

My Friend KOREA

Food Guide Book for Muslims



C O N T E N T S

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KOREAN FOOD IS A WORK OF DEVOTION

Korean food is very similar to Nature.

In Korea there are four seasons, as well as beautiful mountains and the majestic sea. Each season brings a variety of fresh food, and the ocean provides plentiful ingredients. If there is one common thing from the various Korean dishes, it would be the love and devotion that is put into each one, all the while considering the health of the person who will eat the food. The reason why Korean food is an international success comes from this devotion and care for others.



KOREA, WHERE YOU CAN FEEL THE WONDERS OF THE CHANGES IN NATURE

Beloved Muslim brothers!

I am extremely pleased to extend my welcome to you through this brochure for the Korea Tourism Organization.

I formed my first bonds with Southeast Asian countries in 1962 while studying Islam in Malaysia. I am now the Imam of the Seoul Central Masjid in Korea. There are currently 10 *masjid* and 50 temporary *musala* in Korea, with the local Muslim community amounting to about 100,000. The Seoul Central Masjid was a significant step for Islam in Korea, and it is an excellent place to view Seoul's cityscape. It overlooks the Han River and offers excellent views of Mt. Namsan in central Seoul. The *masjid* is surrounded by halal restaurants and is adjacent to the Itaewon tourism district, a popular shopping destination for foreign travelers. Korea has four seasons-spring, summer, fall, and winter-and therefore you can experience the wonders of Mother Nature and the beauty of seasonal changes. Also, Korean culture is being highlighted as TV dramas, such as *Winter Sonata*, are introduced to various foreign countries. Korea has a unique traditional culture and cuisine that is filled with devotion. Although simple, Korean food has a taste that will leave a deep impression in your mind. Made with materials obtained from Nature, you can savor a taste that is not only delicious, but healthy. Especially in winter, many families, in Korea to ski, visit the Seoul Central Masjid. I hope you will continue to show your love for Islam in Korea and visit the Seoul Central Masjid. May the peace and blessing of Allah be with you and your family.

KOREA MUSLIM FEDERATION
Seoul Central Masjid Imam, Sulaiman Lee Haeng Lae



Korea has four seasons, where one can view beautiful seasonal changes. In spring, the mountains and fields become green with fresh growth; in summer, the lush mountains and blue ocean provide picturesque views. In fall, the turning of the leaves transforms the mountains into vivid hues of silk, and in winter, the entire country turns into a white wonderland.

There is a Korean proverb that says, "A rice cake pleasing to the eye is also pleasing to the tongue." Koreans place importance on how the food looks in addition to how it tastes.

“I BECAME MESMERIZED BY THE
BEAUTY OF KOREAN NATURE AND
CULTURE.”



Korean food is very healthy. Meals are usually followed with tea and traditional cake or fruit to remove the lingering tastes in the mouth and leave one feeling fresh.

Even on a first meeting, many Koreans will share food. Koreans consider this act of sharing as a great virtue. Koreans are very friendly and sympathetic and do not part with guests without showing their affection.

Insadong is a neighborhood in Seoul where one can feel traditional Korean culture. There are many antique shops and restaurants that serves vegetarians food.

Korea is a country with beautiful scenery that includes majestic mountains and deep blue seas. It has a history that dates back thousands of years, creating a culture that shines through the passing of time. Korea is not something merely to be seen, but something that one must feel and experience.



Islamic culture can be felt near the Seoul Central Masjid in Itaewon. Especially at dusk, the *masjid* creates a sense of Islam that is difficult to find elsewhere.

The restaurants around the *masjid* are part of Islamic culture, where one can taste Islamic food prepared by Muslim chefs. Arabs wearing traditional *kufiyas* are a common sight in this neighborhood.

“ISLAM IS A RELIGION THAT SYMBOLIZES PEACE. THEREFORE WHEN I MEET MUSLIMS, I FEEL PEACE IN MY HEART.”



I wish to tell Muslims about Korean traditions and show them the beauty of Korean palaces such as *Gyeongbokgung*, which has been designated as a world cultural asset by UNESCO.

The snow-covered mountains of Gangwon-do Province create an illusion in your mind as if you were in a fairy tale country. There are many large ski resorts where one can enjoy winter sports.

Islamic countries and Korea have had ties for more than a thousand years through cultural exchange, but there are still many interesting aspects of culture and religion that we have yet to share.

Centuries of cultural exchange have passed between Islamic countries and Korea, and we continue to maintain a friendly relationship.

Although our ties date far back into history, there is still so much we have to learn about each other and so much we do not understand. That is why we recommend a journey in which one can seek cultural and religious elements of each other's society.



SPICES

THE BASIS OF KOREAN FOOD

Doenjang (Soybean Paste)

Doenjang is made by boiling beans and then fermenting them. Beans are harvested in fall and then parched and packaged into *meju* (square chunks tied up with straw). This *meju* is left to ferment all summer, and in spring soy sauce is added and then left to marinate for two months. At the end of these two months, the soy sauce and the soybean paste are separated, and during this process, the fungus in the air and bacteria in the straw create the unique taste and aroma that is found in the bean paste.

Red Pepper Powder

The stems of red hot peppers are cut off and cleaned carefully with a cloth and dried. The peppers are then ground to a powder. For young radish kimchi, the pepper is ground into coarse flakes; for regular kimchi and cubed radish kimchi, it is ground into a regular powder. The pepper is ground into a very fine powder to make paste or when used as seasoning in cooking.

Garlic

In many Western countries, garlic is often used only to scent the dishes, while in Italy, garlic is a decisive ingredient in cooking. Garlic has excellent preservative features and is abundant in Vitamins A and C, as well as sulfur iodine. It is good for people who have low blood pressure, flu, clogged arteries, and roundworms. Garlic flavoring also perks up one's appetite, making its way into various stews, enhancing the taste and aroma of the dish.



Korean food and Islamic food have a lot of similarities. They both use ingredients from Nature in order to flavor the dishes, and vegetarian dishes dominate. In addition to these similarities, both cuisines rely on spices and condiments to add extra flavor.

