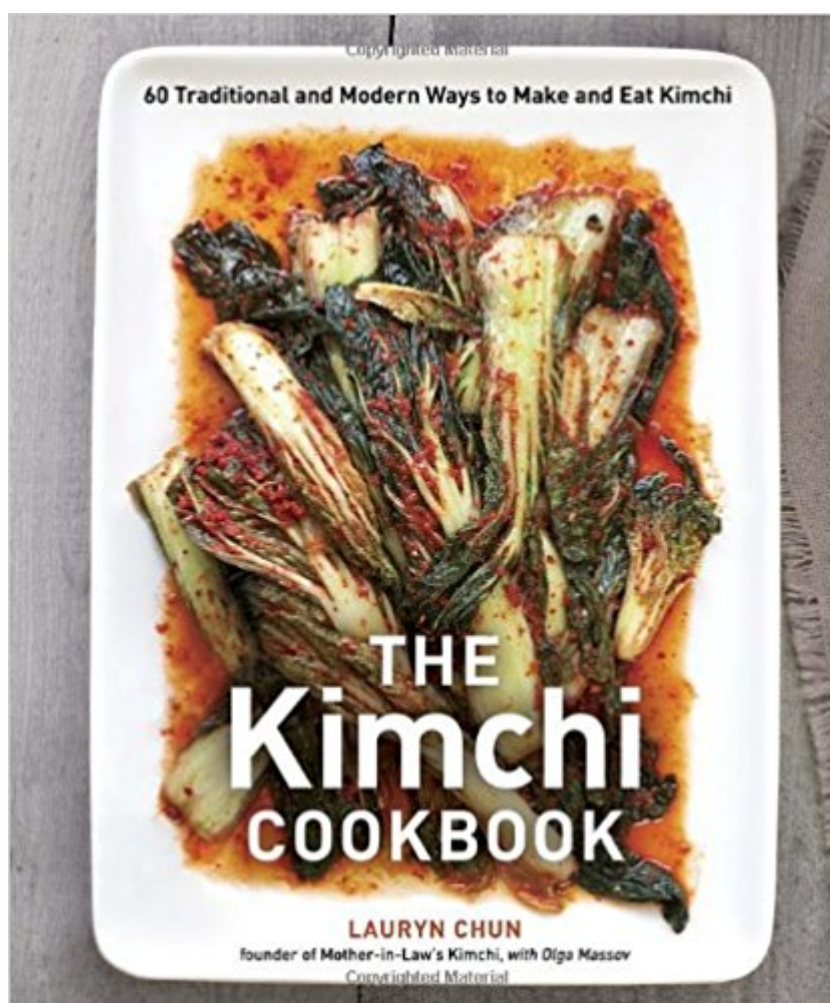


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# The Kimchi Cookbook: 60 Traditional And Modern Ways To Make And Eat Kimchi



## Synopsis

Based on Korea's legendary condiment, Mother-in-Law's Kimchi is taking America by storm with its vibrant, versatile balance of flavor and just the right amount of spice. Making kimchi is the next frontier for anyone who enjoys DIY food projects, and homemade kimchi is a must-have for connoisseurs of the beloved Korean pickle. Following traditional kimchi-making seasons and focusing on produce at its peak, this bold, colorful cookbook walks you step by step through how to make both robust and lighter kimchi. Lauryn Chun explores a wide variety of flavors and techniques for creating this live-culture food, from long-fermented classic winter kimchi intended to spice up bleak months to easy-to-make summer kimchi that highlights the freshness of produce and is ready to eat in just minutes. Once you have made your own kimchi, using everything from tender and delicate young napa cabbage to stuffed eggplant, you can then use it as a star ingredient in Chun's inventive recipes for cooking with kimchi. From favorites such as Pan-Fried Kimchi Dumplings and Kimchi Fried Rice to modern dishes like Kimchi Risotto, Skirt Steak Ssam with Kimchi Puree Chimichurri, Kimchi Oven-Baked Baby Back Ribs, and even a Kimchi Grapefruit Margarita, Chun showcases the incredible range of flavor kimchi adds to any plate. With sixty recipes and beautiful photographs that will have you hooked on kimchi's unique crunch and heat, The Kimchi Cookbook takes the champagne of pickles to new heights.

