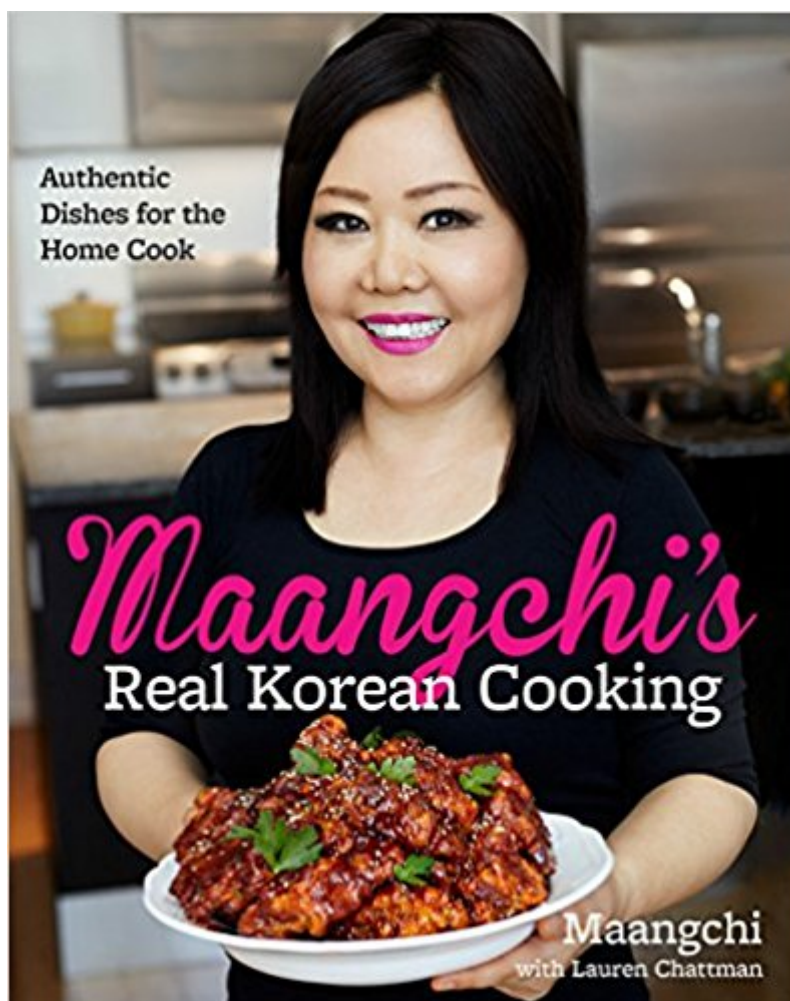


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Maangchi's Real Korean Cooking: Authentic Dishes For The Home Cook



Synopsis

A complete course on Korean cuisine for the home cook by the YouTube star and the world's foremost authority on Korean cooking Her millions of fans compare her to Julia Child. An Internet sensation, Maangchi has won the admiration of home cooks and chefs alike with her trademark combination of good technique and good cheer as she demonstrates the vast and delicious cuisine of Korea. In Maangchi's Real Korean Cooking, she shows how to cook all the country's best dishes, from few-ingredient dishes (Spicy Napa Cabbage) to those made familiar by Korean restaurants (L.A. Galbi, Bulgogi, Korean Fried Chicken) to homey one-pots like Bibimbap. For beginners, there are dishes like Spicy Beef and Vegetable Soup and Seafood Scallion Pancake. Maangchi's includes a whole chapter of quick, spicy, sour kimchis and quick pickles as well. Banchan, or side dishes (Steamed Eggplant, Pan-Fried Tofu with Spicy Seasoning Sauce, and refreshing Cold Cucumber Soup) are mainstays of the Korean table and can comprise a meal. With her step-by-step photos 800 in all Maangchi makes every dish a snap. A full glossary, complete with photos, explains ingredients. Throughout, Maangchi suggests substitutions where appropriate and provides tips based on her readers' questions.

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Customer Reviews

View larger Seafood-Scallion Pancake (Haemul-pajeon) from Maangchi's Real Korean Cooking Serves 2 or 3 Unlike the flaky, puffy Chinese scallion pancakes you may have had, this is made with a rich, light batter so it's soft and fluffy inside and crunchy outside. It is filled with scallions, which give it a fresh sweetness. It's popular as a quick meal or snack, or as a

side dish with Korean Rice Liquor. It's almost always shared in the middle of the table, with everyone tearing off bits with their chopsticks and dipping them into a savory vinegar-soy sauce dipping sauce. The squid and shrimp are mild; for a stronger version, use shucked oysters instead.

