



Explore the Kitchens of the World with Chef Reggie

SOUTH KOREA

Day 1

Check-in Intercontinental Seoul Coex

6:00 - Welcome Reception

7:30 - Jeju Black Pig Samgyupsal Dinner

Overnight Stay at the Intercontinental Seoul Coex

Day 2

Breakfast at the Hotel at your Leisure

10:00 Meet at the Hotel Lobby

10:30 “Meokbang Feast” Street Food Brunch

- Menu: Jajangmyeon (Korean Chinese noodle), Jokbal (braised pig feet) – Kimbap, Fried Ttopokki, Banchan (side dishes), Katsu...

12:00 Neighborhood Market Experience - learn about local ingredients and shop to your heart's content

1:00 – 3:00 Learn Famous Yet Easy to Prepare Korean Dishes Cooked the Authentic Way with Culinary Instructor Ashley Hwang

- Chimac (Fried Spicy Seasoned Chicken and Draft Beer)
- Odeng-tang (Fish cake soup) with Soju
- Learn to Make the Mother Sauce of Korean Cuisine
- Bulgogi + Bulgogi Bibimbap

- Sampling and Appreciation of the Different Kinds of Kimchi

4:00-5:00 Special Korean Cultural Private Tour

5:15 - 7:00 Afternoon Tea, Artisanal Rice Cake and Traditional Bingsu Experience

- Make Rice Cakes with Master Park Kyungmi, Important Intangible Cultural Asset # 38 for Royal Court Cuisine

7:00-8:30 Taste My Favorite Galbi Jjim (Korean Braised Shortribs), Mandu (Dumplings) and Modeumjeon (Assorted Pancakes)

8:30-9:30 – Coffee and Organic Flour Treats

Day 3

Early Morning Sunday Mass or Worship at Your Leisure

Live Long, Live Strong

10:00 - 11:00 Medicine Market Tour

11:00 - 2:00 Cooking for Detoxification, Longevity, and Wellness at Hanbang

- Learn to Cook & Feast on Healing Food and Tonics for Overall Wellness and Stamina. Be amazed at the healing properties of the dishes on the menu.

Wellness Lunch Menu

Detox tea

Traditional Samgye-tang Fresh Ginseng Chicken Soup

Assorted Seafood Samgye-tang with Abalone, Octopus and Shrimp

Chicken porridge

Angelica Leaf Salad

Scallion Chive Tonic Kimchi

Fresh Yuza Royal Cuisine Dessert

Yakwanmun for Stamina

- Make your own scent bags made with Korean Herbs

2:00 - 4:00 Relax the Traditional Way at Bojewon

- Aroma Masques and Hand Packs

Free Time Drop Off at Dongdaemun or Return to the Intercon

8:00 – Meet at the Hotel Lobby

8:30 Savor Prime Hanwoo Korean Beef Barbecue, Galbitang and Bulgogi – Beef 1++ Grade Female Cows

Day 4
Temple Day

Breakfast at the Hotel at Your Leisure

11:00 Hanwoo Korean Beef Head to Tail Beef Hot Pot Lunch with Chef Kim Ihnbok - Korean Best Chef Food Star Awardee for 2010

3:00- 4:00 Temple Visit & Afternoon Tea and Rice Cakes with Monk

5:00-6:00 Craft Your Own Lotus Lantern and Prayer Beads

6:00 - 7:30 Temple Food Dinner with Michelin Star Chef Kim Jiyoung

Drop Off for Shopping at Myeongdong or Return to Hotel

Chimac (Chicken and Beer) – Optional

Day 5
From Traditional to Modern Royal Cuisine

7:30 Meet at Hotel Lobby

8:00 Traditional Korean Breakfast

9:30 A Sul-full Morning

- Learn About Korean Alcohol at the Studio of Sul Master Park Rokdam
- Make Your Own Makgeolli
- The History and Taste of 5 Traditional Korean Spirits

12:00 - 2:30 Royal Cuisine with Modern Edits Prepared by Senior Craftsmen
Headed by Chef Park Seong Bae and Jo Eunhee - The Joseon Dynasty Royal Cuisine Recipient, National Intangible Cultural Property No. 38

Stroll Along Insadong

5:00-6:00 Meokbang Cake and Dessert Feast

Return to Hotel

Dinner at Your Leisure

Day 6
Have a Safe Trip Home!
Thank You for Joining Kitchens of the World Seoul 2019.

See You Somewhere Around the Globe in 2020!