

日・韓・中における食文化の継承と創出

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The Characteristics and Types of Korean Food that Fit the Idea of Well-Being¹⁾

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The fundamental principle of cooking and eating is to pursue a healthy life through physical and mental harmony. The Korean food system has developed over many centuries. Its tastes and colors follow the principles of yin-and-yang, and it emphasizes the harmony of the five tastes with the five colors in correspondence to the physical and mental aspects of the human body.

While food may be prepared in different ways—boiled, fried, roasted, and deep-fried depending on the characteristics of the ingredients—garnished food is the best for it retains most of the original color and nutrition. In Korean cooking the main spices and condiments used are : soy sauce, salt, *gochujang*, oil, ground salt, sugar, vinegar, and hot pepper. Adding garlic and ginger can better balanced the tastes while eliminating bad smells.

Following the principles of yin-yang and the five elements, we can match the colors of foods with different parts of the human body as well as the mental states of a person. For example, red means anger and it is connected to the feelings of the heart, head, and tongue. Tomato, a red food, makes the heart stronger and prevents hypertension. Other red foods such as apple, grape, and red pepper have similar effects on the body. Other healthy red-colored foods include strawberry, persimmon, grapefruit, date, and black tea.

Green refers to trees and corresponds to the liver and the muscles. Fresh salad thus facilitates the functions of the liver and the body's metabolism. The chlorophyll in leafy food prevents headache. Olive oil reduces bad cholesterol. Spinach is the typical green food that provides vital vitamins and nutrition.

Yellow refers to the soil and corresponds to the stomach and the mouth. Yellow food is good for enhancing digestion. Pumpkin stew facilitates functions of stomach. Carotenoids in yellow foods facilitate the human immune system. Tangerine, orange, and mango have a lot of vitamin C and are good for the human body.

Besides the food scheme, there are different kinds of meals and feasts, from the common to the royal, and each one of them has its characteristic way of presentation. A well-prepared Korean meal is colorful, nutritional, and pleasingly arranged.

1) Timothy Y. Tsu prepared this summary based on some of the PowerPoint slides used by the speaker and his own notes of the lecture.