Ganjang (Soy Sauce)

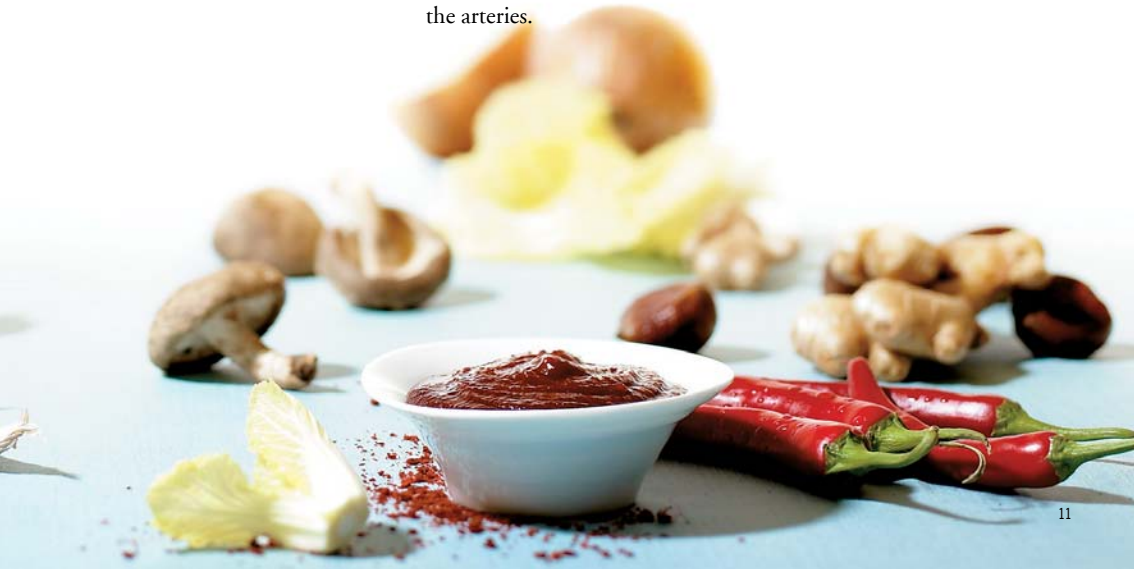
Ganjang (soy sauce) is a fine source of protein and can also be stored for a long time. It is a traditional ingredient in Korean food and is the basis of most Korean seasonings. Soy sauce is a scientific fermented food and a symbol of Korean taste, created by enzymes that are secreted by natural bacteria in the process of fermenting beans. Even after it is fermented, soy sauce does not become alcohol.

Onions

Although the Chinese eat greasy food, they have 10 times lower heart disease rates than Americans, thanks to their love of onions. Onions are abundant in calcium and iron, and are good for stamina and helpful in recovering fatigue. When digested with meat, onions prevent blood from clotting, and therefore are considered to be helpful in preventing many adult diseases such as high blood pressure and clogging of the arteries.

Red Hot Peppers

Red hot peppers, or chili peppers, are dried in the sun and used to add color to food. The peppers contain an element called capsaicin which creates the sensation of a food as being “hot” or “spicy.” Red peppers are also used when making kimchi or seafood casseroles.





KOREAN CUISINE FLAVORS AND AROMAS OF NATURE

It is healthy to eat food the way it is- most people who enjoy longevity in Korea are on a raw food diet. Vegetables are best to be enjoyed fresh, and even when cooked, artificial seasonings are not to be added. Grains such as rice and beans are ground, and enjoyed in powder form. Our bodies enjoy the flavors and aromas that come from Nature, and this can be found in Korean food.



Bulgogi

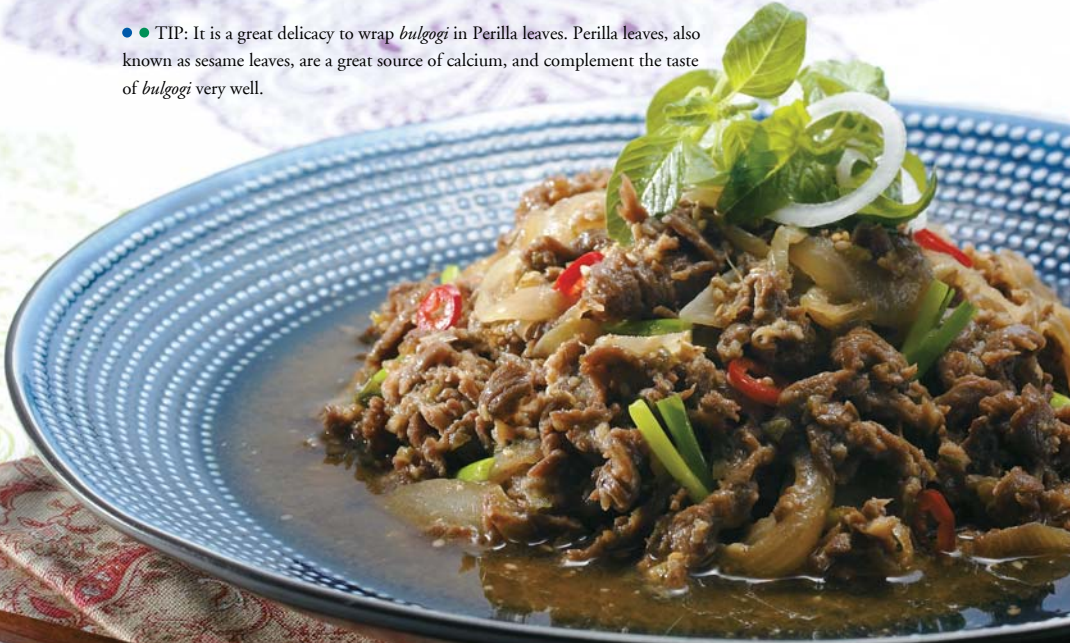
Along with kimchi, *bulgogi* is one of the most famous Korean dishes. It consists of thinly sliced tender beef marinated in a sauce of pear juice, sugar and rice wine. This marinade activates the enzymes, causing the meat to become more tender. To make *bulgogi*, you add a mixture of leeks, garlic, powdered sesame mixed with salt, ginger juice, pepper and sesame oil to aged soy sauce and mix in the meat to marinate for about 30 minutes. After this, you cook the meat slowly on medium heat. *Bulgogi* is not a spicy or strongly spiced dish, and is very popular amongst foreign visitors. You can also taste *bulgogi* at the Sanmaeul restaurant in Pyeongchang, Gangwon-do Province, which has been certified by the Korea Muslim Federation as a Halal restaurant. → see page 33

*Muslims should only eat bulgogi that is sold at certified Halal restaurants.

