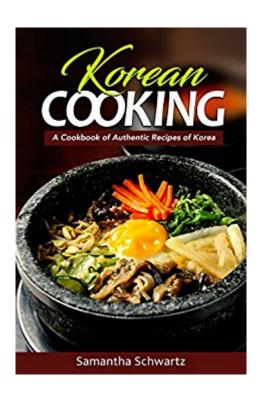


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Korean Cooking: A Cookbook Of Authentic Recipes Of Korea





Synopsis

Korean cuisine has become quite popular because it is both healthy and delicious. Obesity rates in South Korea is amongst the lowest at just 3.5% - unlike the US where rates are exceeding 35% that demonstrates just how healthy the Korean diet is. Korean cuisine is largely based on rice, vegetables, and meats. Traditional Korean meals are noted for the number of side dishes that accompany steam-cooked short-grain rice. Kimchi, which is a spicy fermented vegetable side dish, is almost always served at every meal. Commonly used ingredients include sesame oil, doenjang (fermented bean paste), soy sauce, salt, garlic, ginger, pepper flakes, gochujang (fermented red chili paste) and cabbage. Ingredients and dishes vary by province. Many regional dishes have become national, and dishes that were once regional have proliferated in different variations across the country. Korean royal court cuisine once brought all of the unique regional specialties together for the royal family. Korean Cooking brings to your kitchen this healthy cuisine. Check out some of these delicious recipes:Shrimp Rice SoupDried Codfish SoupBeef Brisket and Tripe SoupChicken and Ginseng SoupRice and Beef Noodle SoupBeef BulgogiKorean BBQ Short RibsKorean ChickenKorean SteakChap Chee NoodlesKorean Spicy Marinated PorkKorean Marinated Flank SteakSweet Grilled Lamb Chops with SpiceKorean Roast Chicken ThighsSpicy Korean Chicken and PotatoSpicy Cold NoodlesSweet Potato Vermicelli and Beef Stir FrySpicy Korean Noodles with Egg and CucumberNoodles with Black Bean SauceKorean Noodles with VegetablesKorean Chicken Noodle BowlKorean Cold NoodlesSpicy Soba NoodlesHot and Spicy Rice CakeKorean Seafood PancakesKorean Curry RiceVegan Bulgolgi SandwichZebra Egg RollKorean Stove Top Walnut CakesDeep Fried VegetableKorean Honey Poached PearsKorean Milk Ice SorbetKorean Rice Cake SkewersKorean Strawberry Kiwi Roll CakeKorean Tapioca PuddingKorean Yakwa DesseKorean Spicy Rice CakeBaked Pears in Wonton Crisps and HoneyHealthy Sweet Rice CakeScroll up and grab your copy of Korean Cooking today!

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