Directions

1. Make the dipping sauce: Combine the soy sauce and vinegar in a small bowl.
2. Make the pancake: Combine the flour, egg, salt, and water in a bowl and mix well. Add the scallions and mix well.
3. Heat a 12-inch skillet over medium-high heat. (If you don't have a 12-inch skillet, use a smaller skillet to make 2 pancakes.) When the skillet is hot, turn the heat down to medium, add 2 tablespoons of the vegetable oil, and swirl to coat the bottom of the skillet evenly. Pour the batter into the skillet and spread it into a large circle with the back of a spoon or a spatula. Scatter the squid and shrimp over the pancake, pressing the seafood into the batter and shaping the edges with a spatula to form the pancake. Cook until the bottom turns light golden brown and crispy, 5 to 6 minutes, loosening the pancake with a spatula as it cooks.
4. Turn the pancake over with the spatula. Drizzle the remaining 2 tablespoons vegetable oil around the edges of the pancake, lifting the pancake with the spatula to let the oil run underneath. Shake the pan to distribute the oil evenly. Cook until the bottom is light golden brown and crispy, 5 to 6 minutes. Turn the pancake once more and cook for 2 minutes.
5. Slide onto a large platter and serve immediately with the dipping sauce.

Ingredients

- 2 tablespoons soy sauce
- 1 tablespoon distilled white vinegar
- 1 cup all-purpose flour
- 1 large egg
- 1 teaspoon kosher salt
- 1 cup water
- 8 scallions, cut into 2-inch pieces
- 1 cup vegetable oil
- 2 ounces fresh or frozen cleaned squid bodies, thawed if frozen, chopped into small pieces
- 2 ounces shrimp, shelled, deveined, and chopped into small pieces

"YouTube's Korean Julia Child." --The New York Times "In this delightful collection, [Maangchi] showcases the variety and breadth of Korean cooking... She begins by detailing typical Korean meals, with ever-present rice and kimchi served in a multitude of ways. She also provides comprehensive ingredient and equipment lists that help orient first timers... Side dishes steal the show, including braised beef in soy sauce, stir-fried kale with soybean paste, blanched spinach with scallions and sesame, and stir-fried pork... Maangchi has written an essential cookbook for anyone who wants to learn to prepare authentic Korean cuisine." --"Publishers Weekly"

"Maangchi Time!" --"Roy Choi" Maangchi is an amazing source for authentic Korean recipes that are easily and thoroughly explained for professional and amateur cooks alike. Her passion for Korean food and her pursuit of culinary excellence have inspired me and many others."

--Hooni Kim, chef, Danji

MAANGCHI ("Hammer" in Korean) was born and raised in South Korea, where she learned the fundamentals of home cooking from her relatives. A former counselor for victims of domestic violence and movie extra, she is the founder-owner of maangchi.com, the top online destination for Korean cooking. She also has her own YouTube channel and is a member of its partnership program.

I've been a fan of Maangchi's website and YouTube channel for a couple of years. I think she is charming and down to earth, and she makes everything she does seem easy and accessible to the rest of us. I was so excited to get this cookbook, and I'm not disappointed! This book is beautiful to look at, with color photos and brightly colored pages, as well as informative and fun to read. Maangchi's Real Korean Cooking is so much more than a cookbook. It's a true primer on authentic Korean cooking and I wish I had this book when I began cooking Korean foods. A glossary of ingredients includes photos, descriptions, and food names in both English and Korean. Info on acceptable substitutes is also available when possible. Tips and techniques are dotted throughout the book, making everything guess-free. Included is also a fascinating introduction to the basics of traditional Korean meals and the culture that surrounds them. This book is also filled with color photographs of finished recipes, as well as some step by step photos. I think there are over 400 photos in all! Like many people, I prefer cookbooks with photos to entice me into trying them. Yes, it's food porn. And it's so good! The recipes are varied and include many basic Korean mainstays, as well as some unique recipes. I was particularly thrilled to find recipes for making kitchen staples such as homemade gochujang (Korean hot pepper paste) and rice liquor. I make kimchi all the time, which I learned from Maangchi's YouTube channel, but never thought about making other fermented foods and pastes. Now I will live on a mostly plant based diet, with occasional seafood. Many of the recipes in this cookbook include beef and pork, but plenty are meatless or include seafood. Everything is rich in vegetables and many can be easily adapted to a meat free meal. In fact, that's one of the things I appreciate about the Korean diet - plenty of vegetables at every meal. If you are a meat eater, you'll find more than enough to keep you happy, including the secret to that famous Korean fried chicken everyone loves so much. Tonight we made vegetable leaf wraps with rice and apple dipping sauce, and stir fried kale with soybean paste. These were recipes that I already had ingredients for, since I couldn't wait to try a few new dishes. The apple dipping sauce was very new to me and I really enjoyed it. Finely diced sweet apples were combined with savory soybean paste, red pepper paste, sesame oil, garlic, and scallions. I spread a

