

GANGJIN 

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### Nutritional health food of all people all year round that restores vigor

Chueotang has been the dish of autumn, but today, it has become the health food for all people all year round. Jeolla-do style chueotang is made by grinding loach with bones, added by rich amount of ground perilla seeds and dried radish greens. If you try putting rice into the nutty and spicy soup and enjoy with kimchi, you'll never forget the taste in your whole life.

Chueotang has been enjoyed by our ancestors to relieve hang over and to restore vigor among people of all age and gender. Also, because loach is consumed with bones, it is high in potassium. Vitamins A and D in the intestines are effective for maintaining bone health and preventing osteoporosis in growing children. Vitamin A relieves stress of eyes and helps improve eye sight.



Chueotang



Deep-fried Loach



Pan-fried Loach





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