

← STAPLE HERE!



# ON KOREATOWN STORYTELLING PROGRAM

Koreatown Storytelling Program (KSP) is an *intergenerational, multilingual* and *multiethnic* oral history and digital media program that teaches ethnographic and storytelling techniques to high school students and elders to investigate cultural practices and racial, economic and health inequities in our community. KSP is a project of the Koreatown Youth and Community Center (KYCC), a multiservice nonprofit in Los Angeles, California that has served the limited-income immigrant population of Koreatown since 1975.

KSP promotes greater understanding and respect between generations and documents marginalized narratives for preservation in public archives while also cultivating wellness outcomes for all participants.



- Foodmaking as Cogenerational Social Healing
- Spotlight on Kimchi

# WELCOME TO STORYTELLING THROUGH RECIPES

This booklet explores a special project we are working on in Los Angeles's Koreatown. We turned to our older adult foodmakers to teach workshops and share their deep love and knowledge of kimchi making.

The project follows a simple structure. We invite a community elder to lead a workshop on a dish that is meaningful to them and their community, organize a time and place for youth participants to cook alongside that elder, and record their stories and insights along the way. We even grocery-shop together!

Through this activity, our younger participants engaged with their community elders to learn about their own neighborhood's culinary history, ingredients, methods and traditional practices. For both the elder and youth participants, it was a healthy and healing endeavor.

Because this project is an important way to connect across language, ethnicity, and generations, we are including information on how you can do this in your own community. The next few pages of this booklet provide some necessary "ingredients" for cultural preservation.

Beyond the instructions, you'll find a recipe for kimchi shared by Mrs. Lucia Jeong, one of our first elder foodmakers to lead a workshop. Along with the recipe, we've included a section on the history of kimchi by one of the youth participants, an introduction to Mrs. Jeong through a short story she shared, and some helpful tips and tricks for cooking that she shared during the workshop.

맛있게 드세요  
WE HOPE YOU ENJOY.

“Cooking with elders is a sacred practice. Getting to experience that with Koreatown elders was a beautiful experience. Hearing them talk about their steps in the recipes made me think about what the process was like among other generations to preserve that. It made me realize that even a recipe such as making kimchi can hold a story within itself.”

**KIMBERLY ESPINOSA,**  
KSP Youth Participant



# A RECIPE FOR CONNECTION

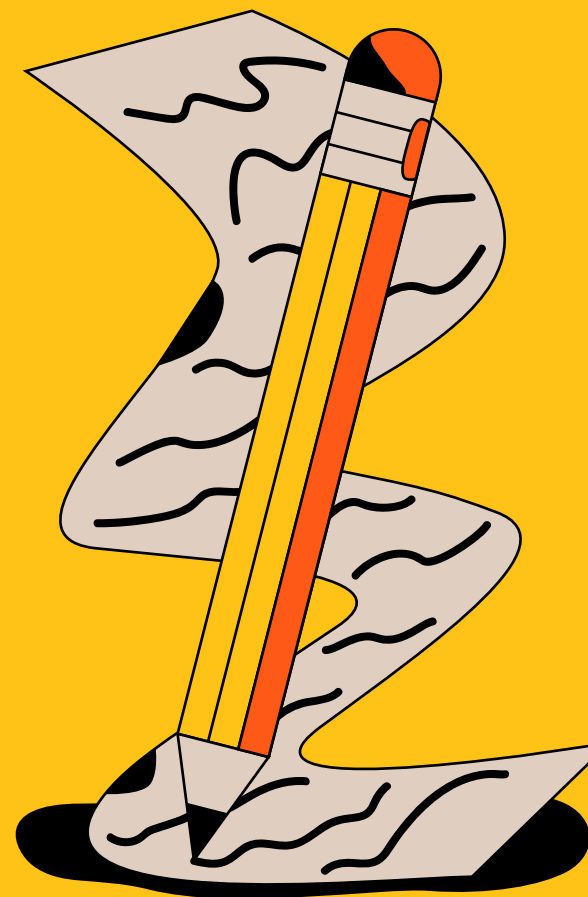
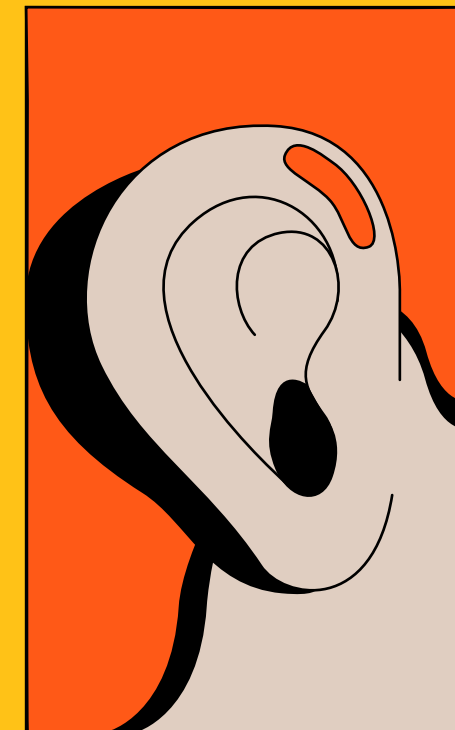
If you would like to do this in your own community, we encourage YOU to join us in this foodmaking endeavor. Here are some of the “ingredients” you’ll need to do this on your own:

