail.com)

## EVENT SUMMARY

2017-09-08 FRI

### V. Menu for Public Sessions

Mini Workshops & Tasting Korean Temple Food	
<b>9/26~28 (Tues~Thurs)</b> Session 1 – 12pm~1:30pm / Session 2 – 1:30pm~3pm Serves for 50 guests each session (TOTAL 6 sessions)	
<b>Ssambap &amp; Jangajji Jumeokbap</b> 쌈밥과 장아찌 주먹밥 <b>(Sesame Rice Balls with Pickled Radish)</b> Rice, sesame seed, sesame oil, and radish aged in Korean soybean paste	
<b>Bugak 부각</b> <b>(Korean Vegetable Chips)</b> Seaweed and potato. Coated in sweet rice flour and deep-fried	
<b>Sikhye 식혜</b> <b>(Traditional sweet Korean Rice Beverage)</b>	



<b>Title</b>	Korean Templestay & Temple Food Cultural Week – Go for 2018 PyeongChang Winter Olympic Games
<b>Slogan</b>	Korean Temple Culture, it is more than what you imagine
<b>Website</b>	KoreanTempleFood.com
<b>When/Where</b>	September 26~28 at Astor Center (399 Lafayette St, New York)
<b>Host</b>	Jogye Order of Korean Buddhism / Cultural Corps of Korean Buddhism Consulate General of the Republic of Korea in New York
<b>Promoter</b>	SRC&C (SRCandC.com) Event, Chef Interview & Press Inquiry to Kuki Son (sroadny@gmail.com)

## EVENT SUMMARY

2017-09-08 FRI

### Special Lecture, Cooking Demonstration & Luncheon (Presented by Beop Song)

9/28 (Thurs), 11:30am~2pm

Luncheon serves for 36 guests

#### 1) Cooking Demonstration

<p><b>Gamja-gui</b> 감자구이 (Pan-fried Potato)</p> <p>With chestnut and jujube in barley syrup sauce Chestnut, jujube, soy sauce, and crushed sesame seeds</p>	
<p><b>Memil-jeonbyeong</b> 메밀전병 (Buckwheat Crêpe with Aged Kimchi Filling)</p> <p>Buckwheat crêpe filled with kimchi aged for over a year Buckwheat flour, buckwheat sprouts, perilla oil and sesame oil</p>	

#### 2) Luncheon: Baru Gongyang (한상차림) – 8 menu

<p><b>Chajo oksusu ssalbap</b> 차조 옥수수쌀밥 (Rice, Corn Rice, and Sweet Millet)</p> <p><b>Baechu doenjang-guk</b> 배추된장국 (Napa Cabbage Fermented soybean paste Soup)</p> <p><b>Memil-jeonbyeong</b> 메밀전병 (Buckwheat Crêpe with Aged Kimchi Filling)</p> <p><b>Gamja-gui</b> 감자구이 (Pan-fried Potato)</p> <p><b>Gaji-jjim</b> 가지찜 (Steamed Eggplant)</p> <p><b>Baechu kimchi</b> 배추김치 (Napa Cabbage Kimchi)</p> <p><b>Jecheol namul muchim</b> 제철나물무침 (Seasonal Vegetable Salad)</p> <p><b>Insam-mari</b> 인삼말이 (Jujube and Chestnut Wrapped in Ginseng)</p>	
--	--



<b>Title</b>	Korean Templestay & Temple Food Cultural Week – Go for 2018 PyeongChang Winter Olympic Games
<b>Slogan</b>	Korean Temple Culture, it is more than what you imagine
<b>Website</b>	KoreanTempleFood.com
<b>When/Where</b>	September 26~28 at Astor Center (399 Lafayette St, New York)
<b>Host</b>	Jogye Order of Korean Buddhism / Cultural Corps of Korean Buddhism Consulate General of the Republic of Korea in New York
<b>Promoter</b>	SRC & C (SRCandC.com)