Ingredients

Beef, Onions, Leeks, Garlic, Minced garlic, Minced ginger, Sugar, Soy sauce. Sesame oil

- ● TIP: It is a great delicacy to wrap *bulgogi* in Perilla leaves. Perilla leaves, also known as sesame leaves, are a great source of calcium, and complement the taste of *bulgogi* very well.





Doenjang jjigae (Bean Paste Stew)

Bean paste plays a huge role in Korean food. Bean paste is a great source of protein, and has a very special aroma. When the stew is boiled for a long time, protein is broken down, giving it a better taste.

Ingredients

Bean paste, Tofu, Pumpkins, Mushrooms, Onions, Peppers, Leeks, Anchovy broth

● ● TIP: This stew is an extremely popular dish for the common Korean public. It is best to cook this stew in an earthenware pot because it will not boil over nor get cold easily.





Haemul jeongol (Seafood Casserole)

This dish's main ingredient is several different kinds of seasoned seafood. The seafood is then mixed with vegetables and poured into a pot of broth. The point of this dish is to stir-fry it at the table and to enjoy it immediately. This dish is popular in fall when the main ingredients are the most savory. Koreans like to enjoy frying rice in the leftover casserole, and this is a great way to finish the tasty meal.

Ingredients

Octopus, Assorted clams, Onions, Peppers, Red pepper paste, Leeks, Crown daisies, Dropwort, Sesame oil, Soy sauce, Sugar, Crushed sesame salt, Minced garlic, Minced scallions, Minced ginger

● ● TIP: Korea is surrounded on three sides by the ocean. This results in numerous dishes involving fresh seafood. Tastes and dishes can also be very different according to the region. The west coast has plentiful clams and the east coast produces a variety of fish.





Mussam

Ssam (wrapping various foods with vegetable leaves) is a very important and unique part of Korean food. Almost all vegetables that have large leaves are used for *ssam*. *Mussam* is a type of *ssam* made of *mu*, or radishes. One can enjoy the fresh and natural tastes of the ingredients, and reap all the health benefits as well. Fresh *mussam* boasts several benefits and is extremely good for your health. The crisp and sweet taste of radish, along with the various vegetable leaves, make for a great meal.

Ingredients

Assorted vegetable leaves, Radish, Green and red peppers, Paprika, Carrots, *Pyogo* mushrooms

● ● TIP: *Mussam* is a simple dish that can be found all over Korea. The fresh vegetables are great for curing insomnia, and also help lower the amount of sodium in your body.





Dubu jeongol (Tofu Casserole)

This dish is a very traditional dish. In earlier times, Koreans, in search for a source of protein, turned to beans, and this is why there are several dishes that are made mainly with bean products. In a big pot, cooked tofu, seasoned beef and sliced vegetables are placed and then boiled. Although the process seems simple, this dish is a nutritious and tasty dish that was enjoyed by nobles.

Ingredients

Tofu, *Pyogo* mushrooms, Agaric mushrooms, *Paengi* mushrooms, Kimchi, Unripe peppers, Leeks, Red pepper powder, Soy sauce, Minced garlic, Minced scallions, Chopped onions, Crushed sesame salt, Pepper, Sesame oil

● ● TIP: Koreans have been enjoying this dish as a healthy source of protein for ages. Eggs, various mushrooms, sliced peppers, ginkgo nuts and pine nuts are added to the tofu and boiled for a long time.





Bibimbap

Bibimbap is a dish where the spicy bite of red chili pepper paste, fresh vegetables, and rice come together and create an interesting harmony. Although some are particular about the way the rice is made, for the most part, it is a simple dish to make. The different colors and herbs and vegetables make it a beautiful dish to look at as well as eat.

Ingredients

Rice, Bean sprouts, Spinach, Balloon flower roots, *Pyogo* mushrooms, Coarse salt, Carrots, Sesame oil, Minced garlic, Cooking oil, Red chili pepper paste, Eggs

● ● TIP: This aromatic dish, which combines vegetables and sesame oil and red chili pepper paste is a common dish at Korean restaurants. Adding a raw egg to the vegetables when mixing the ingredients adds extra flavor.





Pajeon

Pajeon has a great texture and is filled with a variety of mushrooms and seafood, such as shrimp and squid. The batter is made by mixing flour, bean powder and starch according to the correct ratios. The other ingredients are mixed in and then the batter is fried over low heat on a well-oiled frying pan like a pancake. For savory *pajeon*, add a coat of egg to the *pajeon* when it is almost done.

Ingredients

Flour, Bean powder, Starch, Eggs, Leeks, Squid, Mussels, Clam meat

● ● TIP: *Pajeon*, unlike rice or casseroles, is not a main dish. However it is a favorite amongst Koreans around the monsoon season, or in the cold winter months.

The texture of a well-fried *pajeon* has a crunchy outer layer and a soft and bread-like inner layer, which makes for an interesting experience. Inside the *pajeon*, leeks are chewy and add a sweet taste.





Jeonbokjuk (Abalone Porridge)

This porridge is a very elegant dish, and was traditionally reserved for the high class in Korea. It uses fresh abalones and boiled rice porridge. It may seem simple because of the few ingredients, however the taste is unforgettable. The contrasting textures of the chewy abalone and the soft rice make for a very healthy and tasty meal.

Ingredients

Abalone, Rice, Sesame oil, Minced garlic

- ● TIP: Fresh abalone is cut lengthwise, and then lightly sauteed in sesame oil in order to preserve the taste. Abalone can only be caught in very deep and clean seas, and are very rare, leading to their high price and preciousness.