1. Partner with an older adult in your community who wants to share this experience with you and has a special recipe to share.
2. Work with your partner to pick a favorite dish from your family, neighborhood, community or culture.
3. Select a date and place to cook together.
4. Spend some time preparing to cook with one another. Consider what questions you may want to ask, what stories you may like to share, and decide whether or not you’d like to record your time together.
5. Collect the ingredients. Did you go to a special market? Were the ingredients easy to find? Did you come across any other ingredients that piqued your interest?
6. Converse while cooking and eating together about helpful tips, methods and practices for the recipe, as well as history and personal stories related to the dish.
7. Create something to remember your time together and share some of your experience with others.

# COOKING AS SOCIAL HEALING

At KSP, we record and document the conversations that we have with our older adult narrators. It can be incredibly meaningful to share stories and memories—whether you are the listener or the storyteller. Our elders come to realize that their life experiences are of great interest to the younger generation, and the students learn about history and social issues, firsthand. These reflections and exchanges are deeply healing.

If you’re looking for questions that you can bring into this experience, here are some questions that you can ask your partner about the dish you are making.



1. Where and when did you learn how to make this particular dish? Can you describe what the scene in that kitchen was like?
2. Why is this food special to you? What is your favorite memory of enjoying this food?
3. Is this food part of a special ritual, holiday or celebration? If so, please describe!

# A BRIEF HISTORY OF KIMCHI

By Ava Mc Collum,  
KSP Youth Participant

First documented during the Goryeo Dynasty (912-1392), kimchi has remained a beloved staple and tradition in Korean food, and its cultural reverberations have created a rising appreciation in countries around the world.

There are over 200 kinds of kimchi, including kkakdugi (diced radish kimchi), baechu kimchi (napa cabbage kimchi), and oi sobagi (cucumber kimchi).

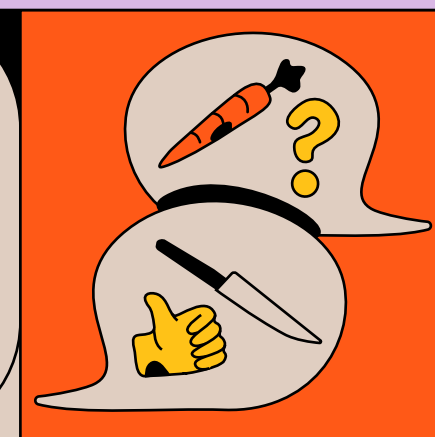
So what is kimchi, and how is it made? Let's take baechu kimchi. Similarly to the production of sauerkraut and dill pickles, the napa cabbage undergoes lacto-fermentation. The cabbage soaks in a brine to remove harmful bacteria, and then the helpful bacteria converts sugars into lactic acid. Both of these processes contribute to the tangy, zesty flavor characteristic of kimchi.

Made with garlic, ginger, sugar, shrimp paste (or fish sauce), gochugaru, daikon radish, and scallions, its piquancy contributes to the ubiquitous popularity in Korea and around the world. Kimchi is largely used as a side dish in combination with main Korean dishes, such as soondubu (soft tofu stew), samgyeopsal (grilled pork belly), and jjajangmyeon (thick noodles in black bean sauce).



