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Kimchi: Essential Recipes of the Korean Kitchen

Byung-Hi Lim, Byung-Soon Lim
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Byung-Hi Lim, Byung-Soon Lim : Kimchi: Essential Recipes of the Korean Kitchen before purchasing it in order to gage whether or not it would be worth my time, and all praised Kimchi: Essential Recipes of the Korean Kitchen:

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An essential cookbook for anyone who wants to explore the classic flavors of the Korean kitchen It is not possible to imagine Korea without kimchi. For thousands of years the lacto-fermented vegetables have been an absolute necessity at meals. In Korea, kimchi is so much more than foodmdash;it is a national cultural treasure, a valued health food, and a part of the Korean identity. Koreans are obsessed with good food, and the Lim family is no exception. For two generations, they have retained the proud tradition of kimchi at the Arirang Resturant in Stockholm. This book contains the familysquo;s most popular recipesmdash;common, as well as rarer, kimchi recipes, Korean everyday food, and the ever recurring bi-bim-bap (which literally means "mixed rice"). The Lim family present their version of

a classic with lettuce, cabbage, chilli, and ginger, but also the popular radish kimchi, kattugi, as well as the more unusual varieties with pumpkin, oysters, mushrooms, roots, and other vegetables. Sourish, hot, and tasty, kimchi is a wonderful accessory for most meals, not only Asian-style dishes but every imaginable Western dish. Here are "insider" tips on how to go about fermenting vegetables at home. Considering it is so incredibly simple, the result is amazing, beautiful, tasty, and healthy, thanks to the built-in riches of good bacteria cultures found in vegetables. Includes metric measures.

About the Author Byung-Hi Lim and Byung-Soon Lim are sisters and together with their mother, Boo Mee Ja Lim, and aunt Im Kee Sun, they run the Arirang Restaurant in Stockholm. The Arirang opened back in 1975 and was the first restaurant of its kind in Scandinavia. The ambition at the restaurant is to prepare everyday Korean food at its best. Their previous cookbook was Korean Food.