

A Very Asian Guide To Korean Food

A Critical Analysis of "A Very Asian Guide to Korean Food" and its Impact on Current Trends

Author: This analysis is written by [Your Name], a food writer and cultural critic with over [Number] years of experience covering Asian cuisines and culinary trends. My work has appeared in [List publications].

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Introduction: Deconstructing "A Very Asian Guide to Korean Food"

The rise of interest in Korean food globally is undeniable. From the ubiquitous bibimbap to the increasingly popular Korean fried chicken, the cuisine has captured palates worldwide. This surge in popularity has led to a proliferation of resources aimed at introducing people to Korean food, including "A Very Asian Guide to Korean Food" (assuming this is a real book - if fictional, adapt accordingly). This analysis will critically examine this guide, assessing its contribution to the current trends in Korean food appreciation and consumption, its strengths and weaknesses, and its overall impact.

Authenticity and Representation in "A Very Asian Guide to Korean Food"

One key aspect to consider is the guide's approach to authenticity. Does "A Very Asian Guide to Korean Food" present Korean food as a monolithic entity, or does it acknowledge the regional variations and diverse culinary traditions within Korea itself? A truly insightful guide should explore the differences between Seoul's street food scene and the home-style cooking of Jeju Island, for example. The inclusion of diverse perspectives - from chefs to home cooks - is crucial in avoiding a homogenized, stereotypical portrayal. An important question is whether the guide prioritizes a specific type of Korean food (e.g., high-end, modern Korean cuisine versus traditional dishes) and how this choice impacts the reader's understanding of the broader Korean culinary landscape. Does

"A Very Asian Guide to Korean Food" engage with contemporary trends like the fusion of Korean flavors with other cuisines? If so, how does it contextualize these developments within the history and evolution of Korean gastronomy? A thorough evaluation needs to look at the extent to which the guide engages with critical discussions around cultural appropriation and representation of Korean food within a global context.

Accuracy and Accessibility of "A Very Asian Guide to Korean Food"

The accuracy of recipes and information provided in "A Very Asian Guide to Korean Food" is paramount. Do the recipes accurately reflect traditional preparation methods? Are the ingredients readily accessible to an international audience? A successful guide should not only provide accurate information but also offer practical guidance for readers unfamiliar with Korean cooking techniques and ingredients. Furthermore, the guide's readability and accessibility are essential factors. Is the language clear and concise? Are the instructions easy to follow, even for novice cooks? The visual presentation – photography, illustrations – greatly impacts the user experience; high-quality imagery can be crucial to making the guide appealing and informative.

Impact on Current Trends: "A Very Asian Guide to Korean Food" and the Global Food Scene

"A Very Asian Guide to Korean Food" contributes to the current global obsession with Korean food in a few ways. First, its accessibility (or lack thereof) influences the spread of Korean cuisine. A well-written and accessible guide can introduce Korean flavors and dishes to a wider audience, potentially impacting restaurant menus and home cooking practices. Secondly, the guide's perspective and focus can shape perceptions. Does it celebrate the unique culinary heritage of Korea, or does it focus on trendy dishes designed for western palates? This influences how Korean food is understood and consumed globally. The guide's success in connecting with readers depends on its ability to inspire and motivate them to explore the intricacies of Korean food, beyond simple familiarity with well-known dishes.

Strengths and Weaknesses of "A Very Asian Guide to Korean Food"

[This section needs to be tailored to the specific guide being analyzed. Provide concrete examples from the guide to support your claims. Examples of what to assess:]

Strengths: Detailed historical context, insightful cultural commentary, accurate recipes, beautiful photography, inclusion of diverse voices, clear and concise writing style, comprehensive ingredient glossary.

Weaknesses: Oversimplification of complex culinary traditions, lack of regional diversity, recipes that are difficult to follow, inaccurate information, insufficient attention to food sustainability and ethical sourcing, stereotypical representations, lack of accessibility for diverse audiences (e.g., language barriers, dietary restrictions).

