

A Comparative Study of Chinese and Korean Food Culture

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Abstract: China has a history of five thousand years and has gradually formed its own unique traditional food culture in the development and precipitation of history. The spread of ancient Confucian culture in the world has deeply influenced the food culture of other countries, and neighboring Korea is no exception. Therefore, this paper starts with the representative food culture characteristics and dining etiquette of the Han nationality in China and the Korean nationality in South Korea, compares and discusses the similarities and differences of the food culture of China and South Korea, and deepens the understanding of the food culture of each other, so as to help the people of China and South Korea to communicate and cooperate more effectively.

Keywords: China; Korea; Food Culture; Dining Etiquette; Compare.

1. Introduction

In all kinds of material culture, food culture is undoubtedly the most concerned culture, it's also an important part of People's Daily life. With the development and progress of society, the living standards of the Chinese people have been significantly improved, and people's dietary requirements have gradually risen from the level of food and clothing to the level of health and beauty. That's why Chinese people often say that "food is the priority of the people". South Korean people also pay attention to food culture, Korean people often say "금강산도 좋아보이기위해꼭차야했다. (Even Mount Kumgang has to be full to look good)". China and South Korea, separated by a strip of water, have had frequent exchanges since ancient times. The food culture and dining etiquette of the two countries have many similarities, but at the same time, they also have their own characteristics.

2. Cultural Characteristics of Chinese and Korean Food

Both China and South Korea are cultural powers and belong to the East Asian cultural circle. The history of the two places is quite deep, as early as 372 AD Confucianism was introduced into South Korea, since then, South Korea's politics, economy, culture and other aspects have changed a lot. With the development of history and the progress of modern science and technology, cultural exchanges between countries have become more frequent than before, and food cultures have also collided with each other, becoming more distinctive and colorful.

2.1. The Historical Background of Chinese and Korean Diet

China has a long history with vast territory and abundant resources, and food culture has always occupied a vital position in Chinese culture. For the relevant content of China's food culture, it is recorded in the Book of Rites during the Western Han Dynasty, and it is linked closely to health care. The ancients use food to make delicious cuisine, make full use of its nutritional value to protect their body and

prevent disease. It has often been said that "The desire for food and sex is part of human nature", it can be seen that Chinese people have always attached great importance to diet. As time goes on, Chinese food with its diverse food sources, unique cooking methods and profound cultural heritage has become famous all over the world and has reached a higher level.

South Korea is also a country that attaches great importance to food culture, Korean food is delicious and unique. The diet of the Korean nation has been developing continuously for more than one thousand years and has gradually formed a food culture with its own national characteristics, and South Korea still retains the diet style of the Korean era. Koreans are very particular about the diet, that "food is one of the five blessings", its diet is also deeply influenced by the traditional Chinese diet "Yin and Yang five elements" "diet therapy", They focus on the "five tastes" and "five colors" when cooking dishes, "five tastes" means sweet, sour, bitter, spicy and salty, respectively corresponding to white, green, red, black and yellow colors. The most common staple food eaten by Koreans is rice, which is eaten together with kimchi, miso soup and seafood. Korean traditional food has also swept the world with the broadcast of some popular Korean dramas and variety shows, blowing up a strong "Korean wave" trend.

2.2. Regional Characteristics of Chinese and Korean Diet

China is a country with complex and diverse terrain, the overall trend is high in the west and low in the east, and the climate varies from place to place. On this basis, it has produced a variety of different food cultures and habits. Topography affects diet, so that people in the south like to eat rice, and people in the north like to eat noodles. The growth of rice needs higher temperature and sufficient precipitation, the southern latitude is low and the terrain is less undulating, so it is suitable to grow rice in the south rather than the north. In addition, people in different regions have different eating habits. For example, in Sichuan, Hunan and other areas, these places are very humid, people there cannot remove the moisture, and then they could eat spicy food to remove the humidity. Eating spicy food can not only remove moisture but

