K-FOOD KOREA

How K-Food is finding its way to the Italian tables

From the King Oyster mushroom to fermented pastes, up to the renowned Kimchi: all the properties of Korean superfoods and condiments

AT Korea has chosen chef Daniel Canzian to demonstrate how Korean ingredients enhance classic traditional Italian recipes

After K-Pop and K-Movie, also **K-Food** has by now captivated the Italian public, as people are learning to combine Korean ingredients, recognized also for their beneficial dietary properties, with Italian ones. For this reason **AT Korea**, the South Korean government agency created by the **Ministry of Agriculture** for the promotion of South Korean food and fish products, has chosen **chef Daniel Canzian** to deliver new recipes to the Italian's tables using, for example, **King Oyster mushrooms**, **fermented paste** of **soy and chili**, **sesame oil**, the famous **sauces** (Ssamjang and Ganjang) and the already well-known **Kimchi**.

Among the many **superfoods**, available in Korean delicacy stores in Italy, stands out the **King Oyster mushroom** (Saesongy Mushroom) whose protein content is similar to that of meat (only 2.5-4% less protein), twice that of asparagus or cabbage, four times that of oranges and twelve times that of apples. It is rich in vitamin C and vitamin B6, which is not found in other mushrooms, beneficial for nerve stabilization and skin health and is effective in slowing aging. In addition to the **King Oyster** mushroom we have the **Yuja** fruit, a hybrid of mandarin and papeda (a citrus fruit from India), which balances "fatty" ingredients with its healthy acidity and prevents colds and flu. Not to be missed either is the famous **Kimchi,** a fermented vegetable recipe prepared with Chinese cabbage, seasoned with garlic, spring onions and ground chili peppers, which boosts the immune system thanks to its anti-aging properties.

Such new, surprising flavours can find their place in a "fusion" cuisine with their ability to enhance the typicality of Italian specialties with the most famous Korean products, as suggested by Daniel Canzian. The chef in some of his recipes has revisited, for example, classic spaghetti with tomato sauce turning it into **vegetable spaghetti with Ssamjiang sauce**; **rice in cagnone** (a typical recipe from Lombardy and Piedmont) has been flavoured with **King Oyster mushrooms**; up to **crispy piglet**, enriched with **sesame oil** and **Kimchi.**

*"Korean foods, whose tradition dates back thousands of years, provide nutritional balance, harmony of flavours and colours," comments **Ha Jung-a, director of AT Korea Paris**. "They are mostly fermented foods that feature, even through cooking methods such as boiling, steaming or grilling, nutritional properties that are essential for the body's well-being. Just like Italian cuisine, Korean*

cuisine is characterized by great regional variety, which makes it one of the most complete cuisines in the world. ***Our goal is precisely to make people familiar with Korean ingredients that can enhance Italian cuisine, which, by the way, is very popular in Korea****."*

But there is more than basic ingredients: in Korea, condiments are the foundation of cuisine, for example**, fermented soybean and chili paste or sesame oil**: soy paste is a fermented soy bean preparation, a source of lysine, an aminoacid which is essential for the eyes, and rich in protein and vitamin, while the latter is a an oil rich in minerals and Omega3 and an excellent supplement for children's growth and against osteoporosis in the elderly.

"The closeness of the mountains to the sea, typical of Italy, implies that the country has a microclimatic configuration that emphasizes all the raw materials from around the world," comments Chef Daniel Canzian. *"For example, the tomato (El Tomate de Arbol, ed.) imported from the Americas, which started out as an ornamental plant, found such fertile soil and a unique microclimate that allowed all its peculiarities to emerge to such an extent that many different types were developed; the microclimate in fact enhanced the product. This is why the recipes of Italian cuisine are 100% based on the raw material, that must be respected with simple recipes, because the simpler the recipe, the more the product will emerge. All I did was to adapt these wonderful Korean products to typical local recipes so as to make it easy for our tastebuds to understand the high quality expressed by these products."*

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The recipes

SPAGHETTI SALAD WITH CARROTS, CELERY AND SSAMJIANG

Ingredients for 10 servings:

thin spaghetti: 800gr.

colored carrots: 200gr.

celery: 200gr.

ssamjiang: 150gr.

basil: to taste

parmesan cheese: to taste

lemon juice: 2 tablespons

Preparation:

Peel the carrots and cut them finely to a brunoise;

Cut celery to a brunoise;

Cook the spaghetti in boiling salted water;

Moisten the Ssamjiang with a little cooking water from the spaghetti;

Drain the spaghetti and cool them rapidly under cold water;

Dry the spaghetti, season with lemon juice, a little salt and ssamjiang;

Lay them in nest shape in the plate, sprinkle with freshly grated Parmesan cheese, plenty of carrots and celery;

Serve decidedly cold in the summer season, warm in the winter season.

KING OYSTER MUSHROOMS AND CAGNUN RICE

Ingredients for 10 servings

King Oyster mushroom: 600gr.

extra virgin olive oil: 100gr.

garlic: 3 cloves

parsley: 30 leaves

shallot: no. 1

rice: 200gr.

butter: 200gr.

rosemary: 3-5 sprigs

roast gravy: 200gr

Preparation:

Cut the mushrooms in half;

Sauté the mushrooms with oil and sizzling garlic;

Brown the mushrooms to perfection;

Once browned, add chopped parsley and shallot brunoise;

Remove from heat;

Separately cook the rice as you would a boiled rice;

Drain rice and rinse it in cold water;

Season rice with salt and spread it on a plate;

Lay the mushrooms on top of the rice;

Fry butter with garlic and rosemary;

Add a little salt;

Bring the roast gravy to a boil;

Pour the melted butter flavored with garlic and rosemary over the roast gravy;

Emulsify and pour the resulting mixture over the mushrooms and rice;