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Korean Food and Foodways

The Root of Health Functional Food

Authors: [Cherl-Ho Lee](#)

Discusses details of Korean traditional food categories

Elaborates on fermented foods (e.g., grain wine, kimchi, jeotgal, and soybean sauces)

Inspires future contributions of Korean food concepts and Traditional Eastern Medicine

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About this book

This book offers an excellent introduction to Korean functional foods and shares latest important information for food scientists and nutritionists, including accurate, up-to-date information on Korean food science together with background information, archeological findings, as well as food methods and research on Korean fermented foods (e.g., grain wine, kimchi, jeotgal, and soybean sauces). It also discusses historical backgrounds and manufacturing method details of traditional food categories, such as rice cakes, sweets, fermented sauces, and alcoholic and non-alcoholic beverages, and helps us understand the full science behind Korean traditional food. This book elaborates on the various changes in food culture brought about by recent updates, and inspires future contributions of Korean food concepts, particularly regarding the latest research on the intersection of food and Traditional Eastern Medicine. While the book will be particularly valuable for researchers and scholars interested in specifics in food science, it will also appeal to traditional medicine researchers seeking new knowledge for current functional foods.

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Keywords

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About the author

Cherl-Ho Lee, Emeritus Professor at Korea University.

Cherl-Ho Lee has been teaching food engineering and food preservation at Korea University since 1979. He graduated from Korea University, Department of Agricultural Chemistry, and served in the Korean Army as an ROTC artillery officer (1967–1969). He received his Ph.D. at the Royal Veterinary and Agricultural University of Denmark (1975) and was postdoctoral research associate at MIT, Cambridge, USA (1975–1979). He was project coordinator of the Fish Fermentation Technology Network of United Nations University (1985–1987) and project director of Industrialization of Lactic Acid Fermentation Technology of Cereals and Its Dissemination to the Developing Countries for UNIDO (1987–1992), and has conducted the International Course for Food Fermentation Technology at Korea University (1991–1992). Professor Lee was the producer of Korean Dietary Culture Films (Korean sweets, rice cake, non-alcoholic beverages, alcoholic drinks, kimchi, and soybean sauce) (1985–1998). He chaired the ICGFI

Workshop on Harmonization of Procedures and Regulations on Food Irradiation for Asia and Pacific held in Seoul (1998). He was the secretary general of the 11th IUFOST World Congress of Food Science and Technology, which was held in Seoul 2001. He co-chaired the KCIST-2006 on Nutrigenomics held in Muju and chaired the 15th Session of FAO/WHO Codex Coordinating Committee for Asia held in Seoul in 2006. He was president of the Korean Society for Food Engineering in 2003–2004, president of the Korean Society of Microbiology and Biotechnology, president of the Korean Federation of Microbiology Societies in 2005, president of the Korean Society of Food Science and Technology, and president of the Federation of Korean Food Related Societies in 2007. He was the president of ILSI Korea from 2004 to 2010. Professor Lee has been a member of the Korean Academy of Science and Technology since 1999, and a member of the International Academy of Food Science and Technology since 2003. He was selected as a Fellow of the Institute of Food Technologists, USA, in 2010. He was awarded the Order of Civil Merit – Seongnyu Medal (1998) and the Order of Service Medal – Red Stripe (2009) from the Republic of Korea. After his retirement from Korea University in 2010, he established Korea Food Security Research Foundation, and served as the chairman of the Foundation until 2020. He has published over 250 research papers and 30 books in food science and technology and food security.

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