

Momyeongjae Korean Traditional Culture Center's Education Course

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-friend 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** ★

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|---|-------------------------------------|
| - 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
 대구광역시 수성구 달구벌대로527길 13-5 모명재 한국전통문화체험관

Contact 053-666-4916

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



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