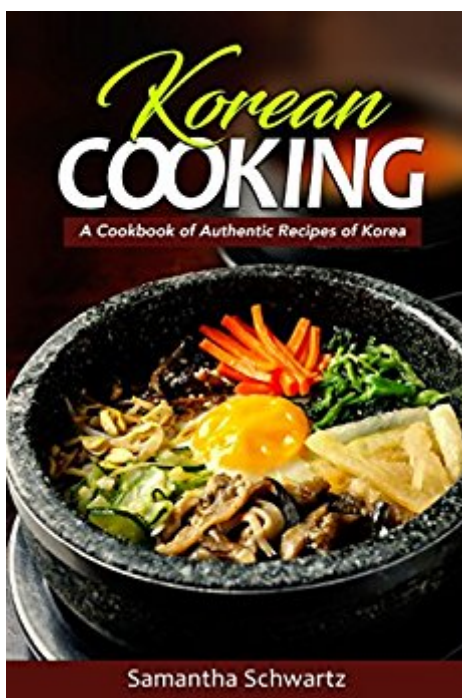


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Korean Cooking: A Cookbook Of Authentic Recipes Of Korea



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 Soup, Dried Codfish Soup, Beef Brisket and Tripe Soup, Chicken and Ginseng Soup, Rice and Beef Noodle Soup, Beef Bulgogi, Korean BBQ Short Ribs, Korean Chicken, Korean Steak, Chap Chee Noodles, Korean Spicy Marinated Pork, Korean Marinated Flank Steak, Sweet Grilled Lamb Chops with Spice, Korean Roast Chicken Thighs, Spicy Korean Chicken and Potato, Spicy Cold Noodles, Sweet Potato Vermicelli and Beef Stir Fry, Spicy Korean Noodles with Egg and Cucumber, Noodles with Black Bean Sauce, Korean Noodles with Vegetables, Korean Chicken Noodle Bowl, Korean Cold Noodles, Spicy Soba Noodles, Hot and Spicy Rice Cake, Korean Seafood Pancakes, Korean Curry Rice, Vegan Bulgolgi Sandwich, Zebra Egg Roll, Korean Stove Top Walnut Cakes, Deep Fried Vegetable, Korean Honey Poached Pears, Korean Milk Ice Sorbet, Korean Rice Cake Skewers, Korean Strawberry Kiwi Roll Cake, Korean Tapioca Pudding, Korean Yakwa, Desse, Korean Spicy Rice Cake, Baked Pears in Wonton Crisps and Honey, Healthy Sweet Rice Cake. Scroll up and grab your copy of Korean Cooking today!

Book Information

File Size: 2162 KB

Print Length: 95 pages

Publisher: Encore Publishing (January 7, 2017)

Publication Date: January 7, 2017

Sold by: Â Digital Services LLC

Language: English

ASIN: B01MR40WZI

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #300,010 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #28

in Kindle Store > Cookbooks, Food & Wine > Asian Cooking > Korean #235 in Kindle Store > Kindle

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