

Chuseok (추석) Korean Thanksgiving



What is Chuseok?



Time for family



Give thanks to ancestors for fall food harvest



Give thanks to relatives, friends, business acquaintances

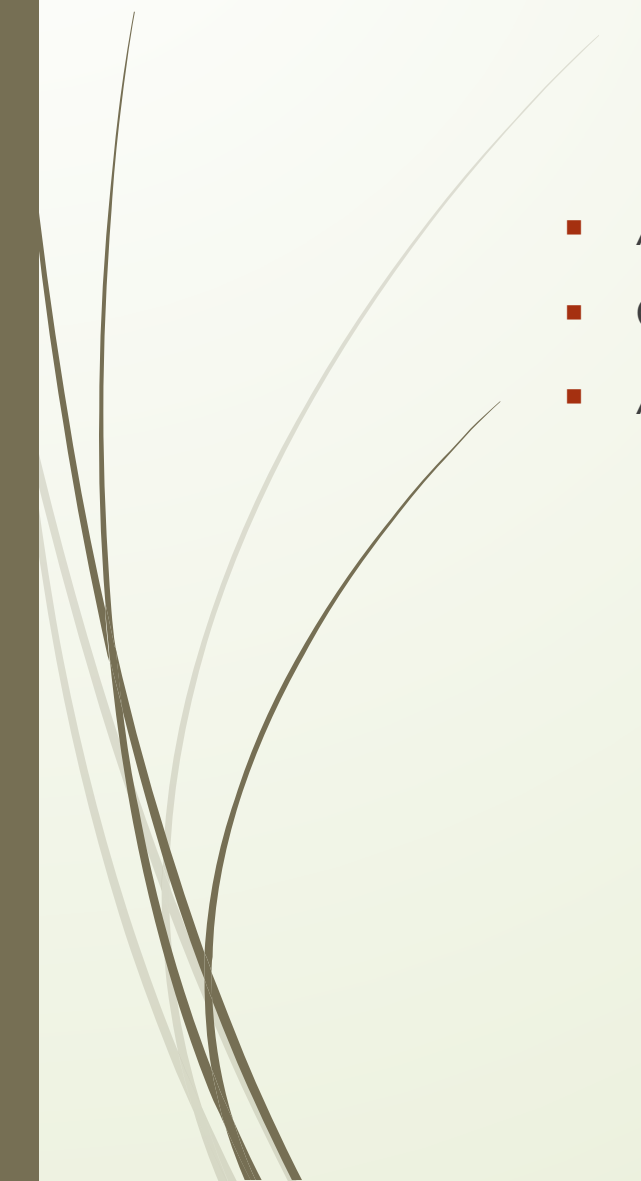
Celebration of Gratitude

- Gift-giving
 - Cash
 - Red ginseng
 - Hanu: high-quality beef
 - Liquor
 - Fruits
 - Hangwa: Korean traditional cookie





Similar Festivities in the World

- American Thanksgiving
 - China's Mid-Autumn Festival
 - Argentina Vendimia, Natural Grape Harvest Festival
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Chuseok Traditional Foods



Typical Food

- Songpyeon (송편)
 - Korean rice cake
 - Prepared with rice powder
 - Filled with sesame seed, red beans, chestnuts, and similar ingredients
 - Shaped into half-moon
 - Steamed with pine needles for distinctive taste



Typical Food

- Jeon (전)
 - Traditional Korean pancakes
 - Made using fish, sweet potato, zucchini, and other ingredients coated with egg and/or flour
 - Pan-fried



Typical Food

- Japchae (잡채)
 - Stir-fried noodle dish
 - Glass noodles are made from sweet potatoes
 - Sweet and savory flavor
 - Colorful vegetables and seasoned meat added



Typical Food

- Galbijim (갈비찜)
 - Braised beef made with short ribs and mixed vegetables
 - Sweet and savory



Chuseok Traditional Rituals



Famous Rituals

- Charye (차례)
 - Takes place on the first day of the festival
 - Memorial service for ancestors
 - Family members bow down, pay respect to their ancestors, and offer their gratitude for the harvest – Chuseok bowing
 - Prepare traditional foods to offer to generations of ancestors



Famous Rituals

- Beolcho (벌초)
 - Heartfelt custom
 - Family visits ancestors' graves to clean them
 - Pluck out weeds, dust off any dirt



Chuseok Traditional Games



Traditional Folk Games



- Sossaum (소싸움)
 - Bull fighting
 - Shows how well a trainer raised their bull
 - Bulls butt heads until one yields
 - Takes place in a large stadium in the city of Cheongdo
 - Tradition for families to sit together to watch the fight on TV

Traditional Folk Games



- Ssireum (씨름)
 - Wrestling competition
 - Two men wrestle each other by holding on to their opponent's belt called the Satba
 - Wins if the opponent touches the ground with any part of his body at knee level or higher
 - Prizes for winning are bull and rice

Traditional Folk Games



- Ganggangsullae (강강술래)
 - Traditional folk dance
 - Performed by women as a prayer for a fruitful harvest
 - Speed of the dance will steadily increase
 - Dance might last until dawn

How to Make Songpyeon





Songpyeon Recipe



Ingredients

- Dough
 - 2 cups wet rice powder
 - 4 Tbsp boiling hot water
- Filling
 - 1/3 cup roasted sesame seeds
 - 1.5 Tbsp sugar
 - 1 Tbsp honey
 - pinch salt

Optional Dough

- **Purple dough**
 - 2 cups wet rice powder
 - 4 Tbsp plus 1-2 tsp boiling hot blueberry juice
- **Yellow dough**
 - 2 cups wet rice powder
 - 1/3 cup cooked steaming hot kabocha
 - 1 Tbsp plus 1-2 boiling hot water

Instructions

Dough:

1. Combine rice flour and hot water in a bowl and mix it with spoon (**add water 1 Tbsp at a time).
2. When dough is cool enough to knead by hand, knead for about 4-5 minutes until smooth.
3. Roll it into a ball and cover the dough with plastic wrap or a damp towel. Let it rest for 20 - 30 mins.



Instructions

Filling:

1. Roughly grind the sesame seeds in a grinder or blender
2. Combine and mix the sugar, honey and a pinch of salt

Assemble:

1. Tear off a small piece of the dough enough to make roughly 1-inch ball
2. Make a ball shape
3. Press the ball shape in the middle to make a bowl shape
4. Add $\frac{1}{2}$ tsp of the filling
5. Shape it into a nice crescent shape.



Instructions

Steam:

1. Place a thin layer of damp kitchen cloth or a big coffee filter.
2. Boil water in a steamer.
3. Place the songpyeon in a steamer and cover/steam for about 20 mins.





Resources



- <https://asiasociety.org/korea/chuseok-korean-thanksgiving-day>
- <https://www.90daykorean.com/chuseok-in-korea/>
- <https://chuseok.org/chuseok-a-korean-thanksgiving/>
- [Songpyeon \(Half-moon Shaped Rice Cake\) - Korean Bapsang](#)