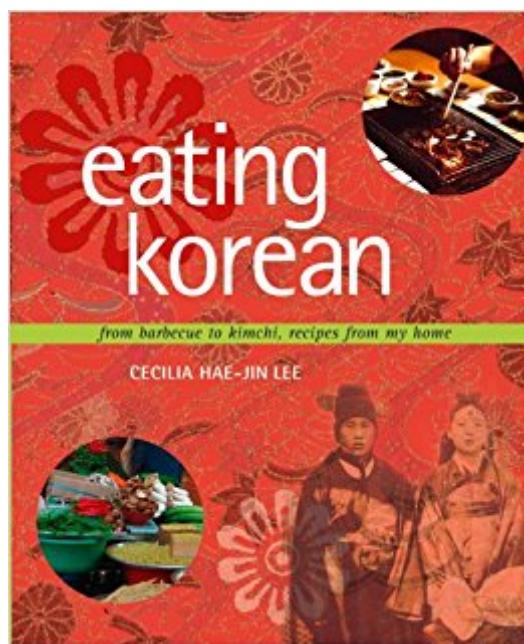


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# Eating Korean: From Barbecue To Kimchi, Recipes From My Home



## Synopsis

Experience the savory secrets of the "other" Asian cuisineIn Eating Korean, the gifted food writer and award-winning chef Cecilia Hae Jin-Lee invites us to join her in discovering the unique cuisine and culture of her native land. Pairing delectable, authentic recipes with personal recollections and details on Korean traditions, Eating Korean offers an accessible and tempting introduction to the fresh and flavorful world of Korean cooking."Cecilia's stories remind me of my childhood. You can picture everyday Korean life while reading this book. The recipes keep Korean traditions well, yet are easy to follow. This is the best Korean cookbook published in English."--Sejung Kim, Media/PR Manager, Korean Cultural Center"Eating Korean contains not just recipes, but charming sketches of Korean life that bring this delicious, healthful cuisine to life. The recipes are so clear and simple, I'll use them often."--Barbara Hansen, and James Beard Award-winning author

## Book Information

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## Customer Reviews

"Her stories will inspire you to put up gallons of kimchi (try the cucumber) and flip dozens of green-onion pancakes." (New York Times, June 5, 2005)

From aromatic hot pots to piquant kimchi (pickled cabbage) to classic bibim bap (rice bowls), Korean cuisine's exhilarating harmony of robust flavors, colors, and textures spices up any meal. And though Korean is an increasingly popular dining-out option, few people venture to explore the peninsula's rich culinary arts at home. In Eating Korean, Cecilia Hae-Jin Lee invites us into her family kitchen to reveal the secrets and the surprising simplicity of the "other" Asian

cuisine. This warm, evocative celebration of Korean food features more than 100 authentic recipes alongside fascinating historical morsels and personal remembrances. Lee's passion for the foods of her native land is rendered vividly in reminiscences of early morning mountain hikes followed by soothing chicken soup with rice, or the cozy hum of activity in her mother's kitchen before a celebration that bring Korean cuisine richly to life. These enchanting narratives are the perfect prelude to the dishes themselves: the fragrant medley of Seafood Hot Pot, the intensely spiced Fire Meat, the scrumptious nuttiness of Sweet Spiced Rice, and a host of others. The dishes here cover all parts of the Korean menu; rice specialties; soups and hot pots; seafood, meat, and poultry dishes; desserts and snacks; side dishes; and more. Eating Korean reveals how delightfully easy Korean dishes can be to prepare at home. Many hot pots and soups, for instance, can be on the table in less than half an hour of cooking time. Spicy, flavor-rich marinades, made with just a handful of ingredients, offer deliciously simple alternatives for barbecuing chicken, beef, and ribs. Quick, trouble-free preparations make the dishes in these pages ideal for any meal, from family dinner to holiday feast. The fact that Korean ranks among the world's healthiest cuisines makes it even more enticing; and not just for special occasions. Lee also offers illuminating insight into Korean eating traditions; etiquette, essential foods, and key ingredients. A full chapter is devoted to the customs and foods of holidays and celebrations, including New Year, Harvest Festival, birthdays, and weddings. The book's 65 photographs and illustrations of Korea's food markets and countryside, its bountiful tables and traditional celebrations round out this captivating portrait. In its beguiling presentation of a cuisine and culture that are at once wonderfully exotic and remarkably accessible, Eating Korean inspires us to explore the eye-catching, mouthwatering delights of the Korean table in our own kitchens.