also warm up the body. People in Inner Mongolia like to drink salty milk tea very much. The Mongolian Plateau is the hometown of nomads and the birthplace of milk tea. There are more beef and mutton in Inner Mongolia, and the weather there in winter is extremely cold. So, they would bring dried beef and mutton and milk tea when they grazed. Salty milk tea can quench their thirst and replenish their energy, it can be said to be the energy supply station of Inner Mongolia people. Based on the examples, we can see that the emergence of different food cultures is related to climatic conditions, geographical locations and other factors. The most representative of Chinese diet is the well-known "Eight cuisines", which are based on the unique eating habits and preferences of people in different regions, and can be divided into "Guangdong cuisine, Sichuan cuisine, Shandong cuisine, Fujian cuisine, Zhejiang cuisine, Hunan cuisine, Anhui cuisine and Jiangsu cuisine", they have their own flavors and characteristics. Taking Sichuan cuisine as an example, dishes in Sichuan region pay attention to the characteristics of spicy flavor, such as typical dishes "hot pot" and "Mapo tofu". In addition to these eight cuisines, there are also Northeast cuisine, Shaanxi cuisine, Shanghai cuisine, Taiwan cuisine, ethnic specialties and so on. The variety of cuisines also reflects the diversity and complexity of the national food culture.

South Korea is located in the south of the Korean Peninsula, it is a country with many mountains and hills, and there are four distinct seasons there. The climate of South Korea is subtropical monsoon and temperate monsoon, and the soil in South Korea is also very suitable for the development of agriculture, Primitive agriculture began in Korea as early as the Neolithic period, and the planting of rice was popularized gradually. Since then, the characteristics of grain-based diet culture were formed. Due to the differences in climate, terrain and local customs, there are also different diets in different regions, which also creates the unique characteristics of each region's food culture. There are more mountains in the northern part of South Korea, so it is mainly planted mixed grain in dry fields. In central and southern Korea, rice is mainly grown, so rice is the staple food of people in the northern region. For those who live in mountains region, it is difficult to buy fresh meat and seafood, so people will pickle or dry fish and eat it with kimchi and wild vegetables. There are many fishing grounds in the coastal zone, where people can eat plenty of seafood. For example, the main ingredients of Jeju Island diet are sea fish, vegetables, seaweed, and dajang. Located on fertile plains, Jeolla is rich in grains, wild vegetables and seafood. The natural geographical divide that has formed in Korea has led to the formation of similar but distinct traditional diets in each region.

2.3. General Characteristics of Chinese and Korean Diet

2.3.1. General Characteristics of Chinese Diet

Chinese diet is dominated by hot food and cooked food. Hot food and cooked food are related to the early civilization of the country and the progress of cooking technology. The ancient books "Lu's Spring and Autumn · Benwei" proposed that hot food can remove the smell of meat and be easier to digest. Such views have continued to today, whether in the north or the south, people are more inclined to eat cooked food. And people in China tend to drink boiled water, drinking mild water is also better for absorption.

There are many kinds of traditional Chinese food and

various cooking methods. China's food culture, with a wide range of recipes and exquisite cooking techniques, is deeply concerned by people all over the world. In China, the dishes are various, and the food in different places has its own flavor and characteristics. Even if you just walk into a small restaurant, there are dozens of dishes for customers to choose. At the same time, there are a variety of cooking methods, skilled chefs can rely on stir-frying, instant, fried, fried, fried, braised, stewed, smoked and other cooking methods to make different but delicious flavors.

We pay attention to the perfect combination of "color, fragrance, sense and shape" in food culture. In addition, Chinese also pay attention to the meaning and nutrition of food. The food can remind people of good meaning, it's especially important in birthdays, festivals and other special days. For example, eating longevity noodles on the birthday means living a long life, eat moon cakes (reunion cake) in Mid-Autumn Festival to celebrate reunion. Nutrition is the rational collocation of food to maximize the nutritional value of food. The traditional Chinese diet also changed according to seasonal changes, such as cooking cold and freezing food in hot summer days and stewing hot soup in the cold winter days. This also reflects the Chinese people's deep understanding and love for food ingredients.

