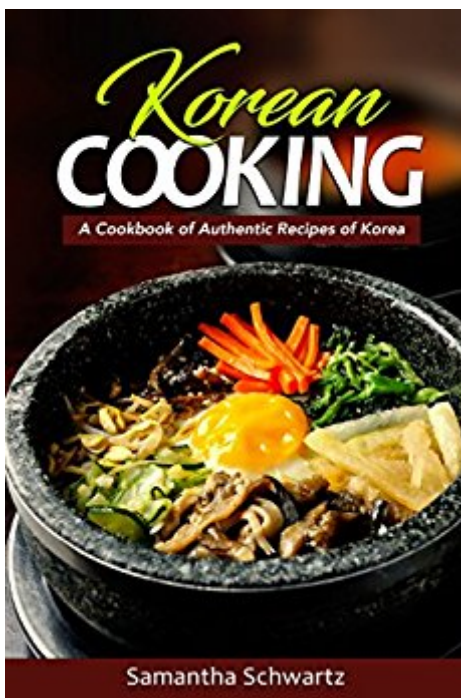




**Ebook Directory**  
the best source of ebook

The book was found

# Korean Cooking: A Cookbook Of Authentic Recipes Of Korea



## Synopsis

Korean cuisine has become quite popular because it is both healthy and delicious. Obesity rates in South Korea is amongst the lowest at just 3.5% - unlike the US where rates are exceeding 35% - that demonstrates just how healthy the Korean diet is. Korean cuisine is largely based on rice, vegetables, and meats. Traditional Korean meals are noted for the number of side dishes that accompany steam-cooked short-grain rice. Kimchi, which is a spicy fermented vegetable side dish, is almost always served at every meal. Commonly used ingredients include sesame oil, doenjang (fermented bean paste), soy sauce, salt, garlic, ginger, pepper flakes, gochujang (fermented red chili paste) and cabbage. Ingredients and dishes vary by province. Many regional dishes have become national, and dishes that were once regional have proliferated in different variations across the country. Korean royal court cuisine once brought all of the unique regional specialties together for the royal family. Korean Cooking brings to your kitchen this healthy cuisine. Check out some of these delicious recipes: Shrimp Rice Soup, Dried Codfish Soup, Beef Brisket and Tripe Soup, Chicken and Ginseng Soup, Rice and Beef Noodle Soup, Beef Bulgogi, Korean BBQ Short Ribs, Korean Chicken, Korean Steak, Chap Chee Noodles, Korean Spicy Marinated Pork, Korean Marinated Flank Steak, Sweet Grilled Lamb Chops with Spice, Korean Roast Chicken Thighs, Spicy Korean Chicken and Potato, Spicy Cold Noodles, Sweet Potato Vermicelli and Beef Stir Fry, Spicy Korean Noodles with Egg and Cucumber, Noodles with Black Bean Sauce, Korean Noodles with Vegetables, Korean Chicken Noodle Bowl, Korean Cold Noodles, Spicy Soba Noodles, Hot and Spicy Rice Cake, Korean Seafood Pancakes, Korean Curry Rice, Vegan Bulgolgi Sandwich, Zebra Egg Roll, Korean Stove Top Walnut Cakes, Deep Fried Vegetable, Korean Honey Poached Pears, Korean Milk Ice Sorbet, Korean Rice Cake Skewers, Korean Strawberry Kiwi Roll Cake, Korean Tapioca Pudding, Korean Yakwa, Desse, Korean Spicy Rice Cake, Baked Pears in Wonton Crisps and Honey, Healthy Sweet Rice Cake. Scroll up and grab your copy of Korean Cooking today!

## Book Information

File Size: 2162 KB

Print Length: 95 pages

Publisher: Encore Publishing (January 7, 2017)

Publication Date: January 7, 2017

Sold by: Æ Æ Digital Services LLC

Language: English

ASIN: B01MR40WZI

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #300,010 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #28

in Kindle Store > Cookbooks, Food & Wine > Asian Cooking > Korean #235 in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Regional & International > Asian #491 in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Special Diet > Healthy

## Customer Reviews

These free cookbooks help me be a better cook! Thanks Encore!