“I felt really connected to my culture because I was able to learn the traditional process of learning how to make something I eat almost every day. Even though I couldn't understand some of the Korean, I still felt really engaged and connected to the elders because of our shared love for kimchi. It is these communal experiences that bring our communities together, regardless of age or language.”

**ABBI PARK,**  
KSP Youth Participant



# INTRODUCING MRS. LUCIA JEONG

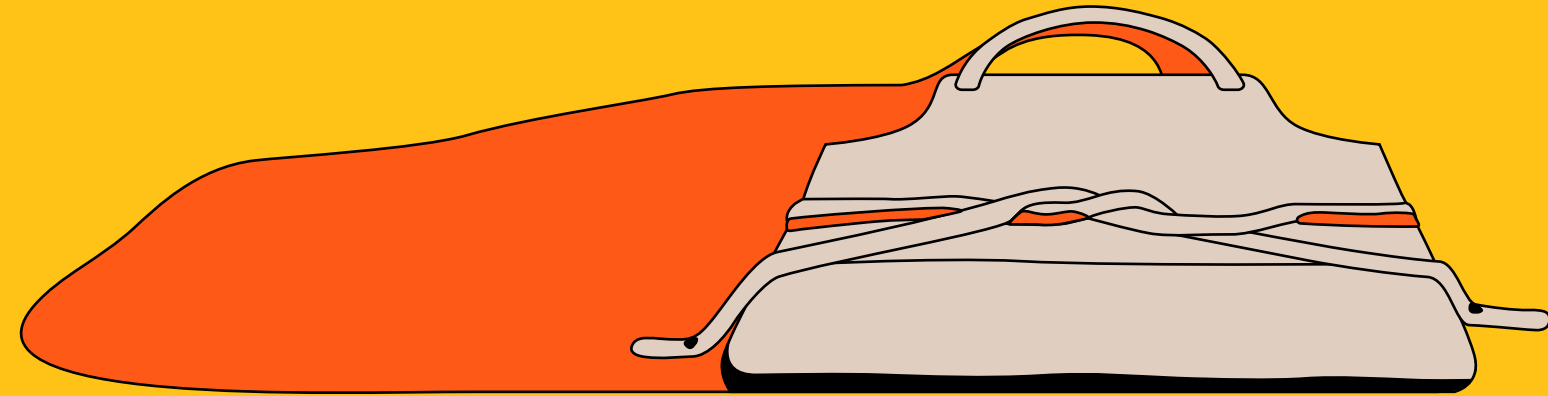


Mrs. Lucia Jeong is one of our local traditional Koreatown foodmakers. She led a workshop teaching our younger participants how to make *baechu kimchi*.

While leading the workshop and cooking with the youth participants, Mrs. Jeong shared some foodmaking memories with us.