2.3.2. General Characteristics of Korean Diet

The Korean diet is dominated by raw and cold food. South Koreans tend to have a natural diet that is mild and not overly processed. They eat raw ingredients to keep the original taste. In addition to soup and rice, most dishes in the Korean diet are cold dishes, such as lettuce, cucumber, sashimi, octopus and other ingredients. Vegetables and high-protein food are so much popular in Korea. Unlike Chinese people, South Koreans love cold drinks, such as ice water and iced Americano. Due to the climate and habits, they will always serve ice water in the restaurants of South Korea.

The staple food in Korea is rice and the non-staple food are soups and stews. Just like China, the Korean diet is divided into staple food and non-staple food. The Korean nation has always planted rice. In Korea's agricultural production structure, the proportion of rice cultivation is the highest, and the Korean people's favorite gimbap can be traced back to the earliest Korean dynasty, which is made of kimchi, seafood and a variety of sauces, rolled tightly and convenient to carry. Different from China, South Korea's non-staple food is mainly fermented food such as miso soup, kimchi, and food made of seafood such as fish and shellfish, which can ensure that the human body absorbs various required elements and balanced nutrition.

Korean cuisine has a variety of cooking methods and developed fermented foods. Although Koreans do not like Chinese people like stir-frying ingredients, their cooking methods are also very diverse, including marinating, steaming, boiling, cold mixing, frying, frying, stewing, stewing and other ways. Koreans love fermented food such as Kimchi. It is a traditional fermented food with great characteristics in South Korea. There is a saying goes in South Korea "김치가 없으면 먹을 수 없다". (You don't want to eat without kimchi), It also reflects the popularity of kimchi among Koreans. In daily life, Koreans also make kimchi in advance and store it in the refrigerator. When eating, they take out kimchi and eat it with soup, rice and dishes. The Korean government also attaches great importance to the cultural export of kimchi, and even set up a special "kimchi museum" to introduce the types, history, curing and preservation

methods of kimchi.

3. Comparison of Dining Etiquette between China and South Korea

China and South Korea are both countries that pay attention to etiquette, and dining etiquette is the most basic and most common among all kinds of etiquette. China's dining etiquette has formed a relatively complete system since Zhou Dynasty, which has a profound impact on the Confucian culture as the mainstream culture of the "Chinese character culture circle" countries. Our neighbor South Korea, its dining etiquette has also been subtly influenced by Chinese dining etiquette. However, due to the different climate environment, geographical location, living habits and the penetration of Western culture in modern times, there is a significant difference between Korean dining etiquette and Chinese dining etiquette.

3.1. Chinese Dining Etiquette

China has a long history and culture. As a country of rites and rituals, China attaches great importance to various etiquette cultures, especially food etiquette. It can be said that Chinese people are in the forefront of many rules of food etiquette in the world.

First, the seating arrangement reflects the sense of hierarchy. In Chinese dining, the seating arrangement is very important. Generally speaking, the seat far away from the door and facing the center of the door is the main seat, which is mainly for distinguished guests or people with the highest seniority. The chief guest and the deputy chief guest sit beside the main seat, and by the analogy of status, the person who sits closest to the door is generally serving the guests, and the status is slightly lower. When dining, there are certain requirements for various details.

Second, pay attention to the order of meals. There are also certain requirements for the order of eating, if it is two or more generations of people eating at the same time, they should start eating after the elders start eating, which is also a dietary etiquette handed down from ancient times. It is necessary to close the mouth and chew while eating, you should always pay attention to the elegance of eating and cultivate good dining habits.

Finally, avoid eating taboos. Chinese people generally eat with chopsticks, and the taboos in eating are reflected in the use of chopsticks. You shouldn't do these things while you are eating, for example, do not put the picked-up food back on the plate, do not beat the dish with chopsticks, do not pick on the plate, do not use chopsticks with rice grains and do not insert chopsticks into the rice. And do not use chopsticks to point at others, do not talk when there is food in your mouth, do not make a sound while eating soup or noodles.

