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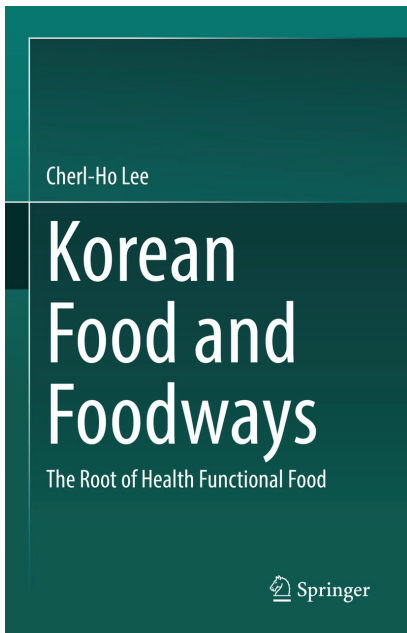
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이 책은 서양보다는 100여 년, 일본이나 중국보다는 반세기 늦게 1960년대 이후에야 본격적으로 시작된 우리나라 고고학 발굴과 최근의 한국 고대사 연구 성과들을 참고하여 역사시대 이전의 한국음식의 원류를 찾으려고 노력했다.

1만 년 전부터 한반도의 토기문화에서 시작된 음식문화가 한민족의 영욕의 세월 동안 어떻게 성장했으며 다가오는 21세기의 세계 문명에 어떻게 기여할지를 예측했다.

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C. Lee

Korean Food and Foodways

The Root of Health Functional Food

- 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

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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