## EVENT SUMMARY

2017-09-08 FRI

## V. Menu for Invited Guests

Special Presentation (Travel Industry)	
9/26 (Tues), 11am~1pm	Luncheon serves for 36 guests

<p><b>Baru Gongyang (한상차림) – 8 menu</b></p> <p><b>Chajo oksusu ssalbab 차조 옥수수쌀밥 (Rice, Corn Rice, and Sweet Millet)</b> Rice mixed with hulled corn kernels from Gangwon Province and Korea's superfood sweet millet (aka glutinous millet)</p> <p><b>Baechu doenjang-guk 배추된장국 (Napa Cabbage Fermented soybean paste Soup)</b> Napa cabbage soup with the base of soybean paste from Gangwon Province Red pepper paste, soy sauce, beech mushrooms, and dried shiitake mushrooms</p> <p><b>Memil-jeonbyeong 메밀전병 (Buckwheat Crêpe with Aged Kimchi Filling)</b> Buckwheat crêpe filled with kimchi aged for over a year Buckwheat flour, buckwheat sprouts, perilla oil and sesame oil</p> <p><b>Gamja-gui 감자구이 (Pan-fried Potato) With</b> chestnut and jujube in barley syrup sauce Chestnut, jujube, soy sauce, and crushed sesame seeds</p> <p><b>Gaji-jjim 가지찜 (Steamed Eggplant)</b> Soft eggplant with spicy, nutty sauce Fresh chile pepper, gochujang, red pepper flakes, sesame oil, crushed sesame, ginger and radish grain syrup</p> <p><b>Baechu kimchi 배추김치 (Napa Cabbage Kimchi)</b> Kimchi flavored with pumpkin and brown rice Korean radish, pumpkin porridge, brown rice porridge, red mustard greens, dried sea staghorn, ginger, and red pepper flakes</p> <p><b>Jecheol namul muchim 제철나물무침 (Seasonal Vegetable Salad)</b> Lightly seasoned with soy sauce, grain syrup, sesame oil, and crushed sesame seeds</p> <p><b>Insam-mari 인삼말이 (Jujube and Chestnut Wrapped in Ginseng)</b> Ginseng, fresh jujube, fresh chestnut, and honey</p>	
--	--





<b>Title</b>	Korean Templestay & Temple Food Cultural Week – Go for 2018 PyeongChang Winter Olympic Games
<b>Slogan</b>	Korean Temple Culture, it is more than what you imagine
<b>Website</b>	KoreanTempleFood.com
<b>When/Where</b>	September 26~28 at Astor Center (399 Lafayette St, New York)
<b>Host</b>	Jogye Order of Korean Buddhism / Cultural Corps of Korean Buddhism Consulate General of the Republic of Korea in New York
<b>Promoter</b>	SRC & C (SRCandC.com)

## EVENT SUMMARY

2017-09-08 FRI

Korean Temple Food with Natural Gourmet Institute (Presented by Beop Song)	
9/27 (Wed), 11:30am~2pm	Luncheon serves for 36 guests

### 1) Cooking Demonstration

<p><b>Gamja-gui 감자구이</b> (Pan-fried Potato)</p> <p>With chestnut and jujube in barley syrup sauce Chestnut, jujube, soy sauce, and crushed sesame seeds</p>	
<p><b>Memil-jeonbyeong 메밀전병</b> (Buckwheat Crêpe with Aged Kimchi Filling)</p> <p>Buckwheat crêpe filled with kimchi aged for over a year Buckwheat flour, buckwheat sprouts, perilla oil and sesame oil</p>	

### 2) Luncheon: Baru Gongyang (한상차림) – 8 menu

<p><b>Chajo oksusu ssalbak 차조 옥수수쌀밥</b> (Rice, Corn Rice, and Sweet Millet)</p> <p><b>Baechu doenjang-guk 배추된장국</b> (Napa Cabbage Fermented soybean paste Soup)</p> <p><b>Memil-jeonbyeong 메밀전병</b> (Buckwheat Crêpe with Aged Kimchi Filling)</p> <p><b>Gamja-gui 감자구이</b> (Pan-fried Potato)</p> <p><b>Gaji-jjim 가지찜</b> (Steamed Eggplant)</p> <p><b>Baechu kimchi 배추김치</b> (Napa Cabbage Kimchi)</p> <p><b>Jecheol namul muchim 제철나물무침</b> (Seasonal Vegetable Salad)</p> <p><b>Insam-mari 인삼말이</b> (Jujube and Chestnut Wrapped in Ginseng)</p>	
--	--



