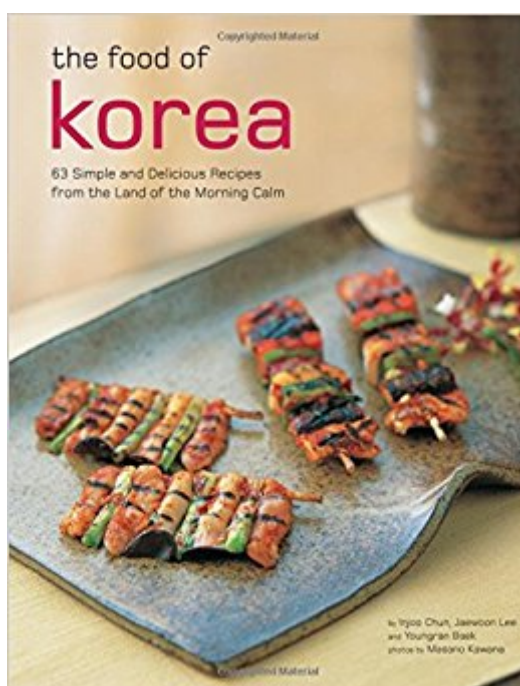


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# The Food Of Korea: 63 Simple And Delicious Recipes From The Land Of The Morning Calm (Authentic Recipes Series)



## Synopsis

Korean food is one of the most varied and unique cuisines in Asia. The modern Korean homemaker cooks with a repertoire of vegetables and spices, using age-old recipes handed down from the tables of Korean kings and Buddhist Monks. Flavorful and satisfying, Korean cuisine is a tantalizing balance of tastes and textures – fiery peppers are a counterpoint to mild rice, fragrant sesame oil adds a hint of sweetness to meat and vegetables, and pickled kimchi adds zest with its tanginess and crunch. And, best of all, Korean food emphasizes vegetables and grains, making it as healthy as it is delicious. This unique Korean cookbook of over 60 recipes, created by the celebrated chefs of the Sorabol Restaurant in the Shilla Hotel, Seoul, reveals the treasures of Korean cooking. Discover the all-time favorites – beef bulgogi, steamed chicken with ginseng, and stuffed cucumber kimchi – as well as other delicious and easy-to-prepare dishes such as Guljeolpan (nine-sectioned royal platter), Shinseolo (vegetables, fish, nuts, vegetables – boiled at the table), Bibimbap (steamed rice with vegetables and red chili bean paste), and Korean Festive Cakes. Stunning location photography, detailed information on ingredients, and insights into the culture of this fascinating country make this Korean cooking book the perfect companion for your adventure into Korean cuisine. Korean recipes include: Classic Chinese Cabbage Kimchi, Traditional Rice Flour Pancake Rolls, Mushroom Casserole, Stewed Beef Ribs, Grilled Red Snapper, Ginger Cookies Dipped in Honey.

## Book Information

Series: Authentic Recipes Series

Paperback: 112 pages

Publisher: Periplus Editions (HK) Ltd. (March 24, 2015)

Language: English

ISBN-10: 0794605036

ISBN-13: 978-0794605032

Product Dimensions: 8.5 x 0.3 x 11 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars 11 customer reviews

Best Sellers Rank: #1,544,383 in Books (See Top 100 in Books) #97 in Books > Cookbooks, Food & Wine > Asian Cooking > Korean #413 in Books > Cookbooks, Food & Wine > Asian Cooking > Chinese #1032 in Books > Cookbooks, Food & Wine > Canning & Preserving

## Customer Reviews

"The book did not disappoint. A slender volume packed with loads of information and color photographs, this cookbook is affordable and a great introduction to traditional Korean food, as opposed to (the equally exciting) cookbooks being produced by a lot of Korean American chefs right now. I have other recipes bookmarked, especially noodles and soups. And anything with beefâ "I adore the way Korean cuisine treats beef." â "The Spiced Life blog

Injoo Chun, Jaewoon Lee and Youngran Baek are Executive Chefs at the renowned Sorabol restaurant in the Shilla Hoetl, Seoul. Masano Kawana has photographed a wide variety of subjects for books and lifestyle magazines. His book Shunju: New Japanese Cuisine won a James Beard Award for best cookbook photography.

I bought the book for my son. My son loves the book; it is full of great recipes that are easy to follow. I don't know how authentic it is, but the ladies at the Korean Market when we were buying the ingredients for the recipes recognized the dishes we were going to make.

I love to cook and this cookbook is full great recipes so if you like food from around the world this book is great. I hope you like it as well as I do.

Great book full of good info and recipes

Great product and service!

To me this looks like a reprint of "Reprint of Food of Korea" which is a good book. That said it leans toward "Royal Cuisine". That said if you do not have Food of Korea this book as a better font (easier to read).

That person who said something about the recipes being too fancy in this book must be crazy. I'm American, and I've never cooked Korean food before, but I've been cooking like mad from this book over the past few days, and it's been anything but fancy. In fact, I'd say it's very home-style. If you're looking to learn the basics, this is a great book to try out. I've made the cabbage kimchi and the radish kimchi, both amazing. I made this awesome raw tofu dish, with a vibrant but ever-so-easy-to-prepare soy/sesame topping that was so good, I can't wait to make it again. And I made these super-simple and remarkably tasty spinach and shiitake mushroom side dishes.

They're so good, just serve them with some hot white rice, and that can be your dinner. I even took inspiration from the seafood glaze recipe and used it on shrimp. I marinated the shrimp for a few hours, then cooked it in my grill pan, and I served it with those kimchis, some bean paste I'd bought, raw garlic, ginger, and scallions, and lettuce leaves for wrapping. It might just have been the best grilled Korean food I've ever had in my life, and I've tried this kind of thing a lot in NYC restaurants. This book is highly recommended.

If you like periplus cookbooks and already own "the food of" version of this book, then reconsider buying this one. The new "authentic recipes from" series is just a rehash of the "food of series" with a few subtle changes such as relacing obscure recipes with more recognisable ones, bigger font and format, less on the history and some updated pictures. Overall I kind of like the recipes in the new books more as there is less filler and odd recipes, but I do like the layout and format of the older hardcover "food of" books. So if you own "the food of" and want to get this book, be prepared to sell it off as you will only end up doubling up 90% of recipes between the 2.

The 'Authentic recipes from ...' series of cookery books is generally pretty good. This one, though still pretty decent, is not one of the best. The photography is excellent and the introductory material at the beginning of the text is very good but, despite this, I don't think I would recommend the book to beginners. The range of recipes is limited and some of the dishes featured, Bulgogi, for instance, are quite different from other more mainstream interpretations (although this does not make them any less 'authentic', as some would argue). I was also surprised to see that there is very little mention of the typical side-dishes that accompany Korean meals. This, to my mind, rather misses the central character of Korean cuisine and I think that, consequently, those looking for a good overview of Korean food won't find it here.

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