NOT SURE I WILL BE MAKING ANY OF THESE

Great Kindle Read!!!

[Download to continue reading...](#)

Easy Korean Cookbook: 50 Unique and Authentic Korean Recipes (Korean Cookbook, Korean Recipes, Korean Food, Korean Cooking, Easy Korean Cookbook, Easy Korean Recipes, Easy Korean Cooking Book 1) Korean: Korean Recipes - The Very Best Korean Cookbook (Korean recipes, Korean cookbook, Korean cook book, Korean recipe, Korean recipe book) Welcome to Korean Food World: Unlock EVERY Secret of Cooking Through 500 AMAZING Korean Recipes (Korean Cookbook, Korean Cuisine, Korean Cooking Pot, Asian Cuisine...) (Unlock Cooking, Cookbook [#8]) I Love My Dad (korean childrens books, korean baby book): korean for kids, korean for children, kids books in korean (Korean English Bilingual Collection) (Korean Edition) I Love to Brush My Teeth (english korean books,korean childrens books ): korean bilingual books , korean kids books,bilingual korean books (English Korean Bilingual Collection) (Korean Edition) Southern Cooking: Southern Cooking Cookbook - Southern Cooking Recipes - Southern Cooking Cookbooks - Southern Cooking for Thanksgiving - Southern Cooking Recipes - Southern Cooking Cookbook Recipes I Love My Mom (English Korean, korean childrens books): korean kids books,bilingual korean books, children ESL books (English Korean Bilingual Collection) (Korean Edition) I Love My Dad (English Korean Bilingual books, korean kids books): korean childrens books, english korean

books for kids (English Korean Bilingual Collection) (Korean Edition) Easy Asian Cookbook Box Set: Easy Korean Cookbook, Easy Filipino Cookbook, Easy Thai Cookbook, Easy Indonesian Cookbook, Easy Vietnamese Cookbook (Korean ... Recipes, Asian Recipes, Asian Cookbook 1) I Love to Share (english korean bilingual books): korean kids books, korean childrens books, hangul for kids (English Korean Bilingual Colleciont) (Korean Edition) I Love to Share (korean english bilingual books, korean baby book, korean kids book ): korean for kids (Korean Edition) Easy Hawaiian Cookbook: Authentic Tropical Cooking (Hawaiian Cookbook, Hawaiian Recipes, Hawaiian Cooking, Tropical Cooking, Tropical Recipes, Tropical Cookbook Book 1) Cast Iron Recipes Cookbook: 50 Most Delicious of Cast Iron Recipes (Cast Iron Recipes, Cast Iron Cookbook, Cast Iron Cooking, Cast Iron Cooking Recipes): ... Recipes (Easy Recipes Cookbook Book 2) Easy Jamaican Cookbook: 50 Unique and Authentic Jamaican Recipes (Jamaican Cookbook, Jamaican Recipes, Jamaican Cooking, West Indian Cookbook, West Indian Recipes, West Indian Cooking Book 1) Easy Portuguese Cookbook: 50 Authentic Portuguese and Brazilian Recipes (Portuguese Cookbook, Portuguese Recipes, Portuguese Cooking, Brazilian Cookbook, Brazilian Recipes, Brazilian Cooking Book 1) Easy Louisiana Cookbook: Authentic Creole Cooking (Louisiana, Louisiana Cooking, Louisiana Cookbook, Louisiana Recipes, Cajun Recipes, Creole Recipes, Creole Cookbook Book 1) Korean Cooking: A Cookbook of Authentic Recipes of Korea Your Korean Cookbook: Pure Korean Cooking Bliss (Korean Food & Recipes) Mug Recipes Cookbook : 50 Most Delicious of Mug Recipes (Mug Recipes, Mug Recipes Cookbook, Mug Cookbook, Mug Cakes, Mug Cakes Cookbook, Mug Meals, Mug Cookbook) (Easy Recipes Cookbook 1) New England Style Cooking: Authentic Recipes from Connecticut, Maine, Boston, and Vermont (New England Cookbook, New England Recipes, New England Cooking, Boston Recipes, Boston Cookbook Book 1)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)