<b>Title</b>	Korean Templestay & Temple Food Cultural Week – Go for 2018 PyeongChang Winter Olympic Games
<b>Slogan</b>	Korean Temple Culture, it is more than what you imagine
<b>Website</b>	KoreanTempleFood.com
<b>When/Where</b>	September 26~28 at Astor Center (399 Lafayette St, New York)
<b>Host</b>	Jogye Order of Korean Buddhism / Cultural Corps of Korean Buddhism Consulate General of the Republic of Korea in New York
<b>Promoter</b>	SRC & C (SRCandC.com)

## EVENT SUMMARY

2017-09-08 FRI

Opening Night	Press Night	Culinary Night
<b>9/26 (Tues), 6pm~9pm</b>	<b>9/27 (Wed), 6pm~9pm</b>	<b>9/28 (Thurs), 6pm~9pm</b>
Dinner serves for 40 guests (36 guests + 4 hosts)	Dinner serves for 40 guests (36 guests + 4 hosts)	Dinner serves for 40 guests (36 guests + 4 hosts)

### 1) Reception

<p><b>Bugak 부각 (Korean Vegetable Chips)</b></p> <p>Korean cedrela, Korean pepper leaves, burdock root, and potato. Coated in sweet rice flour and deep-fried</p> <p><b>Omija-cha 오미자차 (Omija Tea)</b></p> <p><b>Yeonkkot-cha 연꽃차 (Lotus Leaf Tea)</b></p>	
---	--

### 2) Cooking Demonstration

<p><b>Gamja-gui 감자구이 (Pan-fried Potato)</b></p> <p>With chestnut and jujube in barley syrup sauce Chestnut, jujube, soy sauce, and crushed sesame seeds</p>	
<p><b>Memil-jeonbyeong 메밀전병 (Buckwheat Crêpe with Aged Kimchi Filling)</b></p> <p>Buckwheat crêpe filled with kimchi aged for over a year Buckwheat flour, buckwheat sprouts, perilla oil and sesame oil</p>	



<b>Title</b>	Korean Templestay & Temple Food Cultural Week – Go for 2018 PyeongChang Winter Olympic Games
<b>Slogan</b>	Korean Temple Culture, it is more than what you imagine
<b>Website</b>	KoreanTempleFood.com
<b>When/Where</b>	September 26~28 at Astor Center (399 Lafayette St, New York)
<b>Host</b>	Jogye Order of Korean Buddhism / Cultural Corps of Korean Buddhism Consulate General of the Republic of Korea in New York
<b>Promoter</b>	SRC & C (SRCandC.com)

## EVENT SUMMARY

2017-09-08 FRI

### 3) Dinner (4 courses)

#### About the Menu

We are honored to present Korean Buddhist culinary culture using the ingredients from Gangwon Province of Korea, where the region is blessed with beautiful mountains and clean beaches.

#### ▶ Aperitif 건배차

**Song-cha 송차 (Aged Pine Needle Tea)**

#### ▶ Course 1: Breakfast in a Mountain Temple (Porridge)

Monks often have porridge or soup for breakfast. In honor of the 2018 Pyeongchang Olympics, we present potato ball porridge, a representative dish of Gangwon Province. Potato ball porridge, which will warm your body as well as your heart, is accompanied by crispy sea mustard, foraged from the East Sea of Korea. Seaweed is the first food eaten after the head shaving ritual during the monk's ordination ceremony in Korea. With the crispy seaweed, the beginning of our temple meal is announced.

