

Traditional Table Setting

Educator Workshop
Aug. 23, 2014



Table setting for Korean Food

- All dishes are served on one table at the same time in a specific arrangement.
- The basis of the table setting is for one person.
- Regular table('Sang' 상) settings are classified as
 - Bapsang (regular dining table)
 - Juksang (porridge table)
 - Myeonsang (noodle table)
 - Juansang (liquor table)
 - Dagwasang (snack table)
 - Gyojasang (large dining table)

Table settings for Korean Food

-Bap & Guk (main dishes)

basic table setting

features cooked rice & soup as the main dish

-Banchan (side dishes)

are arranged according to the cooking method, ingredients, colors, and temperature of the food with emphasis on balance

There are 3, 5, 7, 9, and 12-dish table settings according to the number of side dishes.



3-dish table setting



5-dish table setting



7-dish table setting



9-dish table setting

Table settings for Special Occasions

- Baek-il sang (100th day celebration)
- Dol sang (1st Birthday celebration)
- Honrye sang (Wedding celebration)
- Hwan-gap sang (60th Birthday celebration)
- Jesa sang (Korean ritual ceremony)





Jesa Table Setting

- Jesa is a memorial ceremony for the dead.
- Jesasang varies depending on each family, the fundamental form of the table setting comes from the 'Juja Garye' manual of practice in daily life of Confucianism.
- The types include: Myoje (묘제): held at the grave
 - Sije (시제): held every season
 - Charye (차례): held on major holidays
 - Lunar New Year's Day
 - Chuseok (Korean Thanksgiving day)
- It is one of the few traditional ceremonies that Korean people still follow faithfully, regardless of religions. In fact, in a family life Jesa is as important as a birthday.
- Certain specifics are abbreviated for the convenience of the modern people.

Guidelines from Juja Garye

Basic Rules of Jesa table setting from 'Juja Garye'

- Go-bi-hap-seol (考妣合设): Set a table together, if ancestors are husband and wife
- Si-jeop-geo-jung(匙楪居中): Place the spoon in the center of the bowl that is placed in front of the ancestor tablet.
- Ban-seo -gaeng-dong (饭西羹东): Rice to the west and the soup to the east (vice versa for living people)
- Jeok-jeob-geo-jung(炙楪居中): Place grilled dish in the center.
- Eo-dong -yuk-seo(鱼东肉西): Fish to the east, meat to the west.
- Dong-du-seo-mi(东头西尾): Fish are placed head towards the east, tail toward the west.
- Bae-bok-bang-hyang(背腹方向): Roast chicken and fish spine is facing up.
- Myen-seo-byeong-dong(面西餅东): Noodles to the west, rice cake to the east.
- Suk-seo-saeng-dong(熟西生东): Cooked vegetables to the west, kimchi sets into the east.
- Seo-po-dong-hae (西脯东醢): Beef jerky to the west, fish paste and rice punch is to the east.
- Hong-dong-baek-seo (红东白西): Red colored fruit is placed to the east, white colored fruit is placed to the west.
- Dong-jo-seo-yul(东枣西栗): Dates are in the east, and chestnuts are set in the west.

Jesasang setting

- The first row is for the main dish.
 - Rice, rice cakes, and soup.
 - Pile the rice high so it looks like a mound is sticking out of the bowl.



Jesasang setting

- The second row is for protein or heavy banchan(side dishes).

- Pick a type of protein and grill it.
- Fish, the head should point toward east.
- Poultry, remove the head, intestines and feet.

The grilled meat/fish is usually paired with pancakes (전) of some kind.



Jesasang setting

- The third row is for soups.
- Odd numbers of different kinds of soup.
- The soups are differentiated by ingredients.

Usually a small dish of soy sauce is also placed for seasoning.



Jesasang setting

- The fourth row is for light banchan (side dishes)
 - Dried fish (usually cod) & sautéed vegetables.
 - Salted or fermented fish products
 - Kimchi



Jesasang setting

- The fifth row is for fruits and desserts.
 - Four or more fruit
 - Add more fruit (for family preference)
 - Traditional cookies and desserts are placed to the east



Jesasang setting

- Additional rules

- Use newly harvested rice and fruit
- Liquor (Cheongju) is always included

- Taboos

- spices
- spicy vegetables
- garlic, chives, scallion & chili pepper
- Peaches



Set your own Jesa-sang



Resources

- Jesa - Wikipedia, the free encyclopedia
<http://en.wikipedia.org/wiki/Jesa>
- How to hold Jesa
<http://askakorean.blogspot.com/2010/09/how-to-hold-jesa.html>
- Table setting
<http://english.visitkorea.or.kr/enu/index.kto>
- A Korean style table setting
<http://www.korea.net/NewsFocus/Culture/view?articleId=72871>