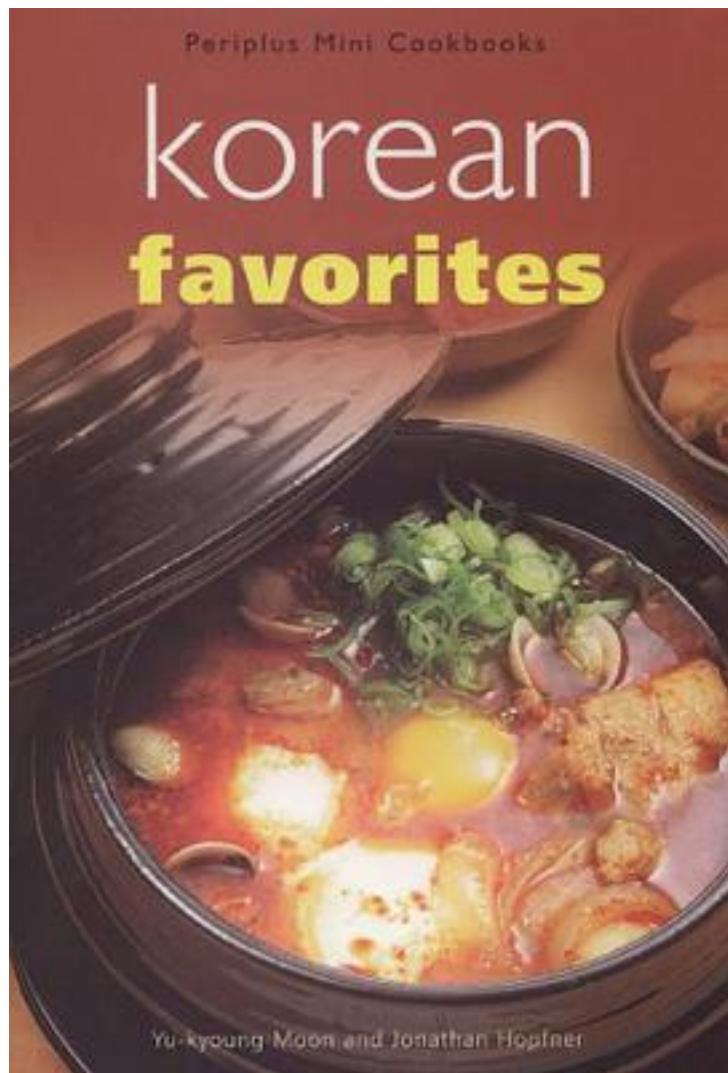


# Korean Favorites



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Much like the country itself, Korean cuisine sits in the shadows of its larger neighbors. While many Chinese and Japanese dishes have become household names the world over, Korean delicacies remain a relative unknown to many, defined only by the spicy cabbage kimchi or marinated barbecued beef (bulgogi or kalbi).

But as more people acquaint themselves with the sheer variety of flavors and healthy properties of Korean cuisine the situation is unlikely to stay the same for long. Hearty and unpretentious, it is comfort food in the truest sense of the word, built expressly to enhance the diner's well being.

Korean food has been shaped by the harsh weather but fertile land of the country that gave birth to it. Thick stews and fiery marinades are designed to warm the body or ward off winter chills, while tangy salads and light soups refresh the mind and provide a respite from the heat of summer. It is satisfying without being overwhelming, often characterized by generous helpings of meat and fish but packed with vegetables and low in fat.

And then there are the seasonings. The liberal use of potent red pepper paste, fresh garlic, ginger and nutty sesame oil gives Korean dishes the bold flavors that linger in the memory long after the meals are over. Add to this the fact that it's easy to prepare and conducive to sharing, and it becomes clear that it's only a matter of time before Korean food assumes a more prominent place in the culinary spotlight.

The recipes in this book attempt to introduce the reader to some lesser-known Korean dishes as well as the classic standards, hopefully providing a glimpse of the quality and diversity of the country's dining traditions in the process.

作者介绍:

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标签

韩国

菜单

美食

制作方法

## 评论

这本书就是一本韩国料理经典美食介绍及制作方法介绍书，书不错，适合韩国料理学习者。

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## 书评

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