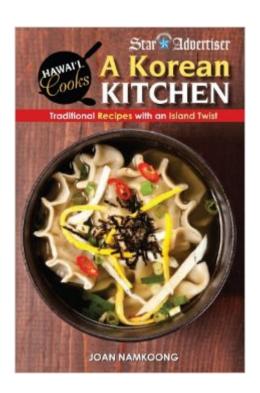
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A Korean Kitchen: Traditonal Recipes With An Island Twist (Hawaii Cooks)





Synopsis

Kalbi, kimchi, meat chon and mandu are some of the delectable Korean dishes we love in Hawai'i. But did you know that some of these dishes are unique to Hawai'i in the way they are prepared and served? Food writer Joan Namkoong, a second generation Korean American, draws on her island heritage to explain the Korean kitchen in Hawai'i, distinctly different from a Korean kitchen in Korea. The ingredients, the seasonings, the textures, and flavors in Hawai'i bear the history of Korean immigrants who came to the islands in the early 1900s. Succeeding generations and more recent immigrants have put their mark on Korean food in Hawai'i, a popular cuisine that has evolved over the past century. Korean food is a healthy cuisine that relies on many vegetables, grains, fermented foods, and simple cooking techniques that require little fat. Meats are served as a small part of this vegetable-centric cuisine that focuses on many tasty side dishes on the table. It's a cuisine islanders love for its

Book Information

Series: Hawaii Cooks

Hardcover: 180 pages

Publisher: Mutual Pub Co; Spi edition (October 1, 2013)

Language: English

ISBN-10: 1939487102

ISBN-13: 978-1939487100

Product Dimensions: 6.5 x 0.9 x 9 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars Â See all reviews (3 customer reviews)

Best Sellers Rank: #699,547 in Books (See Top 100 in Books) #45 in Books > Cookbooks, Food & Wine > Regional & International > U.S. Regional > Hawaii #75 in Books > Cookbooks, Food &

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