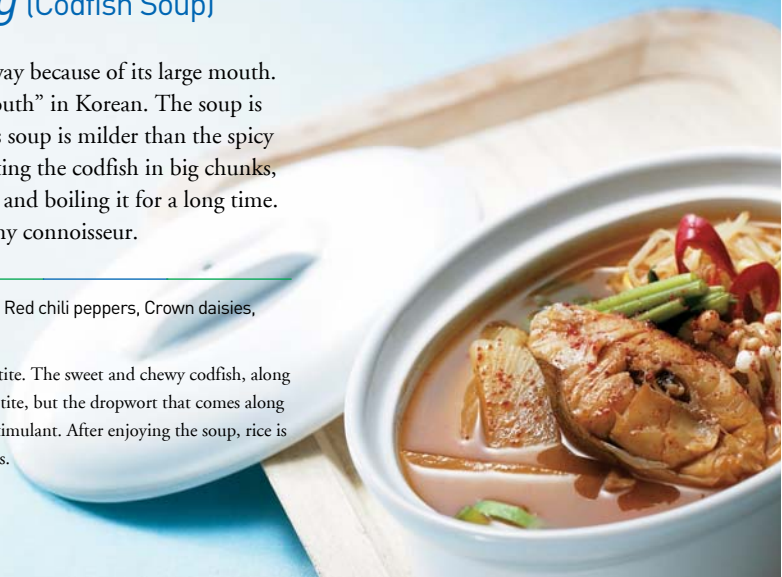
Daegutang (Codfish Soup)

Daegu, a fish, was named this way because of its large mouth. *Daegu* literally means “large mouth” in Korean. The soup is clear and has a sweet taste. This soup is milder than the spicy *haemultang* and is made by cutting the codfish in big chunks, adding crown daisies and herbs and boiling it for a long time. This dish is enough to satisfy any connoisseur.

Ingredients

Codfish, Radish, Tofu, Unripe peppers, Red chili peppers, Crown daisies, Kelp, Salt, Pepper

- ● TIP: *Daegutang* stimulates the appetite. The sweet and chewy codfish, along with the savory soup stimulates the appetite, but the dropwort that comes along with the soup is also a known appetite stimulant. After enjoying the soup, rice is added to it and fried with the remainders.





Fried Shrimp

Shrimp is a very popular due to its sweet and savory taste. There are several dishes which involve shrimp that range from very elegant and elaborately prepared dishes to simple dishes such as baked salted shrimp. The most common way to enjoy shrimp is to fry it. Fresh shrimp is coated with flour and bread crumbs and then fried in oil. The best time to enjoy fried shrimp is immediately after frying it, when the taste is savory and crunchy.

Ingredients

Shrimp, Flour, Bread Crumbs, Eggs, Salt, Pepper

● ● TIP: The shrimp that is caught in Korea are of great quality, flavorful and are very fleshy. Although fried shrimp is a great way to enjoy it, baked salted shrimp is a more popular dish in Korea.



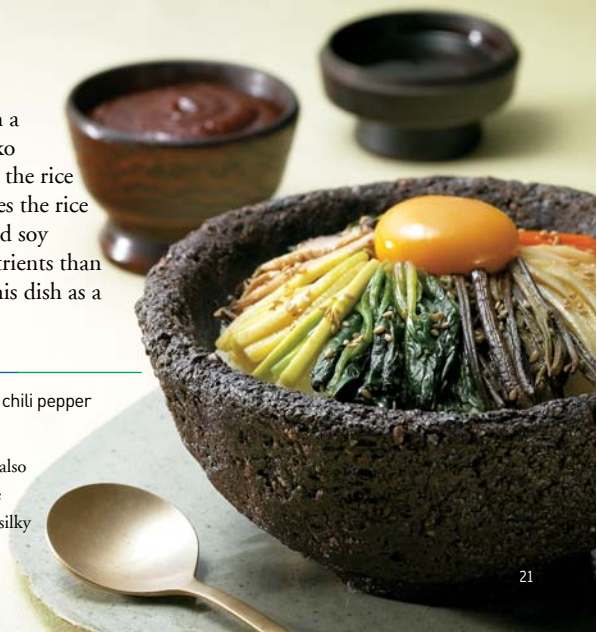
Dolsot Bibimbap

Healthy *dolsot bibimbap* consists of rice made in a stone pot along with a plentiful serving of ginkgo nuts, walnuts, chestnuts, and green peas. When the rice is fully cooked in the warm stone pot, one moves the rice to another plate and mixes it with sesame oil and soy sauce. This kind of *bibimbap* has a lot more nutrients than the regular kind, which is why Koreans enjoy this dish as a healthy meal.

Ingredients

Rice, Pumpkin, Fernbrake, Balloon flower root, Eggs, Red chili pepper paste, Toasted sesame seeds, Sesame oil

● ● TIP: The side dishes that come with *dolsot bibimbap* are also very healthy and tasty. Some examples of these dishes include lotus root, bean sprout, various baked fish, cold radish soup, silky tofu soup.





Hwangtaegui (Grilled Hwangtae)

Hwangtae is dried *myeongtae*, the Korean name for Alaskan Pollack. *Hwangtae* is usually used in soups, baked dishes, and broiled dishes and it is a healthy dish that stimulates one's appetite.

Ingredients

Hwangtae, Soy Sauce, Sesame oil, Red pepper paste, Sugar, Minced leeks, Crushed sesame Salt, Pepper

● ● TIP: *Hwangtae* is made by drying the Alaskan Pollack during the snowy winters in the mountains. The right temperature to dry Alaskan Pollack is when the temperature stays below zero for around 2 weeks.



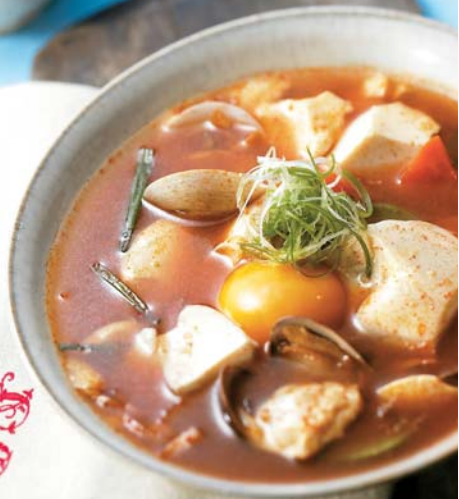
Sundubu jjigae (Silky Tofu Stew)

A lot of Korean dishes are made with beans, but *sundubu jjigae* is popular amongst these dishes because it is easy to make. The leftover bean curds from tofu is also a special treat to eat.