#### **Gamja Ong-sim-e Juk 감자 웅심이죽 (Potato Ball Porridge)**

Potato dumplings with a bouncy, soft-chewy texture  
Sweet pumpkin, zucchini, and vegetable stock of Korean cedrela and shiitake mushrooms

#### **Baek kimchi 백김치 (White Kimchi)**

Refreshing kimchi with broth made from fresh pear and apple juice  
Napa cabbage, bell peppers, red pepper flakes, grain syrup, ginger, and soy sauce

#### **Chamjuk jangajji 참죽장아찌 (Pickled Cedar Leaves)**

Young leaves of Korean cedrela buried and aged in gochujang, Korean fermented red pepper paste

#### **Miyeok-gui tuigak 미역귀튀각 (Crispy “Ear” of Sea Mustard)**

Deep-fried sea mustard base





<b>Title</b>	Korean Templestay & Temple Food Cultural Week – Go for 2018 PyeongChang Winter Olympic Games
<b>Slogan</b>	Korean Temple Culture, it is more than what you imagine
<b>Website</b>	KoreanTempleFood.com
<b>When/Where</b>	September 26~28 at Astor Center (399 Lafayette St, New York)
<b>Host</b>	Jogye Order of Korean Buddhism / Cultural Corps of Korean Buddhism Consulate General of the Republic of Korea in New York
<b>Promoter</b>	SRC & C (SRCandC.com)

## EVENT SUMMARY

2017-09-08 FRI

### ► Course 2: Seungso, Monk's Smile

Noodle dishes are enjoyed after completing a task together as a way of meditation in Buddhist temples of Korea. Noodle dishes are considered to be a special treat and they are said to bring “a smile on the monk’s face.” For the chilled pear noodle soup, Buddhist nun chef, Beop Song’s signature dish, fresh pear juice is matured for a day so that the pear broth reaches its natural sweetness. Let the refreshing pear noodle soup and the buckwheat crepe, a representative dish from Gangwon Province, bring a smile to your face.

#### **Bae-naengmyeon 배냉면 (Chilled Pear Noodle Soup)**

Harmony of chilled buckwheat noodle soup in pear broth, garnished with aged radish pickles.

Chewy buckwheat noodles, Korean pear, apricot syrup, grain syrup, rice vinegar, mustard powder, and cucumber

#### **Memil-jeonbyeong 메밀전병 (Buckwheat Crêpe with Aged Kimchi Filling)**

Buckwheat crêpe filled with kimchi aged for over a year  
Buckwheat flour, buckwheat sprouts, perilla oil and sesame oil

#### **Aehobak mandu 애호박만두 (Korean Squash Dumpling)**

Savory-sweet dumpling with Korean squash and fresh shiitake mushroom filling

#### **Gochu jangajji 고추장아찌 (Pickled Peppers)**

Peppers pickled in soy sauce aged for 3 years  
Peppers, soy sauce, sugar, and vinegar

#### **Ma-gui 마구이 (Grilled Mountain Yam)**

With Korean thistle salt  
Perilla seed oil, toasted salt, and Korean thistle powder

#### **Gamja-gui 감자구이 (Pan-fried Potato) With**

chestnut and jujube in barley syrup sauce Chestnut, jujube, soy sauce, and crushed sesame seeds







<b>Title</b>	Korean Templestay & Temple Food Cultural Week – Go for 2018 PyeongChang Winter Olympic Games
<b>Slogan</b>	Korean Temple Culture, it is more than what you imagine
<b>Website</b>	KoreanTempleFood.com
<b>When/Where</b>	September 26~28 at Astor Center (399 Lafayette St, New York)
<b>Host</b>	Jogye Order of Korean Buddhism / Cultural Corps of Korean Buddhism Consulate General of the Republic of Korea in New York
<b>Promoter</b>	SRC & C (SRCandC.com)

## EVENT SUMMARY

2017-09-08 FRI

### ► Course 3: Baru Gongyang, Mind of Receiving Food (한상차림) – 8 Menu

Baru Gongyang is a meditative way of eating with gratitude in the Buddhist temple. Take time to consider where the food has come from, be thankful for the nature and people that brought the food to us, and take only the amount that can be consumed. Ingredients from Gangwon Province are used in both rice with corn, sweet millet and napa cabbage soup with fermented soybean paste and most of menus. They are served with dishes using grain syrup made in Yeongseonsa Temple. As we eat this meal, let us reflect on the meaning of temple food.