Conclusion: The Enduring Legacy of "A Very Asian Guide to Korean Food"

The impact of "A Very Asian Guide to Korean Food" on the current culinary landscape depends significantly on its execution. A well-researched, accurately written, and accessible guide can play a vital role in broadening the understanding and appreciation of Korean cuisine. Conversely, a guide that falls short in terms of accuracy, inclusivity, and depth can contribute to misrepresentations and perpetuate harmful stereotypes. Ultimately, the lasting contribution of "A Very Asian Guide to Korean Food" lies in its ability to engage readers authentically with the rich and multifaceted world of Korean food, fostering respect for its cultural significance and encouraging exploration of its diverse culinary expressions.

FAQs

1. Is "A Very Asian Guide to Korean Food" suitable for beginners? This depends on the guide's content. Some guides offer simplified recipes and explanations, while others assume a certain level of cooking knowledge.
2. What makes this guide "Asian"? The "Asian" aspect likely refers to its perspective and possibly the author's background and experience with Asian cuisines, offering a unique lens through which Korean food is presented.
3. Does the guide cover regional variations in Korean cuisine? This varies by guide. Some explore the diversity within Korean cooking, while others focus on a specific region or style.
4. Are the recipes in "A Very Asian Guide to Korean Food" authentic? This needs to be verified by comparing the recipes to established Korean culinary sources.
5. What types of Korean dishes are included in the guide? The specific dishes covered will vary depending on the guide's focus and scope.
6. Is the guide visually appealing? The quality of photography and overall design significantly impacts the reader's experience.
7. How does this guide compare to other Korean cookbooks? A comparative analysis with other similar publications is needed to assess its unique contribution.
8. Is "A Very Asian Guide to Korean Food" culturally sensitive? A critical review should assess the guide's approach to cultural representation.
9. Where can I purchase "A Very Asian Guide to Korean Food"? The availability depends on the guide's publication method (e.g., online retailers, bookstores).

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a very asian guide to korean food: A Very Asian Guide to Korean Food Michelle Li, 2022-10-21 Explore the delicious world of Korean Food! A Very Asian Guide to Korean Food introduces little readers to classic and modern Korean dishes and provides fun facts about the foods and culture of Korea. Learn how kimchi is made or discover what makes a Korean fried chicken so crispy. Author, Michelle Li, brings pride and energy for her Korean culture in her debut children's book. Illustrated by Sunnu Rebecca Choi in mixed media, each page is a colorful exploration of a dish that is sure to make every reader hungry. The Very Asian Guide series was started by author Michelle Li, who started a global movement of unity with the viral hashtag #veryasian after she received a racist voicemail in response to her sharing on-air the Korean foods she eats. Since the release of her first book, A Very Asian Guide to Korean Food, we have released more books in the series covering a range of cuisines and cultures, sharing food and joy to kids and adults alike! The Very Asian Guide series was started by author Michelle Li, who started a global movement of unity with the viral hashtag #veryasian after she received a racist voicemail in response to her sharing on-air the Korean foods she eats. Since the release of her first book, A Very Asian Guide to Korean Food, we have released more books in the series covering a range of cuisines and cultures, sharing food and joy to kids and adults alike! There are countless reasons to love Korean culture, but one standout reason is its amazing cuisine. A Very Asian Guide to Korean Food is delicious.- Min Jin Lee, author of Free Food for Millionaires and Pachinko, a finalist for the National Book Award This book provides a great look into not only how Koreans cook, but how we eat as well!- Tory Miller, James Beard Award-winning chef and owner of L'Etoile and Graze

a very asian guide to korean food: Korean Food Made Simple Judy Joo, 2016-03-15 Korean-American chef Judy Joo brings Korean food to the masses, proving that it's fun and easy to prepare at home. Joo turns exotic dishes into over 100 accessible, original and delicious recipes, ranging from well-loved and popular dishes such as kimchi, sweet potato noodles (japchae), beef and vegetable rice bowl (bibimbap), and Korean Fried Chicken, to more creative, less traditional recipes like Spicy Pork Belly Cheese Steak, Crazy Korean Burgers, and Fried Fish with Kimchi Mayo and Sesame Mushy Peas. In addition, there are chapters devoted to sauces, desserts, and drinks as well as a detailed list for stocking a Korean pantry, making Korean Food Made Simple a beautiful and comprehensive guide to Korean food and flavours.

a very asian guide to korean food: The Food and Cooking of Japan and Korea Emi Kazuko, Young Jin Song, 2015-06 This exciting book offers a comprehensive overview of the food and culinary traditions of Japan and Korea. The introduction explores the tastes and cooking styles of each country including a list of the key ingredients from ginseng and tofu to seaweed and fish pastes. 250 authentic recipes from every region are then brought to life, from Hand-rolled Sushi and Pak Choi Kimchi to Gochujang Chicken Stew and Fiery Octopus. Sweet treats include Kabocha Squash Cake and Green Tea Ice Cream. Illustrated throughout, this book offers an irresistible opportunity to discover new ingredients and techniques, and create deliciously varied meals for all

to enjoy.

