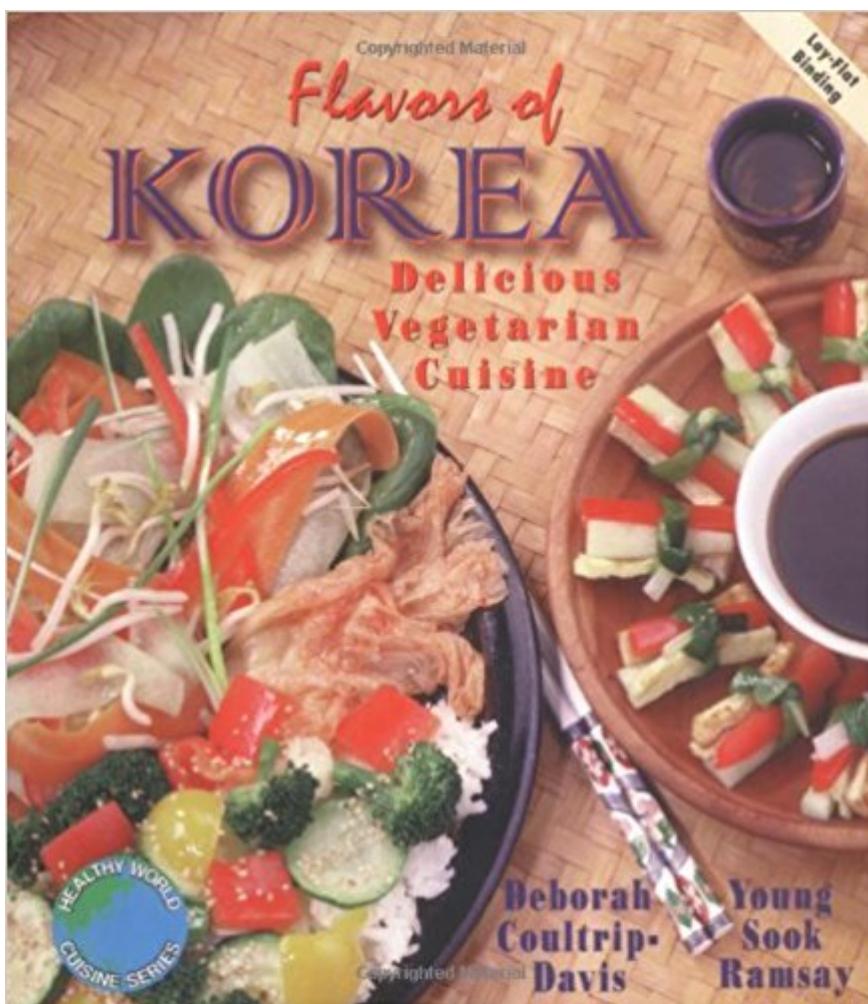


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# Flavors Of Korea: Delicious Vegetarian Cuisine (Healthy World Cuisine)



## **Synopsis**

Korean food is flavorful, from soothingly mild to piquantly pleasing, and a delight to the eye as well. Now you can enjoy traditional Korean favorites that have been handed down through generations of talented family cooks and adapted to be low-fat and vegetarian.

## **Book Information**

Series: Healthy World Cuisine

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Best Sellers Rank: #461,464 in Books (See Top 100 in Books) #29 in Books > Cookbooks, Food & Wine > Asian Cooking > Korean #574 in Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Non-Vegan Vegetarian #4461 in Books > Cookbooks, Food & Wine > Regional & International

## **Customer Reviews**

Sample lunch menu: Dumpling Soup Sesame Bean Curd Steamed Rice Turnip Salad Cabbage Pickle (kimchi) Honey Cookies Red pepper Broccoli Strawberry Drink

I bought this cookbook before heading off to Korea to teach English, knowing in advance that Korean food is meat-centered. It quickly became apparent that this cookbook is written for those in the U.S.--the measurements are American, and the text is only in English. I see many things in the Korean markets that aren't mentioned in the book, probably because they aren't readily available in the U.S.

whenever I start to feel the need to lose a few pounds without sacrificing pleasure, I cook from this inventive and easy book. The recipes require a few (very basic) Korean ingredients, but otherwise they are straightforward, but creative and very tasty. There are calorie counts following each. I cannot recommend this book highly enough

After returning from a trip to Korea, I became very interested in Korean cooking and purchased this cookbook. It's wonderful! Every recipe I've tried so far has turned out successfully through simply following the instructions. The resulting food is delicious and enjoyed by my entire family.

I bought this book not really knowing what to expect. Half my family is vegetarian and I'm not, so I gave this a whirl. It is excellent!! There are so many recipes and most are incredibly simple to make. If you've got an Asian market/specialty store (World Market doesn't count) near you, then you can find whatever the ingredients list calls for; and if you can't, they list substitutes for certain ingredients.

It's a good basic book- no frills. Since it's my first Korean food cookbook I have nothing to compare it to. It has been helpful especially the glossary which describes terms.

This is a good VEGETARIAN cookbook for those who want to cook meatless Korean food, but in my opinion, it is missing many delicious and meatless Korean dishes. The receipes are simple and easy (and they offer substitutes for certain Korean foods that might be hard to buy in the US.) Overall, good stuff, but you might want to also get a general Korean cookbook for more variety. You can always leave out the meat...

I got this book when I first became a vegan but I must say the book was a little bit of a disappointment for me. First, the food didn't turn out as good as I remember Korean food to be. They were kind of bland and unexciting. Secondly, many of the recipes involve use of eggs. I understand that Korean food may not be the most vegan/vegetarian friendly since they like to use shrimp paste in kimchi and other pickled vegetables, so my expectations for this book may be too high.

I have only made a few recipes from the book, but I can safely say, it will be a book I use often. The recipes in here more or less makes small portions which is great for someone living alone, or couples. If not, you will find yourself making five or six different recipes for one dinner for four. Even though making so many different things might seem like it is too much, they are VERY simple and easy to make. What I really like about the cookbook is that it is almost vegan. Probably 80% of the recipes don't have any dairy or eggs, and clearly no meat. If someone is a vegan, I would suggest

this book since a large portion works with you diet. My only complaint is that the author, I think, tries to keep the spice levels lower. It serves handy for my boyfriend who sweats over small doses of spices, but annoying for me since I like things super hot. As one one reviewer pointed out, some of the food kind-of lacks some of the punch I know from some Korean food I have eaten in the past. And I also wish that the recipes and ingredients would include Hangul spellings of ingredients. I felt a little silly looking for some of the ingredients in the store.

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