This is an excellent introduction to Korean cuisine. This cookbook is not just a collection of recipes without context, it also provides plenty of cultural grounding for the meals and ingredients it presents. The recipes have been calibrated to be US food desert friendly, so even if you don't have some variety of Asian grocery in your neighborhood you should be able to make anything in this book. The cuisine is generally surprisingly easy and often fast to make. If you're accustomed to turning to carbs and cheese to make a fast meal in the middle of a busy life, this book will provide you a healthier alternative. I borrowed it from my local library while taking Korean classes, and fell in love with the food so I had to buy my own copy!

My wife and I love Korean food. She has been cooking Korean almost non-stop for about 4 months

now. We even make our own kimchi. It's a good book that has background as well as recipes. Take it for that. It isn't some encyclopedic Korean food book. Keep in mind each area pretty much as a distinct taste, so no two recipes would taste the same. If you like Korean food and plan on cooking it without family recipes, then this is definately one to add to the shelf. Just don't keep it there.... that would be a waste.

Like a lot of Western fans of Asian cooking, I never am quite sure if what I'm eating in a restaurant is the real, authentic cooking of a regions, or an overly Westernized version. Korean food has not been homogenized to the extent that Chinese and Thai food have in this country, but unless you're dining with a Korean-born companion you can never know for sure. The same goes for cookbooks; is this the real recipe someone would serve in their home in Korea, or something that's been homogenized to a MacDonld's-trained palatte? I bought "Eating Korean" after reading reviews both here at and at a few on-line bulletin boards for Korean expats and Korean-Americans. The general concensus was that while the recipes were toned down a bit in seasoning, they are indeed authentic. So far, my experience has been that carefully following the recipes in Celia Hae-Jin Lee's book will deliver something very close to what I've had in various restaurants. I've made her seafood pancakes (Pa Jun), kimchee pancakes, and various namool, and all have come out very close to what I expected. Unlike some cookbooks for non-western cuisines, no special cookware or difficult techniques are required for most of the recipes presented here. A large pot and a skillet or wok should suffice for most any recipe. Grilled meats like Bulgogi can be made on a barbecue grill. You might want to buy a traditional bowl for serving the hot BiBimBop, or some large mason jars for making Kimchee, but that's about it. Aside from the recipes, the author's stories of growing up Korean in Korea and America are very enjoyable, and provide a context for the recipes; I was greatly reminded of another favorite cookbook, "Every Grain of Rice: A Taste of Our Chinese Childhood in America", which, although about Chinese and not Korean cooking, has a similar narrative structure.

I've been looking for that "perfect" Korean cookbook for as long as I can remember, and this comes as close as it gets to being that cookbook. While not every recipe is a perfect match to the tastes I grew up with, most are. The steps are clear and concise, stories are engaging, and the recipes are just hands-down delicious. One of the best, authentic Korean cookbooks on the market. Other notable examples are Maangchi's Korean Cookbook and Discovering Korean Cuisine (which has the definitive soon-dubu recipe that perfectly matches what I find at my favorite Korean restaurant).

I love this book not only because the author is my friend's sister, but because I am Korean too and know how the food should taste. The taste of food is regional, but the recipes in this book are very good. You can tweak it to what your individual tastes are, but I love the simplicity of how she describes everything and also that its not just all fluff and pictures. The stories are heartwarming. She also tells you the names of the food in Korean (written in English the way Koreans would pronounce it) and there are sooo many recipes! I think this is the best Korean food cookbook written in English by far.

This is an excellent cookbook, albeit one written by a Korean-American. Like most younger Korean-Americans, she has toned down the fire. This is not a problem because almost all of her dishes can be heated up or energized by adding ground Korean Chilli Pepper. She gives excellent background on the dishes and this book is one of the best Korean Cookbooks I have seen in English. The only other comment I have is that she like many young people adds a bit too much sugar for my taste in her recipes.

I picked up this book because my hubby is American Born Korean...loves Korean food. He felt that you need the Korean characters to properly read the recipes. I made the Kalbi recipe....it ended up being more like a salted meat dish that you eat in moderate amounts rather than classic kalbi. Perhaps it is a regional difference. It was good, but not expected.

This cookbook not only teaches you how to cook Korean food but is also entertaining as well. Yes, it may not be a book on all things Korean, but it gives you the essential and traditional recipes. It has personal anecdotes and they're quite amusing. I'm glad I got this book. Almost all the recipes are easy to follow.

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