## Book Information

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## Customer Reviews

Featured Recipe: Quick Cucumber and Chive Kimchi (Oyi Buchu Gutjori) Prep time: 20 minutes

Brining time: 5 to 7 minutes Fermentation: Ready to eat Yield: 5 cups Ingredients 8 Kirby, 10 Persian, or 2 large Japanese or English cucumbers, unpeeled 2 tablespoons kosher salt (preferably Diamond Crystal) 2 tablespoons Korean chili pepper flakes (gochugaru) 2 teaspoons anchovy sauce (optional) 1-1/2 teaspoons sugar 1/4 cup Korean or regular chives, cut into 2-inch pieces 2 tablespoons thinly sliced onion Directions Halve the cucumbers lengthwise, then cut them into 1/8-inch thin diagonal slices. In a medium bowl, mix the cucumbers with the salt until well combined. Set aside for 5 to 7 minutes until cucumbers sweat and glisten. They will lose the some firmness, but should still have a little crunch as you don't want them to be too soft. Place the cucumbers in a colander and rinse, then pat them dry. In a medium bowl, combine the cucumbers with the chili pepper flakes, anchovy sauce, and sugar and allow to combine for 10 minutes. Add the chives and onion and toss to combine. Eat immediately, or refrigerate and consume within 2 to 3 days.

"[Lauryn Chun's] primer, *The Kimchi Cookbook*, takes the traditional Korean condiment to new heights, showcasing its versatility as both a simple pickled vegetable and complex flavor enhancer." — *New York Daily News* "Chun's book has a recipe for just about any type of kimchi you could think of, from spicy napa and daikon blends to more creative and modern pickles made from butternut squash, French butter radishes, and even tomatoes. Anyone familiar with Chun's New York-based kimchi company, *Mother-in-Law's Kimchi*, should be pleased to find many of her signature recipes tucked throughout the book. On top of all of the pickle recipes, Chun also includes about two dozen recipes for using up all those jars of kimchi you'll accumulate, since eating kimchi straight from the jar (no shame) may eventually grow old." — *Serious Eats* "The *Kimchi Cookbook: 60 Traditional and Modern Ways to Make and Eat Kimchi* is a beautifully photographed, easily readable collection that not only takes on the kimchi we all know and love—made from Napa cabbage, radishes, and the like—but also weaves in Chun's tale of growing up in the culture." — *OC Weekly* "Korean culture and cuisine have clearly gone mainstream, so the timing seems perfect for the release of Lauryn Chun's *The Kimchi Cookbook* [which highlights the versatility of Korea's omnipresent spicy fermented vegetable dish]." — *Los Angeles magazine* "If you thought that cabbage was the be-all and end-all of kimchi, Lauryn Chun will quickly prove you wrong. From the quick satisfaction of Cucumber and Chive Kimchi to long-aged bachelor radishes, this book will have you fermenting every season's vegetable crop, and then show you inventive ways to cook with what you make." — Willy Blackmore, Los Angeles editor of *TastingTable.com* "As an enthusiastic kimchi eater, I've long wished for someone to teach me how to create all those interesting, zippy flavors at home. *The Kimchi Cookbook* is just the thing

for home canners who want to take their food preservation beyond traditional jams and vinegar pickles. Lauryn Chun's recipes for tangy, bright, and bubbly kimchi are approachable and make a world of fermented foods seem firmly within our grasp. — Marisa McClellan, author of *Food In Jars* and creator of FoodInJars.com

