

Korea's JUNG KWAN JANG launches red ginseng samgyetang chicken

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JUNG KWAN JANG, South Korea's leading health supplement brand, has released an HMR(Home Meal Replacement) product called Red Ginseng Samgyetang. This product features red ginseng, six-year-old ginseng that has been steamed and dried, and it is gaining popularity among consumers.

In South Korea, people have a tradition of eating specific energising foods on the three hottest days of the year to combat the hot weather. The most well-known dish eaten these days is Samgyetang, which is a chicken ginseng soup. It is known for its savoury flavour and is highly recommended for foreign tourists to try when visiting South Korea.

The reason Samgyetang is widely considered a summer-chill food is ginseng. Ginseng is high in saponins and polyphenols, which have immune-boosting, fatigue-relieving, and stress-reducing properties. These properties help improve sleep quality and have sound sleep. Also, it tenderises the chicken meat, so it is an essential ingredient of Samgyetang.

In Traditional Samgyetang, ginseng is a common ingredient. However, JUNG KWAN JANG's recently released home meal replacement version of Samgyetang is uniquely crafted with red ginseng made by steaming and drying ginseng. JUNG KWAN

JANG's red ginseng products are officially certified by the Ministry of Food and Drug Safety for their health benefits, including immunity enhancement, fatigue relief, memory improvement, blood circulation improvement by inhibiting platelet coagulation, and antioxidation. These products are popular among children and elders seeking immunity improvement, and workers and middle-aged people seeking energy recovery from fatigue. Notably, Red Ginseng Samgyetang is a blend of two iconic K-foods: JUNG KWAN JANG's red ginseng and traditional Samgyetang.