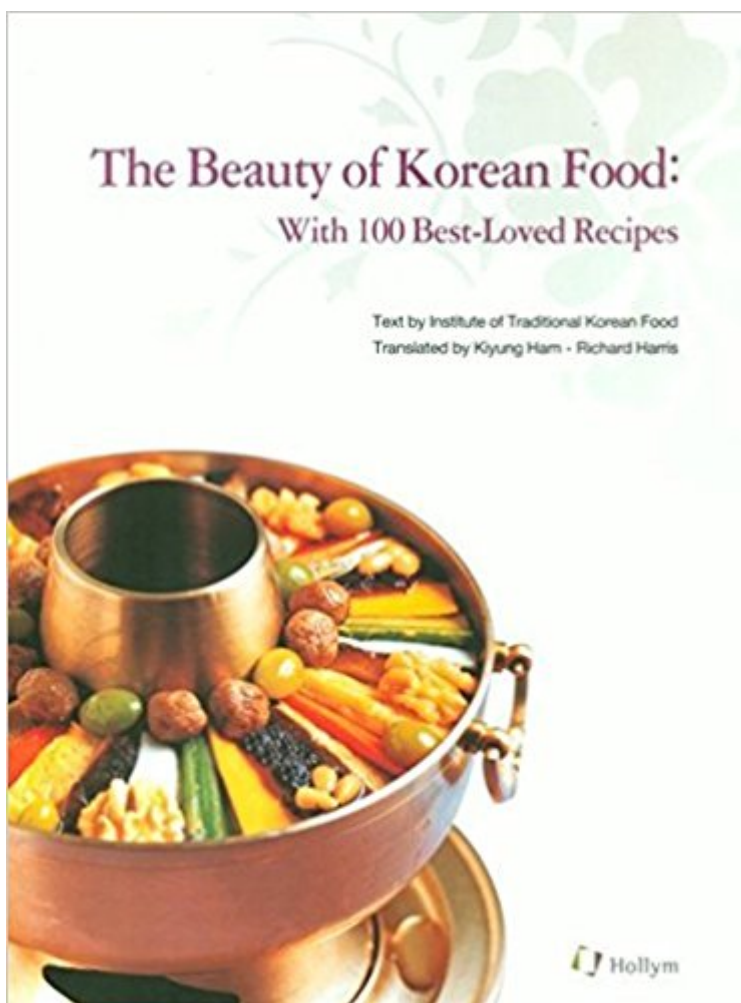


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# Beauty Of Korean Food: With 100 Best-Loved Recipes



## Synopsis

Korean food has been praised as a hearty, slow-cooked, healthy cuisine due to its integration with the different seasons, regional specialties, harmony of food ingredients and combination of food groups. Despite the high interest in Korean food by people around the world, this is the first book to introduce Korean food with internationally accessible recipes. As part of the "Research and Development Project for Standardization of Korean Cuisine" driven by the Korean government, this book is designed to standardize the recipes of the selected 100 Korean foods by using the international system of units (SI unit) and to present the pleasure of cooking healthy Korean food in an approachable way for everyone to enjoy.

## Book Information

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## Customer Reviews

I would call this book an exceptional example of Korean food, not just for foreigners. But even for overseas Koreans who are curious about their culinary heritage. This is not just a cook book, it also gives brilliant examples of Korean courses, mannerism and even history of certain dishes. The book is co-sponsored by the Korean government, because the book explains that with Korean food becoming more popular to non-Asian peoples. There's a bit of confusion about proper cooking methods and even how much ingredients to use, the book hopes to standardize it and make it easy for anyone to cook Korean food. The book has full coloured examples of dishes, and is 100 pages thick. If you like a thick book with plenty of information, then this is well worth the money and effort to obtain.

Terrific Korean cookbook. Authentic, easy to follow, and all color pages. The cookbook breaks everything down: weight after cooking, total heating time, service temp, sodium, fat, carbs, heating time, heat control- it's fantastic!

This has all your favorite dishes and is richly illustrated. My beef is that the English is bizarre in places and the names of ingredients uncommon in Western cooking are not translated consistently. A real injustice to the contents which are really interesting and informative. It would not be so bad except this cookbook claims to present Korean cuisine in a systematic way in to non-Koreans. Maybe they will clean up their act in the next edition. This is still a very useful book and I hope this will make Korean cooking more accessible to those eager to cook these dishes at home. Just be prepared to roll your eyes now and then at the translation.

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