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a very asian guide to korean food: *Judy Joo's Korean Soul Food* Judy Joo, 2019-10-07 'Judy Joo captures the flavors and the heart of Korean food and switches things up just enough to make them accessible and familiar, but not so much that you lose the soul of the recipe. It's an art!' Sunny Anderson Fresh from the success of *Korean Food Made Simple*, chef Judy Joo is back with a brand new collection of recipes that celebrate the joys of Korean comfort food and get straight to the heart and soul of the kitchen. Drawing on her own heritage and international experience, Judy presents recipes that appeal to everyone, from street food to snacks and sharing plates, kimchi to Ko-Mex fusion food, and dumplings to desserts. Through clear, easy-to-understand recipes and gorgeous photography, Judy will help you master the basics before putting her signature fun, unexpected twist on the classics, including Philly Cheesesteak dumplings and a full English breakfast-inspired Bibimbap bowl. With over 100 recipes, helpful glossaries, and tips on how to stock the perfect Korean store cupboard, there's something for amateur chefs and accomplished home cooks alike. So much more than rice and fried chicken, these truly unique recipes are simple, delicious, and will have everyone clamoring for more.

a very asian guide to korean food: *Maangchi's Big Book of Korean Cooking* Maangchi, Martha Rose Shulman, 2019 The definitive book on Korean cuisine by YouTube's Korean Julia Child and the author of *Maangchi's Real Korean Cooking*. --

a very asian guide to korean food: *Our Korean Kitchen* Jordan Bourke, Rejina Pyo, 2017-04-18 "[This] collection of hearty recipes is an ode to authentic Korean cooking inspired by the dishes the couple eat at home."—The New York Times Winner of Observer Food Monthly's Best New Cookbook Award In this beautiful cookbook, critically acclaimed chef and food writer Jordan Bourke and his Korean-born wife, Rejina, provide a cultural history of the food of Korea—along with more than 100 authentic and accessible dishes to make as you explore the ingredients and techniques needed to master Korean cooking. From how to stock a Korean pantry, to full menu ideas, to recipes for every meal and craving, this is the only guide to Korean cooking you'll ever need. You'll find delicious recipes for Bibimbap, Kimchi Fried Rice, Crispy Chili Rice Cakes, Chicken Dumpling Soup, Seafood & Silken Tofu Stew, Pickled Garlic, Seafood & Spring Onion Pancakes, Shrimp and Sweet Potato Tempura, Knife-cut Noodles in Seafood Broth, Soy-Marinaded Crab, Grilled Pork Belly with Sesame Dip, Grilled Beef Short Ribs, Deep Fried Honey Cookies, and so much more! Chapters include: Rice and Savory Porridge * Soups & Stews *Vegetables, Pickles and Sides * Pancakes, Fritters & Tofu * Noodles * Fish * Meat * Dessert "Brilliantly good."—The Sunday Times "Gorgeous recipes."—Nigel Slater, author of *Greenfeast*

a very asian guide to korean food: *The Korean Table* Taekyung Chung, Debra Samuels, 2022-08 New flavors with this foolproof introduction to Korean cuisine. The Korean Table shows Western cooks how to create the authentic flavors of Korean cooking using readily-available ingredients from your local grocery store or farmer's market. Korean food is known for its robust and intensely flavorful dishes like Korean barbecue, kimchi, chapjae, and bibimbap. This new edition boasting 11 new recipes, expert Korean chef TaeKyung Chung and experienced food writer Debra Samuels guide readers through the process of preparing traditional Korean dishes without fuss or trips to specialty stores. The step-by-step 110 delicious recipes in this book include: Starters - including glazed soybeans, stuffed cucumbers and kimchi pancakes Main courses - ranging from vegetable noodles or tofu dishes to seafood and poultry Korean BBQ favorites - like bulgogi and kalbi shortribs Desserts - like sesame-soy milk pudding and ginger jelly Along with showing you how to create a complete Korean meal from start to finish--including Seafood and Scallion Pancakes, Korean Mandu Dumplings, Kalbi Barbecued Beef Ribs, Korean Fried Chicken and Kimchi Fried Rice--this book also shows you how to easily add Korean touches to your everyday meals via condiments, side dishes, salad dressings, and marinades. With this comprehensive book as your guide, your table can

be the setting for a Korean feast!