Ingredients

Short-necked clam, Soft (silky) tofu, Pumpkin, Carrots, Leeks, Onions, Eggs, Red pepper powder, Sesame oil, Salt, Pepper

● ● TIP: In order to make silky tofu, one boils beans and then grinds them with a grinding stone. After seasoning it with salt, one can enjoy a warm and soft bean curd. This dish is best made with fresh seafood ingredients.



VEGETARIAN CUISINE

SIMPLE AND PURE LIKE NATURE



Vegetarian cuisine is simple without adding superfluous ingredients. However it would be incorrect to think that vegetarian dishes include only rabbit food. Korean vegetarian dishes include tofu, mushrooms, mountain herbs and vegetables, and are a variety of flavors and colors. Korean vegetarian food is the kind of food where you can feel the love of the ones that prepared the dishes.



Sanchon

This is one of the most popular vegetarian restaurants in Insadong. Wild mountain greens, vegetables and herbs are popular amongst vegetarians and non-vegetarians trying to get away from meat-based meals and artificial seasonings. You can try dishes such as brown rice, *pyogo* mushrooms, wild mountain vegetables and herbs, and pan-fried tofu.

➔ 02-735-0312 (Reservations Required) / Located in the alley behind Tongin Store in Insadong

Pulhyanggi

This vegetarian Korean prixfixe restaurant provides meals that surpass a traditional royal table for the kings of past. The main ingredients are fresh herbs, mushrooms, and tofu. You can also enjoy a variety of exciting Korean traditional performances. You can find this traditional Korean house in between the tall buildings, but there is another Pulhyanggi restaurant across from Dongguk University.

➔ 02-539-3390 / Walk 50m into the alley across from the City Air Terminal in Samseongdong

Kongdu Pasta

Beans are the main ingredient in this Korean fusion restaurant, where you can try interesting dishes such as tofu ice cream and silky tofu honey fruit punch. This elegant restaurant was first popularized by foreigners and is an ideal place for entertaining guests.

➔ 02-722-0272 (Reservations Required) / Samcheongdong, across from Soowarae



Gamnodang

This restaurant uses only natural seasonings and vegetables. They do not serve flour-based foods that contain preservatives. A four-course meal where you can sample dishes such as mushroom porridge, grilled lotus root, bean paste soup with Chinese pepper, wild herb bibimbap, and steamed ginkgo nuts is available.

02-3210-3397 (Reservations required) / 15 minute walk from Anguk Station on Subway Line 3, Exit 1.

Chaegundam

This restaurant fuses traditional food with Western style courses. They use only organic vegetables and the Perilla seed mushroom soup is their specialty. You can sample around 20 different kinds of dishes, according to the courses, and wine pairing is available.

02-555-9173 / 8 minute walk from Samsung Station on Subway Line 2, Exit 3.

KOREAN CAKES AND TRADITIONAL TEA

SOOTHING THE BODY AND SOUL

Korean tea and cakes are foods that soothe the body and the soul. There are hot teas such as green tea, ginseng tea, and plum tea, as well as refreshing rice punch, cinnamon punch and fruit punch that are drunk cold. Korean cakes and traditional beverages are not only tasty, but they are also visually pleasing and nutritious, which is why people continue to enjoy them in modern times.



Dasik

Dasik is a Korean candy made of cereals. Chestnuts, beans, and sesame are ground into a powder and kneaded with honey, then molded into a special mold that imprints beautiful patterns on the surface. The color of the *dasik* differs depending on the grains that are used.

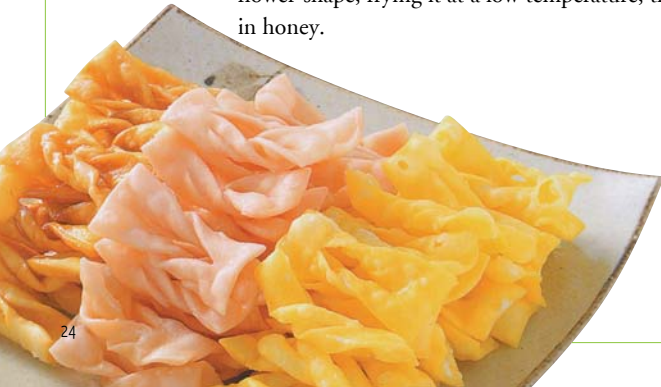


Gangjeong

These crackers are always present at celebrations. *Gangjeong* is hollow and is very soft and chewy. There are different flavors-bean, sesame and so forth.

Yakgwa

Yakgwa is a small cake made by kneading dough into a flower-shape, frying it at a low temperature, then dipping it in honey.



Maejagwa

This treat was made for holidays. Ginger powder and cinnamon mixed into flour is kneaded out flat and cut into small shapes, fried, and coated with honey.

Green Tea

Young green tea leaves are fried in a large cauldron and then soaked in water that is not too hot in order to bring out a mild flavor. Boiling water will cause the tea to be bitter and therefore 70 to 80 degrees centigrade is considered a good temperature. Green tea is considered a good complement to Korean confectionary.



Sujeonggwa (Cinnamon Punch)

This punch is one of the most popular Korean traditional drinks among foreign guests. Ginger and cinnamon are boiled together for a long time and then cooled. Thinly-sliced persimmons and pine nuts are added to the beverage before it is served. The drink is effective for anemia and constipation.



Omija Hwachae (Omija Fruit Punch)

This beverage was a special one enjoyed by the royal court in the *Joseon* Dynasty. *Omija* berries were soaked overnight in cold water. That water was then mixed with honey and chilled before served. Pears cut in flower shapes and pine nuts were sprinkled so they can float on the top. The punch quenches thirst and is good for one's heart and blood pressure.



TIP Korean teas effective for flu

Mogwa Tea: *Mogwa*, or Chinese quince, is good for change of season colds. The fruit is thinly sliced and marinated in honey, then later steeped in boiling water. The tea is especially effective for coughs and in recovering from fatigue.

Ginger Tea: Ginger tea is good for illness from physical fatigue. Ginger and scallion roots are boiled for a long time, then a bit of sugar is added. After drinking this tea, you will feel hot and start sweating, which will relax your muscles. The spicy taste may not be delicious, but it is good for curing bad colds.







