

Adventures in Lifelong Learning

University of Wisconsin – Parkside, 900 Wood Road, Box 2000, Kenosha WI 53141 Tel. 262.595.2793



# Asiana Racine Korean Lunch

Monday, January 13, 2020 - From 11 am to 1 pm

*(Snow date: Monday, January 20, 2020 - same time \*)*

**Self-drive** to 423 6<sup>th</sup> Street, Racine, WI 53403. Street parking (best option) with meters, \$.65 for 1 hour. There are also 2 public parking lots within a block of the restaurant with meters, \$.30 for 1 hour.

***Asiana is normally closed on Monday; however, the owner of the restaurant, Kim, has agreed to open it just for ALL. She has prepared the menu so that we can enjoy different famous Korean dishes in family style. She will talk about Korean food, how she got started in the business, and what's in her future.***

*“A well-planned traditional Korean meal includes- sweet, sour, bitter, hot and salty tastes. It may even strive to include all the colors- green, white, red, black and yellow, representing the five basic elements of the yin-yang principle: wood, metal, fire, water and earth. Among the traditions that may help keep Koreans slim and healthy is including soup at every meal, which means filling up on a relatively low-calorie but satisfying food. Korean food is some of the healthiest on earth, with an emphasis on vegetables and meats cooked simply and without much oil. Koreans treat meat like a condiment rather than the main event. This helps keep saturated-fat intake low.”*

**\*Note:** *If Racine or Kenosha schools are closed due to weather, this event will be rescheduled for Monday, January 20, 2020. You are registering for both dates.*

**Questions:** Tui Wyllie, 262-909-4674. Email: [tuiwyllie@gmail.com](mailto:tuiwyllie@gmail.com)

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Registration: Asiana Racine Korean Lunch, gratuity included, 45 spots.

Members \$30    Guest \$40   **Register by January 8, 2020**

VEGETARIAN

Name \_\_\_\_\_ Check # \_\_\_\_\_

Phones: Mobile \_\_\_\_\_ Landline \_\_\_\_\_ Email \_\_\_\_\_

Emergency contact name and phone: \_\_\_\_\_

Deliver **cash** registration to the ALL office in Tallent hall. **Checks** payable to UW Parkside/ALL; deliver or mail to Vanessa. **Credit card** registration for members must be submitted online; an email with a member registration **LINK** will be sent around the 1<sup>st</sup> Monday each month. No online credit card registrations can be accepted for guests. As registrations fill, members get preference signing up.

**NEW:** A fee of \$5 will be charged for registration changes.



## Asiana Racine Korean Lunch Menu

Lunch includes one soup, three appetizers, four main dishes, one dessert, and choice of beverages.

Lunch is served in family style. No need to choose which dish you want. You will get all dishes!

*If you are vegetarian, please check the box on the front coupon for the tofu substitute.*

**Soup:** Miso soup (*from Kim's grandma's recipe*)

### Appetizers:

1. *Buchim* (Korean vegetable pancakes)
2. Pork *Gyo Za* (Pan fried dumplings)
3. Coconut shrimp

### Main dishes:

1. *Bul Go Gi* or "fire meat"

Korean traditional marinated beef stir-fried with onion, scallion, carrot and cabbage.

2. *Bi Bim Bop* (Hot stone bowl) or "mixed rice".

Bowl of rice with marinated beef, spinach, cucumber, bean sprouts, carrots, 2 different kinds of radish, seasoned bracken, and pickled beet. Top with fried egg. Served with pepper sauce and sesame oil.



3. *Chap Chae* Korean sweet potato noodles stir-fried with onion, scallion, cabbage, carrot, spinach, mushroom and marinated beef.

4. *Shrimp Stir-Fry*: Onion, scallion, cabbage, snow peas, zucchini, pepper, celery, stir-fried with special soy sauce.

(Rice served with main dishes.)

**Dessert:** *Yakgwa* or *Yakwa* is a traditional **Korean** sweet pastry or cookie that is rich with flavors of ginger and honey.



**Beverages:** Soda or tea. *Note: no coffee will be served.*