

# Suseong Donguibogam Cuisine School

## Curriculum of Suseong Donguibogam Cuisine School/ 10 weeks

- ✓ Learning about principles of Yin-Yang and Five-Elements of the Donguibogam
- ✓ and efficacy of ingredients and making food according to what has learned
- ✓ 1 hour of Theory lecture by a Korean medicine doctor + 2 hours of Cooking

### ★ There are three options you can apply ★

1. [Full course] October 15, 2022 ~ December 17, 2022 / 10 weeks / 100,000 KRW
2. [First half of the course] October 15, 2022 ~ November 12, 2022 / 5 weeks / 50,000 KRW
3. [Second half of the course] November 19, 2022 ~ December 17, 2022 / 5 weeks / 50,000 KRW

Week	Date	14:30 ~ 15:20 with Korean Medicine Doctor	15:30 ~ 17:30 with Korean Food Master
1	Oct. 15 (Sat)	Donguibogam and Sasang Constitutional Medicine 1	Japchae (잡채, Stir-fried Glass Noodles)
2	Oct. 22 (Sat)	Donguibogam and Sasang Constitutional Medicine 2	Bongchu Jjimdak (봉추찜닭, Braised Bongchu Chicken)
3	Oct. 29 (Sat)	Yin and Yang 1	Orijjim (오리찜, Braised Duck)
4	Nov. 05 (Sat)	Yin and Yang 2	Sukjihwangjaebokkeum (숙지황제육볶음, Stir-fried beef)
5	Nov. 12 (Sat)	The Five Elements 1	Tangpyeongchae (탕평채, Mung Bean Jelly Salad)
6	Nov. 19 (Sat)	The Five Elements 2	Danggui Bibimbap (당귀비빔밥, Bibimbap with Angelica)
7	Nov. 26 (Sat)	Supplementation and Draining 1	Samgyetang (삼계탕, Ginseng Chicken Soup)
8	Dec. 03 (Sat)	Supplementation and Draining 2	Bulgogi (불고기)
9	Dec. 10 (Sat)	Dietary Guidelines	Kimchi (김치)
10	Dec. 17 (Sat)	Conclusion	Baechu Doenjangguk (배추된장국, Cabbage Soybean Paste Soup)

- ✓ English interpretation will be provided.
- ✓ The schedule can be change or cancel to prevent the spread of COVID-19.

**Size of Class** 15 persons

**Tuition** Full course 100,000 KRW/person, Half course 50,000 KRW/person

Recipe and ingredients will be provided.

### ★ Tuition Fee Refund Policy ★

- |   |                              |
|---|------------------------------|
| - Before the opening day  | Full refund                  |
| - From the opening day to one day before the half of the course you applied | 50% refund                   |
| - From the day of the half of the course you applied                        | Tuition fee is not refunded. |

**Venue** Momyeongjae Korean Traditional Culture Center

13-5 Dalgubeol-daero 527-gil, Manchon 2(i)-dong, Suseong-gu, Daegu

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**Application Link** <https://forms.gle/ddzZkk6HUPSPQbe48>



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