HALAL RESTAURANTS IN KOREA

THE TASTE AND SMELL OF HOME

Dining is an important part of traveling. For Muslims traveling in Korea, dining shouldn't be a problem. There are many Islamic restaurants around the Seoul Central Masjid and stores that sell Halal groceries. Halal restaurants in Korea also cater to travelers' specific tastes.



Ashoka

This restaurant is part of the worldwide Islamic restaurant chain Ashoka. The first Indian restaurant to open in Korea, the restaurant imports all materials directly from India and has all types of food belonging to the 27 provinces of India. Choose from a variety of Indian curry, tandoori, and freshly baked naan. Desserts include chai (Indian tea cooked with milk) and lassi.

➔ 02-792-0117 / www.ashoka.co.kr / Itaewon, Seoul. Hamilton Hotel 3rd floor



Moghul

Its name reminiscent of the great Islam empire, Moghul imports all of its materials from Pakistan—from the rice to sauce and yoghurt. The menu is diverse and includes chicken, beef, and lamb barbecue and an assortment of curry. There is also an outdoor terrace section.

➔ 02-796-5501 / Itaewon, Seoul. Next to Hamilton Hotel



Kashmir Restaurant

A Pakistani restaurant that prepares the entire menu in Halal style. Lamb barbecue and curry are popular dishes. The owner and Pakistani chef prepare the dishes themselves and the workers are very friendly, making you feel at home. Compared to Indian food, Pakistani Halal dishes use less spices.

➔ 02-793-7644 / Itaewon, Seoul. Next to entrance for Pyeonghwa Apt.





Usmania

Run by the Pakistani Osmania family, this restaurant serves lamb as a main menu and incorporates 11 different spices for a spicy, deep flavor. For those that have not tried Pakistani cuisine, it is similar to Indian food, but a little spicier. Chicken tandoori marsala is a specialty.

➤ 02-798-7155 / Itaewon, Seoul



Wazwan

Located near the Seoul Central Masjid, this Indian restaurant is famous for its tandoori chicken, which is basted with a spicy sauce and baked in an oven. It also has a wide selection of curry and naan.

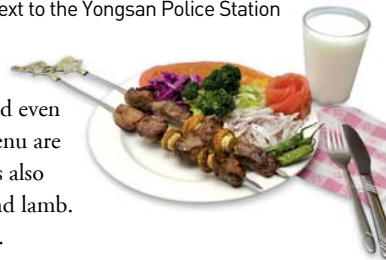
➤ 02-798-1253 / 732-151 Hannamdong Yongsan-gu, Seoul / Next to the Yongsan Police Station



Salam

This Turkish restaurant plays Turkish traditional music and even has the famed Turkish water cigars. Main dishes on the menu are kebabs, with your choice of lamb, beef or chicken. There is also Patican Musakka, a kind of Turkish stew with eggplant and lamb. Homemade yoghurt or strong coffee awaits you for dessert.

➤ 02-798-4323 / www.turkeysalam.com / Itaewon, Seoul / Inside Seoul Central Masjid



Evergreen Halal Food Restaurant

The buffet is a favorite for foreign travelers and Muslims at this traditional Pakistani restaurant. The restaurant is also equipped with a salad bar that has about 25 different choices. On Saturdays and Sundays, only the buffet menu is available. You can try all the Halal dishes, which can be seasoned to be spicier for Indians and less spicy for Pakistanis or Arabs.

➤ 02-790-7773 / Itaewon, Seoul / Across from the Hamilton Hotel. Iwon Bldg. 2nd Floor.



Usmania



Pasha



Atsaba



Moghul



Ashoka



Pasha



Halal restaurants are mainly situated in Itaewon and Hannamdong around and near the Seoul Central Masjid, and most of them are directly managed by Turkish and Pakistani Muslims. The Halal restaurants in Korea are not only enjoyed by Muslims, but also by foreigners from other countries and Koreans as well.



Pasha

Pasha serves traditional Turkish cuisine prepared by skilled chefs. Its specialty kebabs are roasted in a Turkish oven. The stylish décor adapts Turkish lattice motifs and the employees are always very friendly. The chefs have 20 years of experience under their belt.

☞ 02-593-8484 / www.pashakebab.com / Seochodong, Seoul. Near Gangnam Subway, Line 2.



Alsaba

Alsaba offers Indian, Pakistani, and Arab cuisine using fresh seasonal vegetables and traditional herbs. The menu includes the representative dishes from each culture such as Turkish kebab, Pakistani barbecue, and Indian vegetable curry. On the whole, the dishes are quite spicy with a lot of seasoning and onions.

☞ 02-792-1488 / www.alsaba.co.kr / Itaewon, Seoul. Near Noksapyeong Subway Station, Line 6.



Kebab House

The Kebab House is probably one of the few, if not the only Turkish restaurant in Busan. It features traditional Turkish cuisine such as kebabs and Turkish pizza. The owner and head chef are all Turks and the interior is decorated with beautiful carpets and fabrics brought in directly from Turkey.

☞ 051-515-5981 / 30-1 Geumjeong-gu Namsandong, Busan (next to the Busan Masjid)



HALAL RESTAURANTS IN GANGWON-DO PROVINCE

SIMPLE, YET HEALTHY FOOD PREPARED WITH CARE

Gangwon-do Province is a region adjacent to the East Sea. The province is quite mountainous, although it slopes down towards the east when it meets the coast. The food you will find in this region therefore uses a combination of fish and seafood, as well as mountain greens, potatoes, corn and mixed grains. The people of Gangwon-do do not use many spices when they cook, engaging in simple and healthy diets.



Certified Halal Restaurants



Chuncheon

The city of Chuncheon is a popular filming place for television dramas and films because of its many lakes, which are covered with a beautiful mist in the early morning.

Yeonga

This café/restaurant was the filming location for *Winter Sonata*, an extremely popular TV drama in Asia. The café was designed to look like a 1960s set. The main menu is the “*dosirak*” (lunchbox) which does not have any meat.

☎ 031-582-2550 / Chuncheon, Gangwon Province / located on Namiseom (Nami Island)



Gangneung

At the heart of Yeongdong, Gangneung preserves the vibrant culture of Korean food.

