

GANGJIN 

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### Gangjin's traditional health food full of rejuvenating nutritions

This health food was born in the Joseon Dynasty in Gangjin with abundance of fisheries products and meat. It is made by boiling down chicken, octopus and abalone in stock made of 12 medicinal herbs including siberian ginseng, Korean angelica root, oriental raisin tree and mulberry. It is known to get younger like the spring comes if you eat rejuvenation stew.



Abalone



Chicken



Octopus

Gangjin rejuvenation stew is a folk dish from Maryang Port with abundance of fresh fisheries products. It has a fun name of rejuvenation and has a story related with Madojin, a historic site of Goryeo Dynasty. Because the stew is made by boiling octopus, abalone and chicken in a stock of boiling down 12 medicinal herbs without adding salt, it is characterized by high nutrition and excellent texture.





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