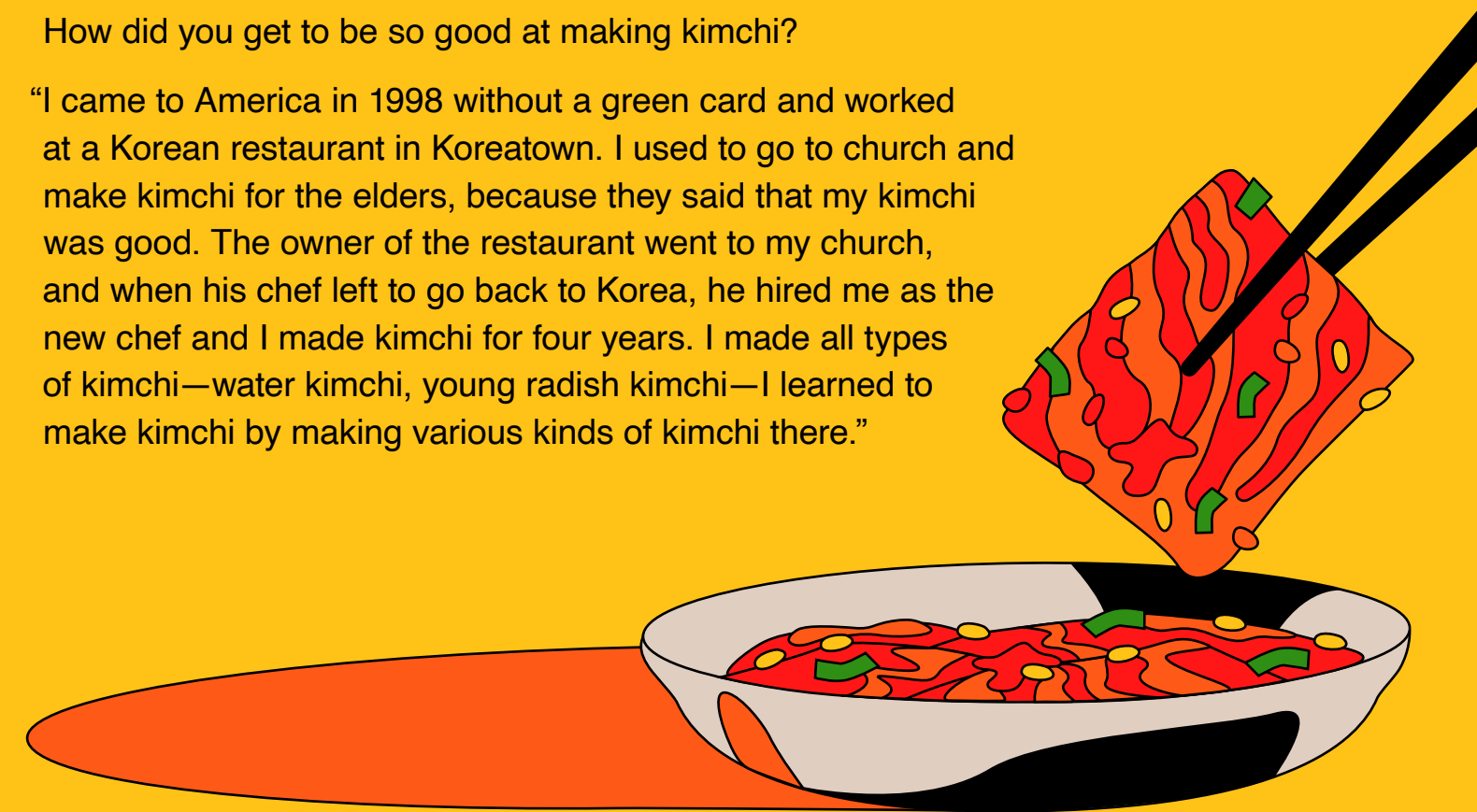
What are your earliest memories of kimchi?

“My mother was the eldest daughter-in-law working at a kimchi store. She would put on a white apron, a long one, and make kimchi every day. After school, we would ask her, “Is it good, Mom?” and open our mouths, and she would put a piece of kimchi in each of our mouths.”



How did you get to be so good at making kimchi?

“I came to America in 1998 without a green card and worked at a Korean restaurant in Koreatown. I used to go to church and make kimchi for the elders, because they said that my kimchi was good. The owner of the restaurant went to my church, and when his chef left to go back to Korea, he hired me as the new chef and I made kimchi for four years. I made all types of kimchi—water kimchi, young radish kimchi—I learned to make kimchi by making various kinds of kimchi there.”



What follows is her recipe, along with some tips and tricks she shared along the way.