Chodang Sundubu

Using the salty seawater of the East Sea and beans grown in Korea, the tofu offered at Chodang Sundubu is sweeter and firmer than regular tofu. You may also want to try the uncurdled bean curd stew.

☎ 033-646-6890 / 472-2 Eunjeongdong, Gangneung City / Next to Gyeongpodae parking lot

Seunghwa Restaurant

Located in downtown Gangneung, this restaurant brings fresh seafood from Jumunjin Fish Market. It is famous for its specialty *haemuljeongol* (seafood stew), which it has been doing for 30 years.

☎ 033-646-3636 / 270 Okcheon-dong, Gangneung City / Downtown Gangneung, next to Gangneung Girls' High School



Sokcho

A city situated on the East Sea, Sokcho is one of the most popular seashore destinations in Korea and is famous for fresh seafood.

Ilchulbong

This raw fish restaurant is popular with Sokcho locals. Along with raw fish, the restaurant serves fresh seafood side dishes such as squid and steamed crab. The wonderful view of the ocean from the picture windows is another attractive feature of the restaurant.

☎ 033-635-2222 / 74-3 Daepodong, Sokcho City/ Next to Geubae Hotel in Daepodong, Sokcho

Pyeongchang

In winter, Pyeongchang transforms into a land of snow. It is also famous for the mountain greens that grow in the clean districts.

Sanmaeul Punggyeong

This place serves as a traditional tea house as well as a lodging place in traditional Korean house-style. Located near ski resorts, many foreign visitors stay here. The restaurant receives its beef from halal butchers in Itaewon, Seoul for Muslim guests. Its *bulgogi jeongsik* is popular and is served with bibimbap and mountain greens.

☎ 033-333-4412 / 233 Yongpyeong-myeon Nodong-li, Pyeongchang-gun, Gangwon-do Province / Next to Lee Seung-bok Memorial Hall in Pyeongchang

Odaesan Sanchae Restaurant

This restaurant has run for over 30 years on one menu: the *sanchae jeongsik*. This extraordinary menu is comprised of a bowl of rice and about 30 other side dishes, including an assortment of vegetables, mountain greens, and other delights.

☎ 033-332-6888 / 17-5 Jinbunmyeon Dongsan-li, Pyeongchang-gun / Next to Woljeong branch of Jinbu Elementary School

Inje

This area is the gateway to the Seoraksan Mountains and is surrounded by beautiful scenery.

Yongdae Hwangtaechon

Yongdae Hwangtaechon's popular dishes include *hwangtae jeongol* (a stew that involves boiling *hwangtae*) and spicy *hwangtaegui*. The dishes are accompanied with about 10 side dishes, comprised of mountain greens harvested from the local mountains.

☎ 033-462-5855 / Bukmyeon Yongdae 3-ri, Inje-gun / Yongdae-ri, before Jinburyeong Pass



KOREA'S ISLAM MASJID

LIGHTING THE BEACONS OF PEACE

Islam encompasses the cultures of various countries and shines as a beacon of peace in Korea. The masjids in Korea practice peace and advocate equality.



A Symbol of Islam in Korea

The Seoul Central Masjid in Itaewon

At 1p.m. on Friday, the sound of the Azan solemnly echoes the walls of the Seoul Central Masjid, announcing time of worship.

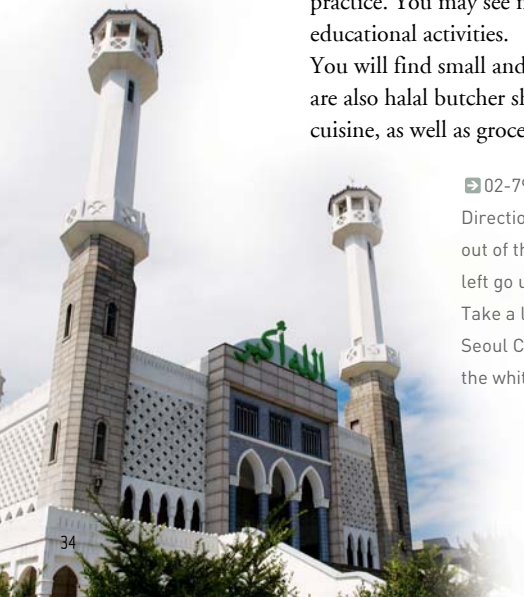
Established in 1976, this was the first masjid to open in Korea. The surrounding area is always busy with worshippers. Some are Arabs with long beards, clad in traditional attire and white turbans. Others may be Indians in T-shirts and jeans, or Pakistanis, Africans, or Asians. The people who participate in Islamic worship are diverse in ethnic background.

There is also an Islamic Center and a *madrasah*, which offers students lectures on the Quran, Arabic and English, and education about Islamic spirit practice. You may see many children and women in chador participating in educational activities.

You will find small and big *mussalats* around the Seoul Central Masjid. There are also halal butcher shops and restaurants that prepare traditional Islamic cuisine, as well as groceries that sell ingredients for Muslim cooking.

☎ 02-793-6908, Mission Dept: 02-793-3156 📠 02-798-9782

Directions: Itaewon Station on Subway Line 6, Exit 3. When you come out of the exit, you will see a fire station. With the fire station on your left go uphill about 100 meters until you come to a fork in the road. Take a left and go up the hill about 200 meters and you will see the Seoul Central Masjid on your left. It is well-known and you can see the white dome from afar, so it is difficult to get lost.



OTHER PLACES OF ISLAMIC WORSHIP IN KOREA

Paju Masjid

The Paju Masjid is located between Seoul and the North Korean city of Kaesong, near the Imjin River. An advanced technological complex is being developed within the city.

☞ 031-946-2110 / Wonneung-myeon Yeongtae-ri 421-9. Paju, Gyeonggi-do

Bupyeong Masjid

Situated between Seoul and Incheon, the Bupyeong Masjid mainly serves as a place of worship for foreign Muslims working in the surrounding southeastern Incheon region.

☞ 032-512-2612 / Bupyeong-gu Sipjeongdong 574-19. Incheon

Anyang Masjid

Not far from Seoul, the Anyang Masjid is run independently by Bangladesh and Pakistani Muslim workers in Anyang.

