#### **Traditional Table Setting**

Educator Workshop Aug.23.2014



## Table setting for Korean Food

- All dishes are served on one table at the same time in a specific arrangement.
- The basis of the table setting is for one person.
- Regular table('Sang'상) settings are classified as -Bapsang (regular dining table)
  - -Juksang (porridge table)
  - -Myeonsang (noodle table)
  - -Juansang (liquor table)
  - -Dagwasang (snack table)
  - -Gyojasang (large dining table)

## Table settings for Korean Food

- -Bap & Guk (main dishes) basic table setting features cooked rice & soup as the main dish
- -Banchan (side dishes) are arranged according to the cooking method, ingredients, colors, and temperature of the food with emphasis on balance
- There are 3, 5, 7, 9, and 12-dish table settings according to the number of side dishes.



3-dish table setting

5-dish table setting



7-dish table setting

9-dish table setting

#### Table settings for Special Occasions

- Baek-il sang (100<sup>th</sup> day celebration)
- Dol sang (1<sup>st</sup> Birthday celebration)
- Honrye sang (Wedding celebration)
- Hwan-gap sang (60<sup>th</sup> Birthday celebration)
- Jesa sang (Korean ritual ceremony)



#### Jesa Table Setting

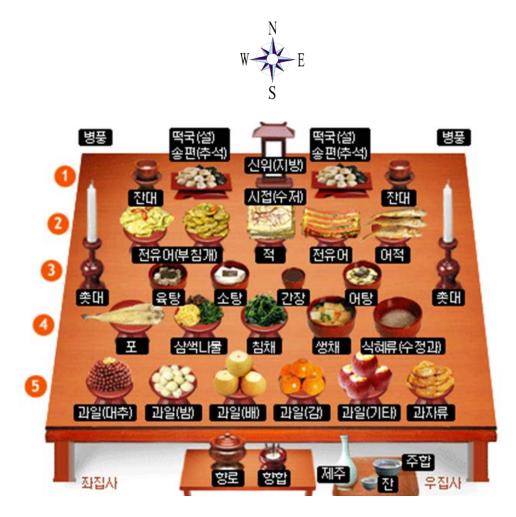
- Jesa is a memorial ceremony for the dead.
- Jesasang varies depending on each family, the fundamental form of the table setting comes from the 'Juja Garye' manual of practice in daily life of Confucianism.
- The types include: Myoje (묘제): held at the grave Sije (시제): held every season Charye (차례): held on major holidays - Lunar New Year's Day
  - Chuseok (Korean Thanksgiving day)
- It is one of the few traditional ceremonies that Korean people still follow faithfully, regardless of religions. In fact, in a family life Jesa is as important as a birthday.
- Certain specifies are abbreviated for the convenience of the modern people.

# Guidelines from Juja Garye

Basic Rules of Jesa table setting from 'Juja Garye'

- Go-bi-hap-seol (考妣 合 设): Set a table together, if ancestors are husband and wife
- Si-jeop-geo-jung(匙 楪 居中): Place the spoon in the center of the bowl that is placed in front of the ancestor tablet.
- Ban-seo –gaeng-dong (饭西羹东): Rice to the west and the soup to the east (vice versa for living people)
- Jeok-jeob-geo-jung(炙楪居中): Place grilled dish in the center.
- Eo-dong –yuk-seo(鱼东肉西): Fish to the east, meat to the west.
- Dong-du-seo-mi(东头西尾): Fish are placed head towards the east, tail toward the west.
- Bae-bok-bang-hyang(背腹方向): Roast chicken and fish spine is facing up.
- Myen-seo-byeong-dong(面西餠东): Noodles to the west, rice cake to the east.
- Suk-seo-saeng-dong(熟西生东): Cooked vegetables to the west, kimchi sets into the east.
- Seo-po-dong-hae (西脯东醢): Beef jerky to the west, fish paste and rice punch is to the east.
- Hong-dong-baek-seo (红东白西): Red colored fruit is placed to the east, white colored fruit is placed to the west.
- Dong-jo-seo-yul(东枣西栗): Dates are in the east, and chestnuts are set in the west.

- The first row is for the main dish.
  - -Rice, rice cakes, and soup. Pile the rice high so it looks like a mound is sticking out of the bowl.



- The second row is for protein or heavy banchan(side dishes).
  - Pick a type of protein and grill it.
  - Fish, the head should point toward east.
  - Poultry, remove the head, intestines and feet.

The grilled meat/fish is usually paired with pancakes (전) of some kind.

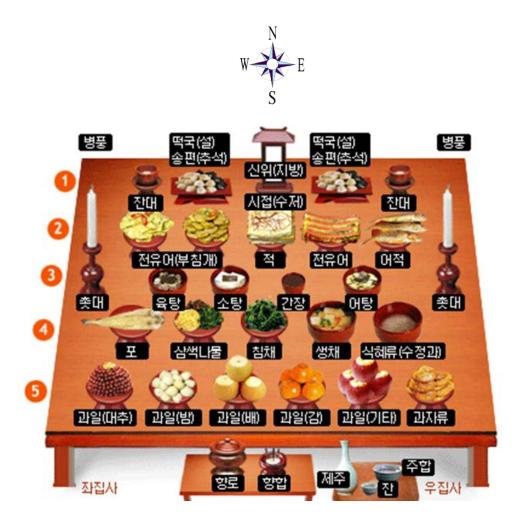


- The third row is for soups.
  - Odd numbers of different kinds of soup.
  - The soups are differentiated by ingredients.

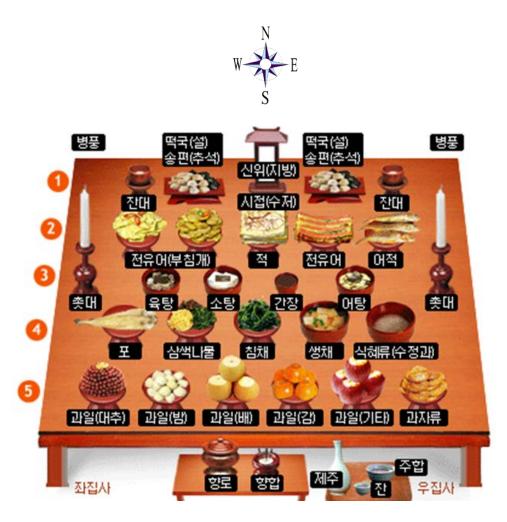
Usually a small dish of soy sauce is also placed for seasoning.



- The fourth row is for light banchan (side dishes)
  - Dried fish (usually cod) & sautéed vegetables.
  - Salted or fermented fish products
  - Kimchi



- The fifth row is for fruits and desserts.
  - Four or more fruit
  - Add more fruit (for family preference)
  - Traditional cookies and desserts are placed to the east



- Additional rules
- Use newly harvested rice and fruit
- Liquor (Cheongju) is always included
- Taboos
  - spices
  - spicy vegetables
  - garlic, chives, scallion & chili pepper
  - Peaches



#### Set your own Jesa-sang





- Jesa Wikipedia, the free encyclopedia <u>http://en.wikipedia.org/wiki/Jesa</u>
- How to hold Jesa http://askakorean.blogspot.com/2010/09/how-to-hold-jesa.html
- Table setting
  <u>http://english.visitkorea.or.kr/enu/index.kto</u>
- A Korean style table setting <u>http://www.korea.net/NewsFocus/Culture/view?articleId=72871</u>