a very asian guide to korean food: Korean Cuisine Michael J. Pettid, 2008 Over the last two millennia, Korean food dishes and their complex preparations have evolved along with the larger cultural and social upheavals experienced by the nation. Pettid charts the historical development of the cuisine, using literary and historical accounts to examine the ways that regional distinctions and historical transformations played out in the Korean diet.

a very asian guide to korean food: Korean Home Cooking Sohui Kim, Rachel Wharton, 2018-10-16 An approachable, comprehensive guide to Korean cuisine, featuring 100 recipes to make in your home kitchen. In *Korean Home Cooking*, Sohui Kim shares the authentic Korean flavors found in the dishes at her restaurant and the recipes from her family. Sohui is well-regarded for her sense of *sohnmat*, a Korean phrase that roughly translates to “taste of the hand,” or an ease and agility with making food taste delicious. With 100 recipes, *Korean Home Cooking* is a comprehensive look at Korean cuisine, and includes recipes for kimchee, crisp mung bean pancakes, seaweed soup, spicy chicken stew, and japchae noodles and more traditional fare of soondae (blood sausage) and yuk hwe (beef tartare). With Sohui’s guidance, stories from her family, and photographs of her travels in Korea, *Korean Home Cooking* brings rich cultural traditions into your home kitchen. “*Korean Home Cooking* is a revelation. It is an education in Korean cuisine and roadmap for bringing it into your kitchen, with recipes that are as smart and delicious as they are achievable. Herein is a body of knowledge that needed a generous cook like Sohui to shape and share it, and it deserves a spot on every serious cook’s bookshelf.” —Peter Mehan, author, co-founder of Lucky Peach “Like so many other enthusiastic eaters, I am fascinated with the flavors found in Korean cooking. . . . Sohui’s writing welcomes us like a family member to visit her earliest food memories, and she profoundly informs us with the nuanced skill of a natural teacher.” —Michael Anthony, author and executive chef, Grammercy Tavern “The delectably spiced, colorful Korean dishes in restaurants may seem overwhelming to the American home cook. No longer. In this very detailed and exquisitely illustrated cookbook, Sohui Kim combines knowledge from her Insa kitchen with down-to-earth savvy recalled from her family kitchen.” —Mimi Sheraton, author “The most useful cookbook released by a New York chef in 2018.” —Grub Street

a very asian guide to korean food: The Korean Vegan Cookbook Joanne Lee Molinaro, 2021-10-12 THE INSTANT NEW YORK TIMES BESTSELLER • NAMED ONE OF THE BEST NEW COOKBOOKS OF THE YEAR BY Epicurious • EATER • Stained Page • Infatuation • Spruce Eats • Publisher’s Weekly • Food52 • Toronto Star The dazzling debut cookbook from Joanne Lee Molinaro, the home cook and spellbinding storyteller behind the online sensation @thekoreanvegan Joanne Lee Molinaro has captivated millions of fans with her powerfully moving personal tales of love, family, and food. In her debut cookbook, she shares a collection of her favorite Korean dishes, some traditional and some reimaged, as well as poignant narrative snapshots that have shaped her family history. As Joanne reveals, she’s often asked, “How can you be vegan and Korean?” Korean cooking is, after all, synonymous with fish sauce and barbecue. And although grilled meat is indeed prevalent in some Korean food, the ingredients that filled out bapsangs on Joanne’s table growing up—doenjang (fermented soybean paste), gochujang (chili sauce), dashima (seaweed), and more—are fully plant-based, unbelievably flavorful, and totally Korean. Some of the recipes come straight from her childhood: Jjajangmyun, the rich Korean-Chinese black bean noodles she ate on birthdays, or the humble Gamja Guk, a potato-and-leek soup her father makes. Some pay homage: Chocolate Sweet Potato Cake is an ode to the two foods that saved her mother’s life after she fled North Korea. The *Korean Vegan Cookbook* is a rich portrait of the immigrant experience with life lessons that are universal. It celebrates how deeply food and the ones we love shape our identity.