☞ 031-444-7757 / Anyang 5dong 618-132. Anyang City, Gyeonggi-do



Ansan Masjid

Located in the industrial district of Ansan, this masjid is operated independently by foreign Muslims of diverse ethnicity including Bangladesh, Pakistani, and Indonesian workers of the area.

☞ 031-492-1948 / Danwon-gu Wogokdong 741-5. Ansan, Gyeonggi-do

Jeonju Masjid

Located in a city famed for its traditional Korean culture and folk arts, the architecture of the Jeonju Masjid further adds to the beauty of its architecture by incorporating traditional Korean roof tiles to its Islamic dome.

☞ 063-243-1483 / Deokjin-gu Inhdong 2-ga 1562-10. Jeonju, North Jeolla-do



Gwangju Masjid

The city of Gwangju is famous for its ceramics-making culture. The *masjid* in Gwangju is Korea's third *masjid*.

☞ 031-761-3424 / Gwangju-eup Yeok-li 48-9. Gwangju, Gyeonggi-do

Busan Masjid

The second *masjid* that was built in Korea is located in the beautiful port city of Busan.

☞ 051-518-9991 / Geumjeong-gu Namsandong 30-1. Busan





Alternative Food List

<i>altang</i>	알탕
<i>beoseot jeongol</i>	버섯전골
<i>bibimbap</i>	비빔밥
<i>bindaetteok</i>	빈대떡
<i>chueotang</i>	추어탕
<i>daegutang</i>	대구탕
<i>doenjang jjigae</i>	된장찌개
<i>dolsot bibimbap</i>	돌솥 비빔밥
<i>hwangtaegui</i>	황태구이
<i>sanchaejeongsik</i>	산채정식
<i>domgui</i>	돔구이
<i>dotorimuk</i>	도토리묵
<i>dubu jeongol</i>	두부전골
<i>gamjajeon</i>	감자전
<i>gusku jeongol</i>	국수전골
<i>haemul jeongol</i>	해물전골
<i>hobakjuk</i>	호박죽
<i>hoe</i>	회
<i>hoe deopbap</i>	회덮밥
<i>jeonbokjuk</i>	전복죽
<i>jogi maeuntang</i>	조기매운탕
<i>kalguksu</i>	칼국수
<i>kkotgetang</i>	꽃게탕
<i>maeuntang</i>	매운탕
<i>makguksu</i>	막국수
<i>modeumhoe</i>	모듬회
<i>ojingeo sundae</i>	오징어순대
<i>pajeon</i>	파전
<i>saengseon chobap</i>	생선초밥
<i>saeu twigim</i>	새우튀김
<i>sundubu</i>	순두부
<i>sundubu jjigae</i>	순두부찌개

fish roe soup
mushroom casserole with beef and various mushrooms
steamed rice mixed with vegetables and herbs
mung-bean pancake
mudfish soup
codfish soup
soybean paste stew
<i>bibimbap</i> in a hot stone pot
grilled Alaskan Pollack
rice and side dishes of mountain greens and vegetables
broiled sea bream
acorn jelly
tofu casserole
potato pancake
noodle casserole
very spicy seafood casserole
pumpkin gruel
sliced raw fish
rice topped with raw fish (sliced) and vegetables
abalone (rice) porridge
spicy yellow croaker soup
hand-made noodle
blue crab soup
spicy hot stew with fish
cold buckwheat noodles
assortment of raw seafood
stuffed squid
pan-fried green onion and seafood
sushi (vinegar-mixed rice balls topped with raw fish slices)
deep-fried shrimp (tempura)
uncurled tofu
uncurled tofu stew with clams, vegetables and eggs (spicy)



Useful Expressions at Restaurants

English

How are you?

Thank you.

Yes.

No.

I am sorry.

Show me the menu, please.

Which do you recommend?

What is this food called?

Give me the same thing as that over there.

Don't make it too spicy.

I can't eat very salty foods.

Give me/I would like ~ _____.

It's very delicious.

This is too _____.

hot (spicy)

salty

sweet

bland (saltless)

sour

bitter

Please give me water.

I enjoyed the meal.

Please give me some more of this.

The check, please.

Do you take credit card?

How much is it?

It's _____ won.

5,000

10,000

15,000

20,000

30,000

Where is the restroom?

Goodbye.

Korean

안녕하세요?

감사합니다.

예/네

아니요

미안합니다.

메뉴 보여주세요.

무엇이 맛있습니까?

이 음식 이름이 무엇입니까?

저것과 같은 것으로 주세요.

너무 맵지않게 해주세요.

너무 짠 음식은 못 먹어요

_____ 주세요.

one portion

two portions

three portions

two *bibimbap*

매우 맛있어요.

이것은 너무 _____

맵습니다.

짭니다.

달니다.

싱겁습니다.

산니다.

쓴니다.

물 주세요

잘 먹었습니다.

이것 더 주세요

계산서 주세요.

카드도 계산할 수 있습니까?

얼마입니까?

_____ 원 입니다.

오천

만

만오천

이만

삼만

화장실 어디입니까?

안녕히 계세요.

Korean Pronunciation

Annyeong-haseyo?

Gamsa-hamnida.

Ye/Ne

Aniyo.

Mian-hamnida.

Menu boyeo-juseyo.

Mueosi masit-sseumnikka?

I eumsik ireumi mueosimnikka?

Jeogeotgwa gateun-geoseuro juseyo.

Neomu maepji-anke hae-juseyo.

Neomu jjan eumsigeun mot-meogeoyo.

_____ ~juseyo.

일인분 irinbun

이인분 I-inbun

삼인분 Sam-inbun

비빔밥 둘 bibimbap dul

Maeu masitsseoyo.

Igeoseun Neomu _____.

maepsseumnida.

jjamnida.

damnida.

singgeopsseumnida.

simnida.

sseumnida.

Mul juseyo.

Jal meogeot-sseumnida.

Igeot deo juseyo.

Gyesanseo juseyo.

Kadeuro gyesan halsu isseumnikka?

Eolma-imnikka?

_____ won imnida.

O-cheon

Man

Man-o-cheon

I-man

Sam-man

Hwajangsil eodi-imnikka?

Annyeonghi gyeseyo.

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Islamic Countries' Embassies in Korea

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Indonesia Tel: 82-2-783-5675-7, 783-5371-2 <http://kbriseoul.org/>
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