

Spicy Korean tofu soup: Sundubu

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2016ZZ007

28th April 2016

The best food in Korea is probably spicy tofu soup, known locally as 'sundubu'. This food is popular in Seoul. Recently, there are many health concerns, especially as people's diets contain unnatural chemicals that can cause cancer [1]. Therefore, it is better to make our own healthy food. Spicy tofu soup is a simple, nice recipe that anyone can make. It is made with tofu, vegetables, mushrooms, chili sauce, and sometimes with seafood [2]. It is usually served in a heavy stone pot, and so it is great to have on a winters day. According to Wikipedia, "This dish is typically eaten with a bowl of cooked white rice and several banchan (side dishes)" [2]. No one is sure exactly when, but the origin of sundubu was in the Joseon Era, of the 12th to 19th centuries [2]. It became popular in this time. The first sundubu restaurant outside of Korea was opened in the 1990's in Los Angeles by Korean expats [2]. It is a nutritious, and healthy food that is easy to make.

Reference

[1] Prochaska, E., & Taylor, A. (2009) *Reading in the Real World Intro*. Compass Publishing.

[2] Wikipedia, https://en.wikipedia.org/wiki/Sundubu_jjigae

Commented [AB1]: Topic sentence / Introduction

Commented [AB2]: About other people / social relevance

Commented [AB3]: Hook: why it is interesting to the reader.

Commented [AB4]: Description

Commented [AB5]: Example of a quote. Can use:

- According to Wikipedia, "..."
- Prochaska & Taylor said, "..."
- "... (Prochaska & Taylor, 2009, p29). [Author family names, year of publication, & page number]

Commented [AB6]: Conclusion / Summary

Commented [AB7]: Sources of your information must be included.
Must be English language sources.
At least two. One must be our text book.
Must be a source of your vocabulary.
There are many ways to do this, like APA, MLA, and Wikipedia style. For our class, choose a simple one, and use it consistently.