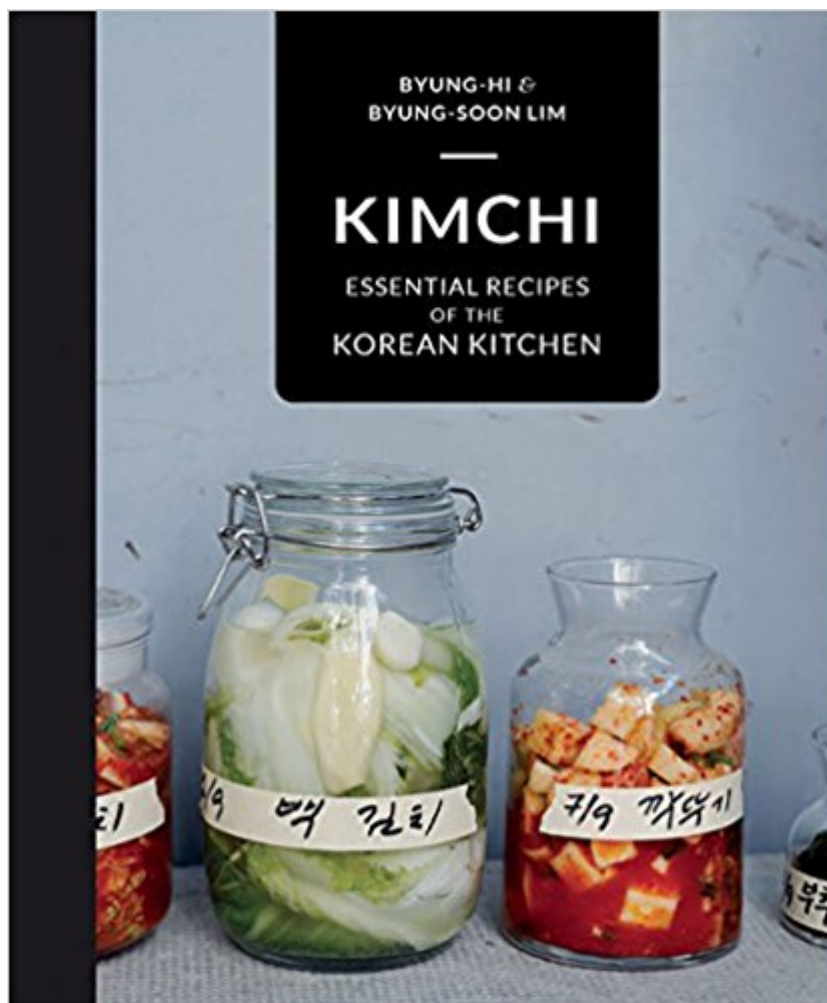


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# Kimchi: Essential Recipes Of The Korean Kitchen



## Synopsis

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 food—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 Restaurant in Stockholm. This book contains the family's most popular recipes—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.

## Book Information

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## Customer Reviews

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.

Pitcher was as advertised and arrived quickly.

great recipes.

Excellent and well written.

Great step by step introduction to the art of making kimchi with fabulous photos! I made the daikon kimchi the day the book arrived and have only recently tasted it as it is still a day or two away from being ready; it is already fantastic. While this is not for everyone-it is quite spicy-there are other more tame kimchis to suit other palates. Use the book as a basic guideline and you cannot go wrong. Be sure to have airtight containers to store kimchi in because some are quite pungent. It is great to see a book, finally, by real women who use real ingredients to make the real thing.

Very well written, great step by step photos and instructions. I'm extremely excited about this book!!!

I have been making Kimchi for years and am always working to perfect my methods for better kimchi. I found this book to have clear easy to understand instructions for the beginner with a few new steps for the more seasoned fermentor. There are many recipes and advice on getting the flavor you are looking for. I would recommend it as a fantastic gift and beginning book.

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