



Celebrate the Year  
of the Sheep with  
The Wing!

## Journey with Newspapers In Education and Wing Luke Museum to learn how different Asian Americans celebrate the New Year.

One of the most important celebrations for Asian Americans is the New Year. For most Korean Americans, New Year's Day is celebrated on January 1.

Korean Americans celebrate the New Year in different ways. Many travel home to reunite with family or attend church for a celebration or religious service. It is a time for moving forward from any misfortune from the last year and starting fresh, clean and hopeful for the upcoming year.

For Korean Americans, one of the most important aspects of the New Year is honoring one's family and ancestors. A meal of special foods is offered to the ancestors first, before the family eats, to show gratitude and respect. Another tradition, called *sebae*, is a formal bow done by children to honor their elders. The elders respond with blessings for the New Year and a gift of money.

To symbolize a new beginning, new clothes are often worn. Traditional and lively games, such as *yut nori*, a game that involves tossing four wooden sticks in place of dice, are enjoyed by young and old alike.

### MAKE RICE CAKE SOUP!

*Ttokkuk* or *Ddukjuk*, Rice Cake soup, is a traditional dish for New Year's Day. Once you have eaten the soup, you are considered one year older!

Julie Kang, who makes the soup for her family, explains, "My mother used to spend hours making the broth from scratch, but I've learned to modify it to save time. Traditionally, the stock can be made with beef, anchovy, or chicken. However, I use chicken or beef broth (or instant bouillon cubes). *Dduk* are plain, cylinder shaped rice cakes sold in any Korean market. Most stores sell them pre-cut but fresh ones often need to be sliced. In comparing *Ddukjuk* to chicken noodle soup, one can consider *Dduk* as the substitution for noodles."

Here is a recipe for *Ddukjuk* from Julie. Julie uses one cup of broth and one handful of *Dduk* for each serving.

*This article is geared for grades K-5. The lessons in the Teacher's Guide will include lesson plans for grades 6-8.*



Photo of girls playing yut nori, courtesy of USBKS, Seattle Campus.



Photo of girl in traditional Korean dress, courtesy of Inmi Kim.

### RICE CAKE SOUP RECIPE

#### INGREDIENTS

Dduk (rice cake)  
Broth (1 cup/serving)  
Eggs (1/2 egg/serving)  
Green onions  
Chicken or beef  
(cooked and sliced,  
about 2 oz/serving)  
Salt and pepper  
Sesame seeds  
Seaweed



Photo of Rice Cake Soup  
courtesy of Julie Kang.

#### DIRECTIONS

1. Bring broth to a boil.
2. Add rice cake. Cooking time depends on the rice cake; it's similar to cooking pasta and depends on the texture preferred. (Julie's family likes it al dente.) Fresh rice cakes take a shorter time than frozen rice cakes.
3. Whisk egg(s) and pour into the boiling soup.\*
4. Put in the green onion and meat, then turn off stove.
5. Add salt and pepper as needed.
6. Garnish with shredded seaweed and sesame seeds.

\*Julie admits, "My mother would fry the eggs separately by color, and slice them finely so that the yolk and the whites are used as decorative toppings. She also decorates and adds flavor by topping the soup with shredded sautéed carrots, diced beef, sliced pepper and green onions."

LUNAR NEW YEAR  
OPENING CELEBRATION  
Wing Luke Museum  
8th Ave S. and S. King St.  
[wingluke.org/2015newyear](http://wingluke.org/2015newyear)

Saturday, Feb. 7  
11 a.m. – 5 p.m.

Featuring lion dance (11 a.m.) and family-friendly activities including story-time, stuffed animal petting zoo, and a kids' scavenger hunt with prizes (11 a.m. – 3 p.m.)

SEATTLE CHINATOWN – INTERNATIONAL DISTRICT  
ANNUAL LUNAR NEW YEAR FESTIVAL  
Hing Hay Park  
Maynard Ave S. and S. King St.  
[cidbia.org/events](http://cidbia.org/events)

Saturday, Feb. 21  
11 a.m. – 4 p.m.

Learn more about The Wing's current *New Years All Year Round Tour* featuring Chinese, Korean and Cambodia New Year celebrations; an interactive and fun experience for Pre-K through 5th grade. For more information, including other tour options for all ages, email [tours@wingluke.org](mailto:tours@wingluke.org).