small amount of this on leafy greens and rolled it around a bit of rice for bite sized packets that made my mouth burst from all the flavor! Even my granddaughter loved this one. The kale recipe was also new to me. The seasoning mixture was similar to what I use on spinach, and it was surprisingly good on the kale. Cooking unfamiliar foods can be intimidating, but "Real Korean Cooking" will give you the knowledge and confidence to create a meal that is authentic and delicious. If you are unsure about anything, her online community is there to help. I'm much more pleased with this cookbook than I expected to be. I highly recommend it!

****A 4.5 STAR REVIEW**** (I gave a 5 instead of 4 because Maangchi is amazing). I have been using Maangchi's website for her Korean recipes ever since I began living alone and wanted to try my hand at authentic Korean cuisine. Maangchi is such a great instructor and cook, providing clear cut instructions for her recipes. I was SOOO happy when I heard that she was coming out with a full cookbook. I preordered it, and I also received the autograph the day before I received the book. The autograph comes on a sticker, and I proudly stuck her autograph on the inside of the book. :) Most recipes are found on her website, with some new ones. All recipes come with a final picture of the dish, with some coming with pictures of the cooking process. Some really amazing things that I LOVE about the book: 1. Maangchi has a section dedicated to showing small pictures and descriptions of the essential Korean ingredients and equipment used in the cookbook. Very useful so you know what you're looking for when you're shopping in a very diverse and large oriental market! 2. There are 11 sections: Rice, noodles, soups/stews, kimchi, side dishes, pancakes, snacks, party food, fermented foods, sauces/garnishes, and desserts. The largest section is the side dish section, one of the main reasons I bought the book! 3. There is a small section in the back of the book listing what a typical Korean day is in terms of meals (breakfast, lunch, dinner), and as well as lists of dishes typically served during holidays. 4. The photographs are very vibrant and beautiful, with labels to know exactly what you're looking at. 5. She even included some comments that people posted on her website when they were asking for tips related to the dishes. Very cool! The reason why it's a 4.5 star review is because of a couple small things: 1. There is no Korean writing at all in this book. It would have been very nice and convenient if the names of the dishes were written in Hangul too (they are written in Romanization, but that is not always helpful when you're trying to translate it into Korean!). I actually went through the entire book and penned the names of the dishes in Hangul (with a pink permanent marker to match the color scheme! ;)). 2. The pictures of the dishes do not always follow the recipe underneath. Some recipes will say that the picture of the dish is on the following page. I understand that some recipes are complex and fitting a

picture in along with the recipe is not feasible, but it would have been helpful to see, perhaps, a tiny picture of the finished dish next to the dish name, and then have a larger picture (maybe from a different angle, or so) showing more details of the dish. Regardless of these two small details, I absolutely love the book, and I think Maangchi is super awesome. I am very excited to try cooking some of these dishes. I already have some stickied for the future! Thanks, Maangchi, for making such a great cookbook! :)

Everything we've tried has been delicious so far, and a lot of the flavors are new to us. One of the things that Maangchi does in this book that makes it sooo user friendly is that she includes pictures of the ingredients at the front of the book. This is so helpful if you're not familiar with them. It makes shopping much less overwhelming. There are quality photos of almost every dish, so you won't wonder what it's supposed to look like. Highly recommend! Pictured below: 1) The Bulgogi (really flavorful grilled beef) - p223 and Stir-Fried Kale with Soybean Paste - p138 are fantastic. 2) Gimbap - p44. It's like sushi, but has sesame oil instead of vinegar in the rice, and the fillings are different: crab, seasoned ground beef, egg, pickled radish, and garlicky spinach. I am in love with this stuff! 3) Tteokguk - p72. It's a rice cake soup with brisket, egg, scallions, etc. Amazing dinner, and it's on the table in about 45 minutes. **Okay, I'm cracking up. I doubled the recipe, and we ate half last night. I just woke up to two very happy looking teenagers and the leftovers were gone.**

This is the easiest "blonde-friendly" recipe book I have ever seen. I tried to make a Kimchi, Daikon radish kimchi, and according to my husband, it turned out to be "finger licking good". Now I am preparing Korean feast for my hubby, following Maangchi's instructions on BBQ and 5 side dishes from this book. I highly recommend everyone interested in Korean cooking to purchase this book. You won't regret, guaranteed!

Great book. I really like all the color pictures of all the ingredients. They make it much easier to find them in our local Asian food market. Ummm! Gooooooooood! - Tasting food. Thank you. Maangchi

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