This book is way more than I expected. For a single-topic cookbook I anticipated a straightforward compilation of kimchi recipes. But this book far exceeded my expectations: The author has a very personable style of writing. By the time I was done reading through the pages the first time, I felt a certain satisfaction that is hard to explain. My senses were heightened and my brain was working through the logistics of how soon I could make a trip to my favorite Asian market. And I was wondering if it was too late to plant Red Holland peppers in my garden this year. If you thoroughly read this woman's instructions, you will have no problem making kimchi. If you have a fear of fermentation, it will be alleviated with the full-coverage instructions and tips in this book. And the information provided is smooth-flowing and easy to digest. The book provides so much worthwhile information, that after you have a few recipes under your belt, you will be experimenting with other ingredients and flavors to create your own signature kimchi. The recipes area all encompassing; some are for fast, immediate salad-type kimchi; some for Spring and Summer vegetables, and some for winter vegetables. Plus there are instructions for the different "cuts" of the vegetables, and some recipes that keep the vegetable somewhat intact and some recipes for square-chopped veggies. Pictures are of excellent quality and very helpful, too. Pantry items necessary to make kimchi are relatively few and are fully explained. Both English and Korean names are provided, so it will be easy to find them at your local Asian market or online. I picked this book up at my library, but today I ordered my own copy. If you are at all interested in eating kimchi, this is a book that has great value and will quickly earn its space on your bookshelf.

I own a many, many fermenting and kimchi making books and this has become my go-to for all things "Kimchi", an all-in-one book source for the beginner and more experienced alike. The signature kimchi recipe (Mother-in-Law's Kimchi - my recommended 'gateway recipe' for a life time of devotion to kimchi, as is what happened to me) is delicious but so are many other recipes, too, depending on your produce, the season, your fermenting needs and taste buds I even grew perilla in my garden to add this year - a very good idea it turned out! I appreciate the "Cooking with Kimchi" section for using over-ripe kimchi, which, if you make as much as I do, is handy. Kimchi never really goes bad but after awhile it just is too pungent to be eaten 'raw', but just right for other savoury

dishes like soups, pancakes, fried rice and beyond. It's a wonderful resource, both visually interesting and compelling, and fun. Enjoy!

Wow! That was my first reaction after browsing through the book when it got here. I had no idea that there were so many different kinds of Kimchee. My son told me he didn't like Kimchee but I made the instant one with cucumbers and he dived right in. Then my hubby hounded me all evening about could I do it with this veggie and that veggie. So, I've made several of the recipes in the book and every one has turned out delicious. My biggest problem now is how to keep them out of the crocks on the counter while I wait for them to ferment. So happy I found this book it has added another dimension to our food. Well written and very educational without trying to be. Recipes are very easy to follow and just about fool proof.

If you're into the idea of making your own kimchi, this is a good way to go. I've made a lot, and nowadays I make a hybrid kimchi sauerkraut mixture that suits me. Kimchi is after all just a process, and each Korean house hold has its own recipes. Lots of different way to make it, with lots of ingredients. If you're going to buy this book, you really need to take a hard look at "The Art of Fermentation " by Katz. Truly, if you study this book, you can actually say that you have the distilled knowledge of the world to prevent starvation. That's really what Kimchi and fermented foods are all about. You know, what you have to eat in the winter that keeps you healthy. Beneficial microbes, indeed. Honestly, this book can change your life. If you wish, YouTube has many videos, Maangchi is one of the best.

I've made a few of these recipes and they definitely taste authentic. I moved to a smallish town and could not buy Kim Chi at the local Korean market (mostly because there is no local Korean Market) and realized I had to learn to make it myself. I'm pleased with this cookbook....it has a couple stains on it where I have dripped something on a recipe which is always a good sign. The pictures are beautiful and the recipes are laid out simply and clearly. I recommend it and wish I had a copy of it sooner.

I am currently obsessed with Kimchi for the last six months or so. This book is just awesome. Love the recipes provided. They are not hard or anything like a crazy science experiment. Very easy to follow and many wonderful pictures are provided as well. Love it!

Oh, how we love Kimchi, yes we do. Because we're in the middle of nowhere, the only ready made kimchi we're able to find is from the grocery store. It's good and spicy...and very expensive. To have homemade now is heaven. We hope that we'll be able to wait 6 months for the fall/winter kimchi to be ready. The book is straightforward and the recipes super easy to follow. All of the ingredients are available either locally or from . We have learned so much and had no idea that all sorts of vegetables and fruit, beyond the Napa cabbage and bok choy, could be prepared as kimchi. We are going kimchi berserk at the moment and working our way through all of the book's recipes. So far not a single disappointment on our kimchi journey. Grateful thanks to Lauryn Chun (the author) for sharing. Yummy.

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