# INGREDIENTS



Napa Cabbage



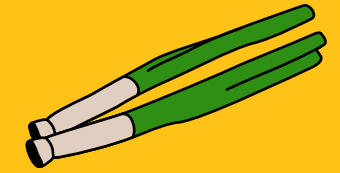
Mustard Leaf



Red Pepper Paste



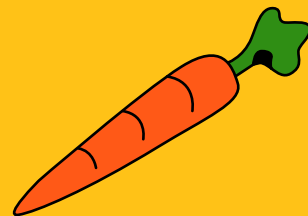
Ginger



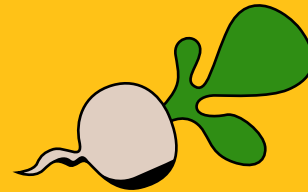
Green Onion



Garlic



Carrots



Radishes



Red Crab Sauce



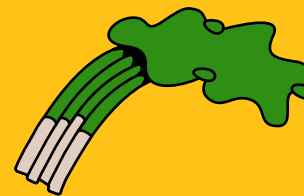
Pear



Yellow Onion



Glutinous Rice Powder



Water Parsley



Coarse Salt



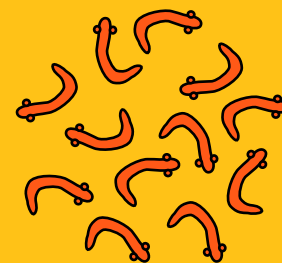
Brown Sugar



White Sugar



Red Pepper Powder



Salted Shrimp



Chives



Chef Hat  
**(OPTIONAL)**

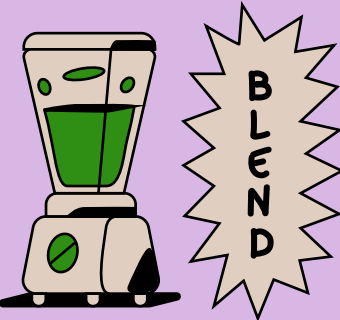
# RECIPE

## THE NIGHT BEFORE

10h-11h



Red Pepper Paste (Kimchi Jang)  
This must sit for 10-11 hours!



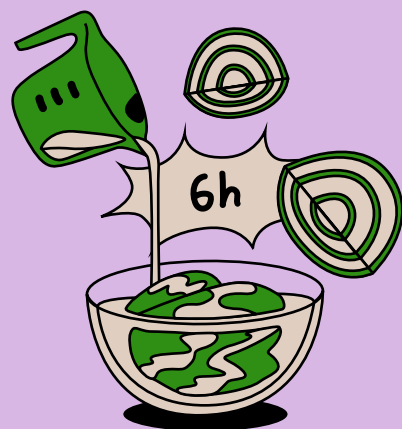
Blended Mixture  
In a blender, add pear, onion, ginger, and a bit of water.  
Blend until chunky or smooth.

- Ginger (1.5 inch piece, a little knob)
- ¼ yellow onion
- ¼ Asian pear
- ¼ c water



Rice Porridge  
Combine water and sweet rice flour in a pot. Mix over medium/low heat until it bubbles. Add sugar to dissolve and let cool. In a mixing bowl, add the blended mixture, minced garlic, fish sauce, fermented salted shrimp, and red pepper flakes. Mix well until a paste is formed.

- 2 c water
- 2 Tb sweet rice flour
- 2 Tb brown sugar
- 2 Tb red crab liquid/fish sauce
- 1 Tb salted shrimp
- 1 Tb minced garlic
- 1 - 1½ c red pepper powder
- 1 Tb coarse salt



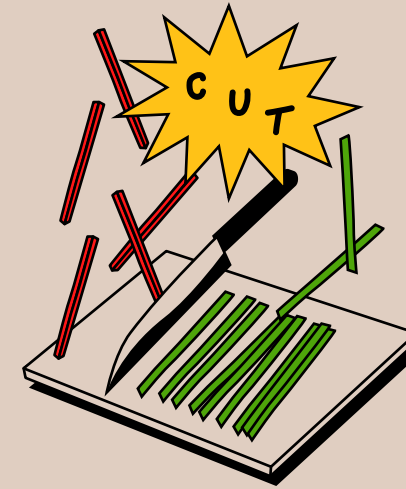
Brining Cabbage  
This must sit for around 6 hours. If you over-brine, the cabbage will be too salty!

After cutting/splitting cabbage into quarters, spread salt over individual leaves and soak in water in an extra large mixing bowl.

- ¼ c coarse salt
- 2 heads napa cabbage

# SPREAD

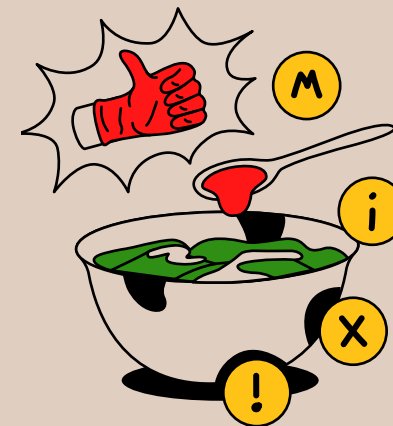
## THE DAY OF



Vegetables

Thinly julienne carrot, mustard leaves, water parsley (미나리) chives, green onions, and radish.