#### **Chajo oksusu ssalbalp 차조 옥수수쌀밥 (Rice, Corn Rice, and Sweet Millet)**

Rice mixed with hulled corn kernels from Gangwon Province and Korea's superfood sweet millet (aka glutinous millet)

#### **Baechu doenjang-guk 배추된장국 (Napa Cabbage Fermented soybean paste Soup)**

Napa cabbage soup with the base of soybean paste from Gangwon Province  
Red pepper paste, soy sauce, beech mushrooms, and dried shiitake mushrooms

#### **Gaji-jjim 가지찜 (Steamed Eggplant)**

Soft eggplant with spicy, nutty sauce  
Fresh chile pepper, gochujang, red pepper flakes, sesame oil, crushed sesame, and ginger

#### **Dubu-gui 두부구이 (Soy-Braised Tofu)**

With crispy king oyster mushrooms and pickled sancho peppers  
Tofu, soy sauce, grain syrup, crushed sesame seeds, dried king oyster mushrooms, and pickled sancho peppers

#### **Ueong-twigim muchim 우엉튀김무침 (Crispy Burdock Root)**

Tossed in toasted peanuts, soy sauce, and sorghum syrup

#### **Deodeok jat muchim 더덕갯무침 (Bonnet Bellflower Root Salad)**

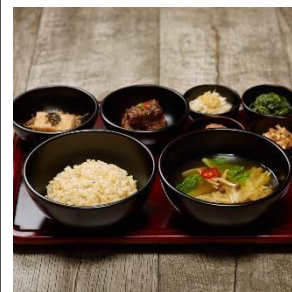
Tossed in pine nut dressing  
Shredded bonnet bellflower root, pine nuts, pear juice, and honey

#### **Baechu kimchi 배추김치 (Napa Cabbage Kimchi)**

Kimchi flavored with pumpkin and brown rice  
Korean radish, pumpkin porridge, brown rice porridge, red mustard greens, dried sea staghorn, ginger, and red pepper flakes

#### **Jecheol namul muchim 제철나물무침 (Seasonal Vegetable Salad)**

Lightly seasoned with soy sauce, grain syrup, sesame oil, and crushed sesame seeds





<b>Title</b>	Korean Templestay & Temple Food Cultural Week – Go for 2018 PyeongChang Winter Olympic Games
<b>Slogan</b>	Korean Temple Culture, it is more than what you imagine
<b>Website</b>	KoreanTempleFood.com
<b>When/Where</b>	September 26~28 at Astor Center (399 Lafayette St, New York)
<b>Host</b>	Jogye Order of Korean Buddhism / Cultural Corps of Korean Buddhism Consulate General of the Republic of Korea in New York
<b>Promoter</b>	SRC & C (SRCandC.com)

## EVENT SUMMARY

2017-09-08 FRI

### ► Course 4: Enlightening from the Last Bite (Dessert)

Jujubes and chestnuts are given to newly-wed couples in Korea to wish for prosperity in their family. As we take the sorghum pancake with chestnut filling and the jujube and chestnut wrapped in ginseng, we wish for prosperity of Buddha's merciful heart in you.

**Susu-bukkumi 수수부꾸미 (Sorghum Pancake with Chestnut Filling)**  
Sweet sorghum flour, sweet rice flour, perilla oil, fresh chestnuts, and honey

**Boksunga jorim 복숭아조림 (Peach in Rice Syrup)**  
Fresh peach, grain syrup, and honey

**Insam mari 인삼말이 (Jujube and Chestnut Wrapped in Ginseng)**  
Ginseng, fresh jujube, fresh chestnut, and honey

**Memil-cha 메밀차 (Roasted Buckwheat Tea)**

