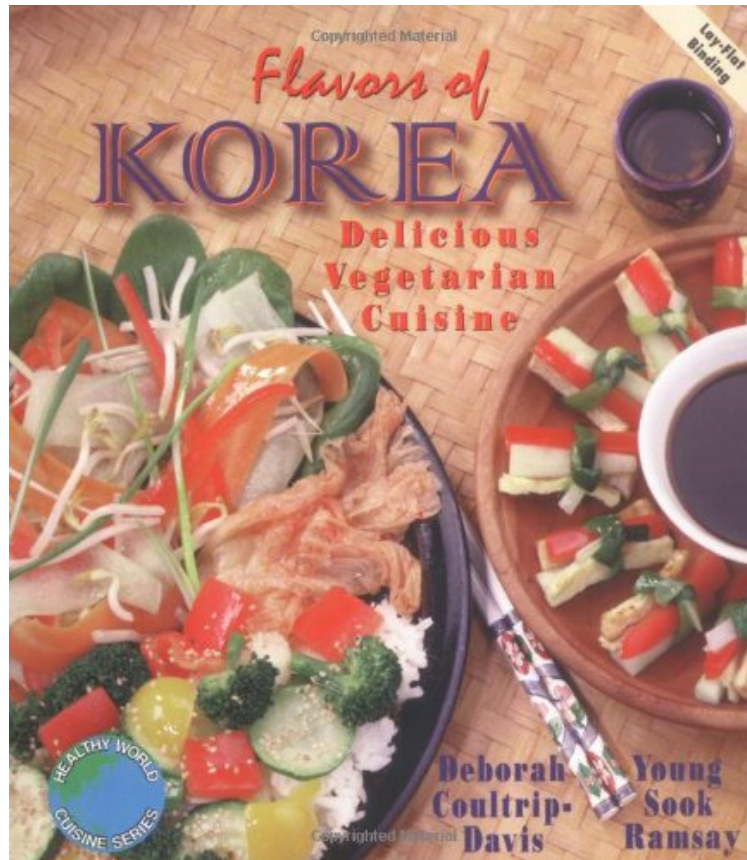


[Free] Flavors of Korea: Delicious Vegetarian Cuisine (Healthy World Cuisine)

Flavors of Korea: Delicious Vegetarian Cuisine (Healthy World Cuisine)

Deborah Coultrip-Davis, Young Sook Ramsay
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Deborah Coultrip-Davis, Young Sook Ramsay : Flavors of Korea: Delicious Vegetarian Cuisine (Healthy World Cuisine) before purchasing it in order to gage whether or not it would be worth my time, and all praised Flavors of Korea: Delicious Vegetarian Cuisine (Healthy World Cuisine):

0 of 0 people found the following review helpful. 4 stars By Steven Flores 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. 0 of 0 people found the following review helpful. PRAISE By Pam 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! 1 of 1 people found the following review helpful. delicious and easy-to-prepare vegetarian Korean food By Dakini 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.

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.

Excerpt. © Reprinted by permission. All rights reserved. Sample lunch menu: Dumpling Soup Sesame Bean Curd Steamed Rice Turnip Salad Cabbage Pickle (kimchi) Honey Cookies Red pepper Broccoli Strawberry Drink