- 1-2 Carrots → matchstick length
- 4-5 stalks of green onions → thin diagonal slices
- 1 Bundle of Asian chives (buchu) → matchstick length
- 1 Bundle of water parsley (minari) → matchstick length
- 1 daikon radish → shredded into long strips



Final Mixing

Helpful tip: Use rubber gloves or disposable kitchen gloves!

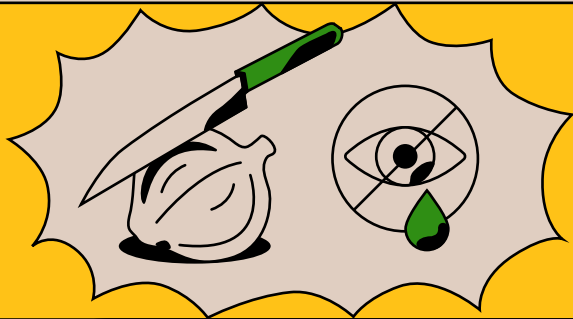
Mix your cut veggies in a large mixing bowl with the red pepper paste. Stuff the veggie mixture in your salted napa cabbages. Layer the mixture throughout each individual leaf. Let ferment.



When is kimchi ready?

It's all a matter of preference! Some people prefer their kimchi "raw" and eat it the first few days after stuffing. Others prefer the kimchi more fermented and don't eat it until after the third day.

# LUCIA'S TIPS AND TRICKS



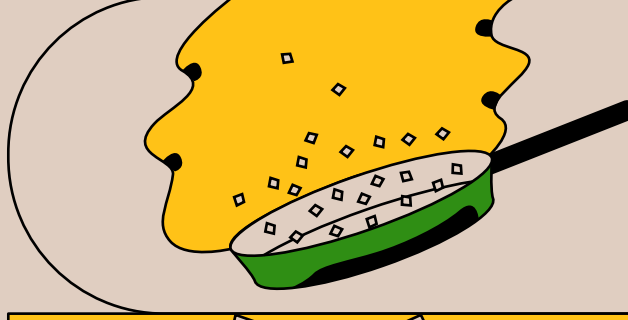
If you make a slight cut first and peel an onion quickly, you won't cry.



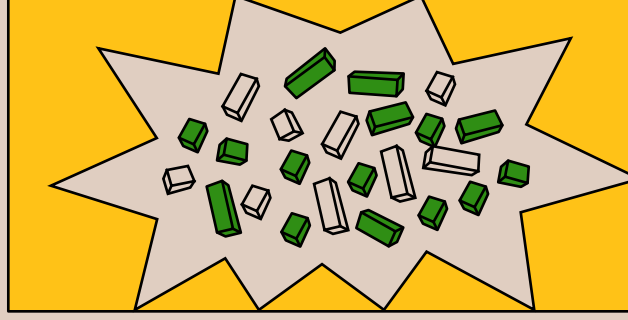
If there is any chili sauce left, don't throw it away. Put it in a ziploc bag, stick it in the bottom drawer of the fridge, and use it to make fresh kimchi the next time!



When you brine the cabbage, add a small amount of salt and let it sit for 10-11 hours.



When using coarse salt, if you stir-fry it a little in a frying pan, it tastes better—less salty.



Do not throw away the stems of the onion and green onion, but save them to use to make an anchovy broth for soup.

# THANK YOU!



Thank you! We hope you've enjoyed learning more about this project and that you feel inspired to partner with someone in your community to cook together and connect along the way.

If you'd like to share some pictures of cooking with someone as well as the recipe you chose, we'd love to see them. Please tag us on social media at: @kyccla and hashtag #koreatownstorytellingprogram.

And if you're interested in learning more about KSP and keeping up with our work, please follow us at [www.koreatownstorytellingprogram.org](http://www.koreatownstorytellingprogram.org).

For the 2022-2023 program, KSP is exploring K-Town ♥ Food! From Koreatown's famous KBBQ spots to Guatemalan traditional street food, we will interview the foodmakers, servers, small business owners and gardeners who make and inspire our community to be a national culinary treasure.

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