a very asian guide to korean food: Cook Korean! Robin Ha, 2016-07-05 New York Times bestseller • A charming introduction to the basics of Korean cooking in graphic novel form, with 64 recipes, ingredient profiles, and more, presented through light-hearted comics. Fun to look at and easy to use, this unique combination of cookbook and graphic novel is the ideal introduction to cooking Korean cuisine at home. Robin Ha’s colorful and humorous one-to three-page comics fully

illustrate the steps and ingredients needed to bring more than sixty traditional (and some not-so-traditional) dishes to life. In these playful but exact recipes, you'll learn how to create everything from easy kimchi (mak kimchi) and soy garlic beef over rice (bulgogi dubbap) to seaweed rice rolls (gimbap) and beyond. Friendly and inviting, *Cook Korean!* is perfect for beginners and seasoned cooks alike. Each chapter includes personal anecdotes and cultural insights from Ha, providing an intimate entry point for those looking to try their hand at this cuisine.

a very asian guide to korean food: Communicating Food in Korea Jaehyeon Jeong, Joong-Hwan Oh, 2021-03-12 An in-depth investigation of the complex relationships among food, culture, and society, *Communicating Food in Korea* features contributors from a variety of disciplines, including economics, political science, communication studies, nutrition research, tourism research, and more. Each chapter presents a unique interpretation of food's economic, political, and sociocultural relevance. Situated in Korea's shifting historical contexts, contributors explore themes, such as colonialism, food symbolism, gastronomic nationalism, multiculturalism, food tourism, food security, and food sovereignty to research the ways food intersects with social issues in Korean society.

a very asian guide to korean food: How to Live Korean Soo Kim, 2020-11-17 *How to Live Korean* takes a deep-dive into Korean culture, unpacking what it means to be Korean in all its forms and uncovering the way the locals think, what they enjoy getting up to and who they do it with. Whether it's Korean movie *Parasite* sweeping the Oscars, the explosion of interest in K-pop, Blackpink becoming the world's biggest girl band, the dominance of the global smartphone market, foodies going crazy for bibimbap and kimchi or the incredible hype around K-beauty products - Korea is having a moment. But how much do you know about the real Korea; the locals' take on their amazing country? That's where this illuminating culture guide comes in, shining a light on Korea's compelling history and stunning geography, its unique customs and the quirks of daily life. The mainstays of Korea's vibrant cultural life and style are covered in detail, giving you the lowdown on the country's burgeoning film industry, Korean's unique take on fandom, the quirky fashion scene and the innovative hubs for art and design. If you ever have wanted to learn how to date like a Korean, know where the locals hang out in Seoul, honeymoon like Korean newlyweds, discover the correct way to eat Korean food or use the art of nunchi to improve your emotional intelligence, this insider's guide to the heart and soul of Korea is not to be missed.

a very asian guide to korean food: What's That? Karen Chan, 2021-11-15 Jax loves the food his family cooks. But when his grandmother packs his favorite Chinese dishes for his first day of school, Jax discovers his lunch looks very different from what the rest of his classmates are eating. Embarrassed to eat his food, Jax finds himself sitting alone. When Meena sits next to him, the two strike an unexpected friendship over their lunches, sharing a mutual joy of time spent in the kitchen and the delicious meals they eat with their families. *What's That?* is a heartwarming story about the foods that make up who we are and how the meals we eat can bring us together. *What's That?* is an uplifting story but is an important tool for teaching kids to celebrate new foods and embrace cultural differences. Jax's story highlights the importance of being open-minded, showing how food represents who we are. By sharing meals and traditions, children can form deeper connections and appreciate the richness of diversity. This book encourages young readers to be proud of their heritage while being curious and accepting of others. This children's book promotes inclusivity and compassion by celebrating what makes us all unique and embracing family heritage and traditions. It follows the story of Jax, whose lunchbox doesn't look like the other kids', but is packed of love. - *Forbes* Ultimately, *What's That?* demonstrates the vital role food plays in how we connect to our families and our cultures- as well as how we come to know and leave each other and our selves. - Publishers Weekly

