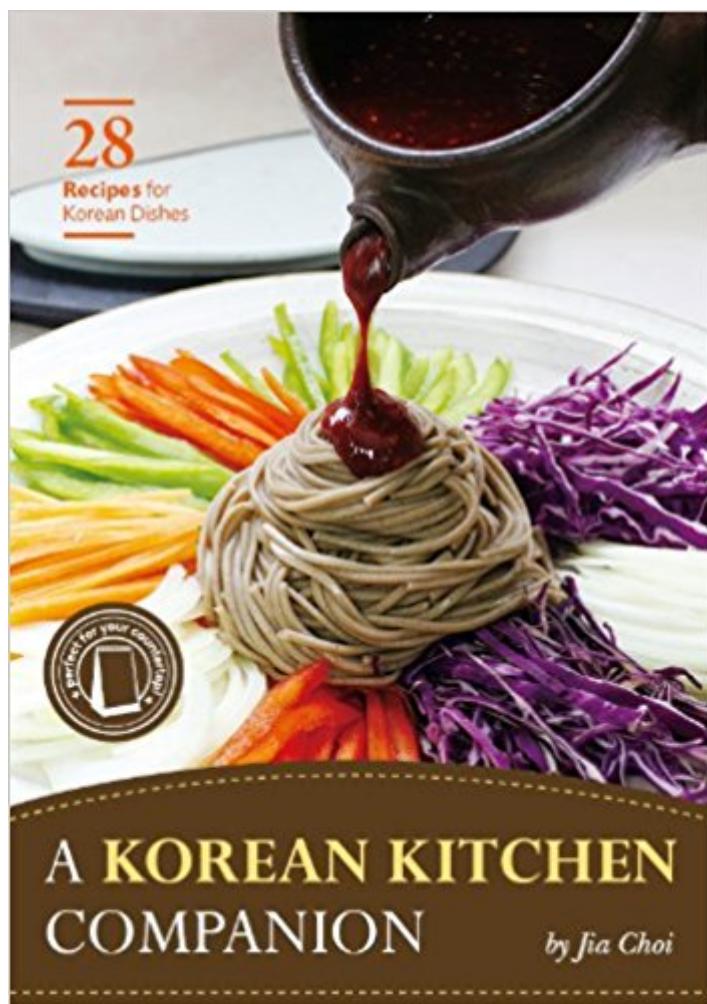


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A Korean Kitchen Companion: 28 Recipes For Korean Dishes



Synopsis

Literary Nonfiction. Cooking. Asian & Asian American Studies. For this book, Dr. Choi selected from her cooking classes 28 dishes that her foreign students have particularly enjoyed. In addition to the standard meat dishes (spicy stir-fried pork and braised chicken in soy sauce), and vegetarian options (kimchi, chilled white radish salad, and zucchini salad), it also features noodle options (noodles served with spicy squid, spicy noodle salad, and glass noodle salad), stone pot bibimbap, stews, and various other dishes. The author relied on the following three principles in selecting which recipes to include in the book. First, she wanted recipes that are easy to make. Second, she placed priority on ingredients that are readily found outside of Korea. Thirdâ "and most importantlyâ "she selected dishes that taste great. While preparing the recipes, Dr. Choi took great pains to make them more accessible to her readers, who might otherwise find Korean cooking techniques confusing and complicated. She also throws in some handy tips. Readers are told that herbs or lemon chives can stand in for Korean garlic chives if the latter are hard to find, and that bulgogi, or marinated stir-fried beef, tastes great inside a sandwich.

Book Information

Paperback: 80 pages

Publisher: Seoul Selection; Spi edition (March 25, 2014)

Language: English

ISBN-10: 1624120253

ISBN-13: 978-1624120251

Product Dimensions: 0.8 x 9.2 x 6 inches

Shipping Weight: 7.2 ounces (View shipping rates and policies)

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Customer Reviews

Jia Choi developed a natural interest in food culture when she encountered the cultures of Brazil, Japan, and parts of Africa as a child. She began the work she is doing today out of the belief that the best way to share her values and knowledge about Korea with the world is through food. Since 2008, Choi has been the president of O ngo Food Communications in Seoul. In her work there, she uses her own experience living overseas to bring Korean food to people around the world in a way

that suits their sensibilities. The company's name, O ngo, means revitalizing tradition through modernization. Reflecting this mission, Choi is engaged in researching and disseminating the ways in which traditional Korean food can become quicker, easier, and more delicious to prepare and eat. Choi is an expert in Korean cuisine with a PhD in food and nutrition from Ewha Womans University. She runs a Korean cooking class and food tours.

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