

[PDF] Growing Up In A Korean Kitchen: A Cookbook

Hisoo Shin Hepinstall - pdf download free book

Books Details:

Title: Growing up in a Korean Kitche

Author: Hisoo Shin Hepinstall

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Description:

Korean cuisine is a tantalizing blend of sour, sweet, hot, burning hot, salty, bitter, and nutty, or so writes Hi Soo Shin Hepinstall, author of *Growing Up in a Korean Kitchen*. Part autobiography and part cookbook, this remarkable work provides a practical introduction to a cuisine Americans have encountered with delight, and a poignant memoir of a time and place in which an average family meal could consist of seven or more dishes, hierarchically served according to gender and family standing (males and grandmas ruled).

Beginning with a scene-setting journey to the author's childhood home, the book then provides a detailed account of relevant ingredients, equipment, techniques, and sauces and pastes (many based on soy beans and red pepper). Over 175 recipes follow for a wide range of everyday and special-

occasion dishes, from rice and cereal specialties, including an intriguing fried rice with chicken, mushrooms, and kimchi; to fresh salad and vegetable dishes such as Sautéed Spring Garlic; to barbecued specialties like Fried Beef Ribs; to desserts and confections. A chapter on celebratory dishes, such as the extraordinary, multi-ingredient Celestial Hot Pot, is balanced by a homey section on stews and dishes such as Braised Pork Spareribs. Throughout, Hepinstall offers asides that place the food in its cultural context, variations, and technical information. With an illuminating section on tea and other drinks, the book makes an exciting introduction to a kind of cooking Westerners can now prepare and enjoy at home. --*Arthur Boehm*

From Library Journal Although Korean food is poised to become the next favorite Asian cuisine, there are relatively few cookbooks on the subject. Hepinstall's book is both more ambitious than Jenny Kwak's *Dok Suni* (LJ 11/15/98) and more wide-ranging than Deborah Coultrip-Davis and Young Sook Ramsey's *vegetarian Flavors of Korea* (LJ 9/15/98). One of 12 children, she provides a personal glimpse of a disappearing way of life as well as a detailed introduction to traditional Korean cuisine (she even includes her family's recipe for soy sauce). American readers may recognize some of the dishes from Korean restaurants, but many will be new. The section on main dishes covers rice and cereals, soups and porridges, and noodles and dumplings, with a whole chapter devoted to kimchi, a signature dish; in addition to side dishes, desserts, and beverages, there are separate chapters on Korean barbecue and special-occasion recipes. Hepinstall writes well and knowledgeably, and her photographs of family and her visits to her homeland illustrate the text. Strongly recommended. Copyright 2001 Reed Business Information, Inc.

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