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resources for those who wish to enjoy it at home. Until now. These recipes, packed with Korean flavors and cooking techniques, will open the door for readers unfamiliar with the cuisine. Who can resist dishes such as: Traditional and Modern Bulgogi Kimchi-Bacon Mac and Cheese Silky Sweet Potato Noodles (Japchae) Plus kimchis, sauces, teas, sweets, soju cocktails, and more Beautifully photographed, with tips for building a Korean pantry, drink pairings (from soju to microbrews), and menu ideas, *Everyday Korean* is the ultimate guide to one of the world's most unique and delicious cuisines.

a very asian guide to korean food: *Korean American* Eric Kim, 2022-03-29 NEW YORK TIMES BESTSELLER • An homage to what it means to be Korean American with delectable recipes that explore how new culinary traditions can be forged to honor both your past and your present. IACP AWARD FINALIST • ONE OF THE TEN BEST COOKBOOKS OF THE YEAR: Simply Recipes ONE OF THE BEST COOKBOOKS OF THE YEAR: Bon Appétit, The Boston Globe, Saveur, NPR, Food & Wine, Salon, Vice, Epicurious, Publishers Weekly "This is such an important book. I savored every word and want to cook every recipe!"—Nigella Lawson, author of *Cook, Eat, Repeat* New York Times staff writer Eric Kim grew up in Atlanta, the son of two Korean immigrants. Food has always been central to his story, from Friday-night Korean barbecue with his family to hybridized Korean-ish meals for one—like Gochujang-Buttered Radish Toast and Caramelized-Kimchi Baked Potatoes—that he makes in his tiny New York City apartment. In his debut cookbook, Eric shares these recipes alongside insightful, touching stories and stunning images shot by photographer Jenny Huang. Playful, poignant, and vulnerable, *Korean American* also includes essays on subjects ranging from the life-changing act of leaving home and returning as an adult, to what Thanksgiving means to a first-generation family, complete with a full holiday menu—all the while teaching readers about the Korean pantry, the history of Korean cooking in America, and the importance of white rice in Korean cuisine. Recipes like Gochugaru Shrimp and Grits, Salt-and-Pepper Pork Chops with Vinegared Scallions, and Smashed Potatoes with Roasted-Seaweed Sour Cream Dip demonstrate Eric's prowess at introducing Korean pantry essentials to comforting American classics, while dishes such as Cheeseburger Kimbap and Crispy Lemon-Pepper Bulgogi with Quick-Pickled Shallots do the opposite by tinging traditional Korean favorites with beloved American flavor profiles. Baked goods like Milk Bread with Maple Syrup and Gochujang Chocolate Lava Cakes close out the narrative on a sweet note. In this book of recipes and thoughtful insights, especially about his mother, Jean, Eric divulges not only what it means to be Korean American but how, through food and cooking, he found acceptance, strength, and the confidence to own his story.

a very asian guide to korean food: *Korean Cookbook* Chung Jae Lee, 2017-11-06 Koreans love to eat and the food must always be delicious. Chung Jae shares his favourite and most popular Korean recipes, introducing the home cook to Korean food with traditional Korean eats and his versions of Korean favourites. With simple steps and easy to find ingredients, learn how to cook some of Korea's most-loved food, with a modern twist, including bulgogi, bibimbap, Korean barbecue, Jaeyuk gui, seafood pancake, kimchi and twist donuts. Chung Jae shows how easy cooking Korean food can be from party food and mains, to sweets, sauces and sides, this is food you will love eating.

a very asian guide to korean food: *Asian Pickles* Karen Solomon, 2014-06-10 From authentic Korean kimchi, Indian chutney, and Japanese tsukemono to innovative combinations ranging from mild to delightfully spicy, the time-honored traditions of Asian pickling are made simple and accessible in this DIY guide. *Asian Pickles* introduces the unique ingredients and techniques used in Asian pickle-making, including a vast array of quick pickles for the novice pickler, and numerous techniques that take more adventurous cooks beyond the basic brine. With fail-proof instructions, a selection of helpful resources, and more than seventy-five of the most sought-after pickle recipes from the East—Korean Whole Leaf Cabbage Kimchi, Japanese Umeboshi, Chinese Preserved Vegetable, Indian Coconut-Cilantro Chutney, Vietnamese Daikon and Carrot Pickle, and more—*Asian Pickles* is your passport to explore this region's preserving possibilities.

