

Cold Noodles (Naengmyeon)

In Korea, we have two main types of standard noodles: Cold Noodles and Kalguksu.



In the past, Cold Noodles, by being pushed out from an extruder, were popular in the north where buckwheat is harvested, while Kalguksu, knife-cut noodles, was mainstream in the south, where wheat is grown. Now you can enjoy both types in any town in Korea. They contrast not only in the way they are prepared, but also in their taste and the way they are presented served.

In this newsletter, I will talk about Cold Noodles.

Cold Noodles have existed since the Joseon Dynasty (1392-1910). They originated in the region that is now North Korea.

It is said that they were brought to South Korea by people from the north who fled to the south when the Korean War broke out in 1950.

It was originally a dish eaten in a warm ondol room (a Korean room with floor heating) during cold winters.



Some fans enjoy a custom called 'Seonjuhmyeon'; they drink alcohol while eating steamed meat, pindeotteok and mandu dumplings before having Cold Noodles.

There are several types of Cold Noodles.

Mul-Naengmyeon originated in Pyongyang. Mul means "water." The dish consists of firm noodles with seasoned meat, boiled eggs, kimchi, shredded egg crepe, pears, etc. arranged on top. It is completed by pouring a clear and light iced soup made from a combination of meat broth called yuksu and juice

from radish water kimchi called dongchimi over all the ingredients.

Bibim Naengmyeon originated in Hamheung. Bibim is a word that means "mixed."

The Cold Noodles are topped with boiled eggs, shredded cucumber, fish sashimi slices dipped



in yangnyeom. We mix its ingredients well before eating.

Jinju Naengmyeon is characterized by its seafood soup, thick and chewy noodles, and a garnish of finely chopped egg rolls and beef chijimi .

Please give them a try!

Information from Nerima City Regional Promotion Section

<Welcome to Information Desk at Cultural Exchange Square>

We provide all sorts of useful information in some languages for your daily life, including Japanese language classes and so on.

【Venue】 3-1-1、Hikarigaoka, Nerima City

【Telephone number】 03-3975-1252

【Open】 Weekday 10:00a.m.-1:00p.m.

Saturday, Sunday, holidays 1:00-4:00p.m.

※Closed: When Culture Exchange Square is closed, and the end of year and new year holidays.

【Languages】 English : Tue. Thu. Sat. Chinese: Wed. Fri. Sun.

Korean : Mon. ※Please make inquires for other languages.

<Please visit the Information Desk at Nerima City Office>

Counseling service in English, Chinese, Korean, Tagalog and Japanese is available at Nerima City Regional Promotion Section. Counseling on phone is also available.

【Venue】 Regional Promotion Office, 9th floor of Nerima City Main Building
6-12-1, Toyotamakita, Nerima City

【Telephone Number】 03-5984-4333

【Open】 1:00p.m.-5:00p.m.

【Languages】 English : Mon.~Fri. Chinese : Mon.~Fri.

Korean : Fri. Tagalog : Mon.

※For other languages, please make inquiries.

We hold events where Japanese and foreigners can interact with each other.

For more information

【Nerima City Official HP】

<https://www.city.nerima.tokyo.jp/gaikokunohitomuke/bunka.html>

【QR】



Nerima City Office
Regional Promotion Section
〒176-8501 6-12-1, ToyotamaKita,
Nerima, 9th floor,
Nerima City Main Building
Phone: 03-5984-4333
Email: CHIIKI17@city.nerima.tokyo.jp

Edited by Nerima Cultural
Exchange Square
(Hikarigaoka3-1-1)
Staff: Muraki Naoko (English)
Yukie Sato (Chinese)
Seo Kisook (Korean)