3.2. Korean Dining Etiquette

Korean food etiquette is deeply influenced by Chinese Confucianism, and dining etiquette is one of the important ones. Although it is a little complicated, it is in the same vein with Chinese dining etiquette, and some dining etiquette is universal.

In South Korea, just as in China, seating arrangements reflect a sense of hierarchy. In South Korea, there are two types of dining options. One is to sit on a chair at the table to eat, it is influenced by the eating habit of western countries, and it is more popular among

young people, the disadvantage is that it cannot accommodate too many people. The seating rules are roughly the same as those in China, and guests are seated in order of age and seniority. While eating with elders or seniors, you should sit upright to show respect. The other is to sit on the ground and eat cross-legged on the floor, which is a more traditional way of eating, and older people are more inclined to this mode of eating. If sitting on the ground, men should sit cross-legged and women should sit with their right leg propped up. When taking tableware, it should be handed to the elders or elders first, and then to the younger generation.

In China and South Korea, the seating order and the etiquette of elders eating first reflect a sense of hierarchy and respect for elders. In terms of dining, South Korea mainly uses chopsticks and spoons, and the two have a clear division of labor, cannot eat with chopsticks, chopsticks can only be used to pick dishes. When chopsticks are not used to pick up food, it is traditional to place them on the right side of the table, and when eating with elders, wait until the elders put down their spoons and chopsticks before putting down their own. In addition, China and South Korea have always attached great importance to collective consciousness and advocated cooperation and unity. This is also reflected in the dining etiquette of the two countries, for example, both countries attach great importance to the speed of eating, they require people to eat together to wait for each other, do not eat too fast or too slow, the younger generation also have to wait for the elders to leave the seat after the meal and then get up to leave, pour water and toast to take care of everyone as much as possible, which vividly reflects the positive side of the eating etiquette.

4. Integration and Development of Chinese and Korean Food Culture

The wheel of history is rolling forward, and the traditional Chinese food culture is also changing and developing continuously. It can be said that "taking the essence and eliminating the dross". In the process of development, Chinese food has quietly influenced South Korea and other neighboring countries. Under the influence of China and the West, South Korea has formed a very distinctive national food culture. At the same time, South Korea's popular food culture has also imperceptibly affected the diet of Chinese youth. Chinese and Korean food culture are in the same vein but have their own characteristics. The following takes Chinese cuisine and lamian noodles as an example to make an introduction.

"Chinese cuisine", as the name suggests, is the food from China, but we can find that these "Chinese cuisine" and authentic Chinese food is still different, it is on the basis of the original Chinese food, improved and developed to suit the taste of Korean "Korean" Chinese food. The most popular "Chinese food" among South Koreans is jajangmyeon and sweet-sour pork (similar to the Fried Pork in Scoop of Northeast China).

With the release of popular Korean movies, TV series and variety shows, people are eager to try Korean kimchi, ramen, fried chicken and barbecue. Taking ramen as an example, there are many brands and types of Korean ramen, such as national instant noodles "Shin Ramen", nostalgic instant noodles with heavy soup flavor "Anseong Ramen", spicy "Turkey noodles" and so on, which are very popular with the majority of Chinese people.

The development of culture itself is a process of continuous

integration and continuous improvement, and the food culture is also the same, which develops in the collision of various food cultures and makes them full of new vitality. In this process, we can also better understand our own and others' cultures, so as to help spread Chinese culture or carry out cross-cultural communication activities in the future.

5. Summaries

The traditional food culture of China and South Korea is closely linked, and they have many similarities. South Korea is heavily influenced by Chinese culture, so it is similar to China in many aspects of food culture and etiquette. However, due to the geographical location, climate and other factors, Chinese and Korean food culture is also very different. Food culture can show the unique cultural characteristics of each nation, and it also reflect the cultural inheritance of each nation. From the comparison of the characteristics of food culture and dining etiquette between China and South Korea, we can feel the sparks of the two cultures in the historical evolution. We should also respect and deepen the understanding of each other's cultural etiquette, so as to realize further exchanges between China and South Korea and promote the friendly relations between the two countries.

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