a very asian guide to korean food: Seoul Food Korean Cookbook Naomi Imatome-Yun,

2015-08-12 Learn deliciously authentic Korean cooking, from traditional Korean favorites to modern recipes including Seoul-Style fusion. Food writer Naomi Imatome-Yun grew up in the American suburbs helping her Korean grandmother cook Korean classics and has spent over 15 years helping Korean Americans and non-Korean Americans alike discover how easy and delectable authentic Korean cooking can be. *Seoul Food Korean Cooking* includes: 135 step-by-step recipes for Korean barbecue, kimchi, and more, including Sliced Barbecued Beef (bulgogi) like mom used to make and those Spicy Stir-Fried Rice Cakes (tteokbokki) you loved on your trip to Korea Special chapters for Korean bar food (anju) like Pork Bone Soup (gamjatang) and fusion favorites like Army Base Stew (budae chigae) An overview of Korean cooking and fun tidbits on food customs, table manners, and restaurant dining tips Detailed lists of kitchen essentials, pantry staples, and Korean cooking ingredients, with photos and shopping resources to aid the home chef

a very asian guide to korean food: The Asian Grocery Store Demystified Linda Bladholm, 2016-06-21 A food lover's guide to all the best ingredients. Do you want to prepare an Asian meal as delectable as those in restaurants? Are you too intimidated by the exotic ingredients to try? And what's inside those mysterious bottles, bags, and boxes in your local Asian grocery store anyway? This handy Take it With You guide provides the answers. Author Linda Bladholm, who has lived, worked, cooked, and dined in locales as diverse as Singapore, Malaysia, Indonesia, Thailand, Japan, Hong Kong, China, Korea, Laos, and Vietnam, takes you on a tour of a typical Asian grocery store and expertly describes what you'll find. Make Your Next Shopping Trip a Successful and Fascinating Journey. Peppered with over 400 illustrations, plus stories about the ingredients used in every major Asian cuisine, this guidebook identifies and tells you how to use the vast array of meats, fruits, vegetables, noodles, tofu, rice, and delicacies. A bonus section of the author's favorite recipes will help you create savory, authentic dishes that will impress everyone-- and it will open a window onto the remarkable civilizations of the Orient.

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a very asian guide to korean food: Korean Food 101: A Glimpse into Everyday Dining Korean Food Foundation, 2014-11-01 Obtain the knowledge and information on not only Korean dishes but Koreans and Korean culture! To help share Korean food culture with other citizens of the world, the Korean Food Foundation has researched and compiled various resources on Korean food to inform others about the value of Korean cuisine. This book has been published to introduce 101 representative Korean traditional dishes for English readers. The book consists of 10 chapters: 1) Cooked Grains and Porridge, 2) Noodles and Dumplings, 3) Soups, 4) Stews and Hot Pots, 5) Braised Dishes, Glazed Dishes and Stir-fried Dishes, 6) Grilled Dishes and Pan-fried Delicacies, 7) Sliced Raw Fish or Meat, 8) Kimchi, 9) Basic Side Dish, 10) Rice Cake, Korean Sweets and Beverages. Readers will learn the interesting origins and common misconceptions behind each Korean cuisine. The book also features cultural questions including, What do Koreans mainly eat for a late-night snack? Why do Koreans eat kelp soup on their birthday?, Why do Koreans have dried pollack soup for relieving hangover?, etc. We hope you will enjoy the tasty tips and cultural insights this book offers and that the you will gain an understanding of how Korean food is not just a food enjoyed by Korean people, but by world renowned celebrities and people all over the world.

a very asian guide to korean food: Korean Food Guide The Korea Foundation, 2014-08-14 *Korean Food Guide 800* provides easy-to-understand information on 800 traditional and popular Korean foods, including homemade meals, side dishes, and soups, in English and Spanish! It also provides basic recipes and helpful information about popular Korean foods. Learn for yourself why Korean cuisine is the latest trend among people who value food that is flavorful as well as healthy and nutritious.

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oldest and most delicious cuisines on earth: the food of Shanghai, China's most exciting city, in this evocative, colorful gastronomic tour that features 100 recipes, stories, and more than 150 spectacular color photographs. Filled with galleries, museums, and gleaming skyscrapers, Shanghai is a modern metropolis and the world's largest city proper, the home to twenty-four million inhabitants and host to eight million visitors a year. "China's crown jewel" (Vogue), Shanghai is an up-and-coming food destination, filled with restaurants that specialize in international cuisines, fusion dishes, and chefs on the verge of the next big thing. It is also home to some of the oldest and most flavorful cooking on the planet. Betty Liu, whose family has deep roots in Shanghai and grew up eating homestyle Shanghainese food, provides an enchanting and intimate look at this city and its abundant cuisine. In this sumptuous book, part cookbook, part travelogue, part cultural study, she cuts to the heart of what makes Chinese food Chinese—the people, their stories, and their family traditions. Organized by season, *My Shanghai* takes us through a year in the Shanghai culinary calendar, with flavorful recipes that go beyond the standard, well-known fare, and stories that illuminate diverse communities and their food rituals. Chinese food is rarely associated with seasonality. Yet as Liu reveals, the way the Shanghainese interact with the seasons is the essence of their cooking: what is on a dinner table is dictated by what is available in the surrounding waters and fields. Live seafood, fresh meat, and ripe vegetables and fruits are used in harmony with spices to create a variety of refined dishes all through the year. *My Shanghai* allows everyone to enjoy the homestyle food Chinese people have eaten for centuries, in the context of how we cook today. Liu demystifies Chinese cuisine for home cooks, providing recipes for family favorites that have been passed down through generations as well as authentic street food: her mother's lion's head meatballs, mung bean soup, and weekday stir-fries; her father-in-law's pride and joy, the Nanjing salted duck; the classic red-braised pork belly (as well as a riff to turn them into gua bao!); and core basics like high stock, wontons, and fried rice. In *My Shanghai*, there is something for everyone—beloved noodle and dumpling dishes, as well as surprisingly light fare. Though they harken back centuries, the dishes in this outstanding book are thoroughly modern—fresh and vibrant, sophisticated yet understated, and all bursting with complex flavors that will please even the most discriminating or adventurous palate.

a very asian guide to korean food: *My Korea: Traditional Flavors, Modern Recipes* Hooni Kim, 2020-04-07 An Epicurious Spring 2020 Book We Want to Cook from Now • An Eater Best Cookbook of Spring 2020 • A Food52 Best New Cookbook of 2020...So Far • A New York Times New Cookbook Worth Buying A Michelin-starred chef known for defining Korean food in America brings a powerful culinary legacy into your kitchen. Simple rice cakes drenched in a spicy sauce. Bulgogi sliders. A scallion pancake (pajeon) the New York Times calls "the essential taste of Korean cuisine." For years Hooni Kim's food has earned him raves, including a Michelin Star—the first ever awarded to a Korean restaurant—for Danji. His background in world-class French and Japanese kitchens seamlessly combines with his knowledge of the techniques of traditional Korean cuisine to create uniquely flavorful dishes. *My Korea*, his long-awaited debut cookbook, introduces home cooks to the Korean culinary trinity: doenjang, ganjang, and gochujang (fermented soybean paste, soy sauce, and fermented red chili paste). These key ingredients add a savory depth and flavor to the 90 recipes that follow, from banchan to robust stews. His kimchis call upon the best ingredients and balance a meal with a salty, sour, and spicy kick. Elevated classics include one-bowl meals like Dolsot Bibimbap (Sizzling-Hot Stone Bowl Bibimbap), Haemul Sundubu Jjigae (Spicy Soft Tofu Stew with Seafood), and Mul Naengmyeon (Buckwheat Noodles in Chilled Broth). Dishes meant for sharing pair well with soju or makgeolli, an unfiltered rice beer, and include Budae Jjigae (Spicy DMZ Stew) and Fried Chicken Wings. Complete with thoughtful notes on techniques and sourcing and gorgeous photography from across Korea, this cookbook will be an essential resource for home cooks, a celebration of the deliciousness of Korean food by a master chef.

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