

The Beauty of Korean Food: With 100 Best-Loved Recipes

Text by Institute of Traditional Korean Food
Translated by Kiyung Ham • Richard Harris



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Multi Award-Winning, this book is widely considered to be the most complete, best-illustrated and clearly described eulogy to the glories of traditional Korean cuisine in the English language. An absolute **MUST** for all cooks – amateur and professional alike.

£21 FLEXIBOUND

978-1-56591-253-3

**Available
SEPTEMBER 2015**

255 x 190 mm; 264 pages:
over 700 colour photos,
100's of tables and diagrams;
pie charts of fat, sodium,
carbohydrate and protein
content of every dish; bibli-
ography; glossary and index
of Korean food terms.



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This stunning, practical cookbook has been published in several languages and is now set to become widely available in Europe and Africa in English for the first time. Developed as part of a government supported project to standardise Korean cuisine using S.I. Units and also to globalise it, as a result it benefits from long and detailed research. This has created a mine of information on nutritional and health benefits (summarised in tables and charts for each dish), in addition to accurate step-by-step instructions for each stage in preparation and cooking. This is massively enhanced by an almost unprecedented number of colour photos of ingredients, stages of preparation & cooking and finished dishes - among others.



The book is systematic its approach. **Chapter 1** is an overview of Korean food: culture, ingredients, types of cooking, table setting, regional food and table manners. **Chapter 2** looks at the basics, including cutting, prepping ingredients, making broths, seasoning and garnishes. **Chapter 3** contains the body: 100 key recipes



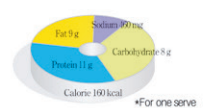
organised into **Main carb** (rice, porridge, noodles, dumplings & other), **Side** (soup, stew, hot pot, steamed, veg, salad, braised, stir-fried, grilled, pan-fried, brochette, raw, pressed meat, dry, pickled, salt-fermented & kimchi), **Dessert** (rice cake, cookies, beverages). **UNQUESTIONABLY THE BIBLE OF KOREAN FOOD!!**

Sundubu-jjigae 순두부찌개

Spicy Soft Tofu Stew



17	Total weight after cooking	Weights for one serve	Service temperature	Total heating time	Total cooking time	Standard vessel
	1.04 kg (4 served)	260 g	65-80 °C	11 mins	30 mins	28 cm pot



Ingredients & Quantity

600 g soft tofu : 300 g (1½ cups) water
 200 g clam flesh : 4 g (1 tsp) salt, 1 kg (5 cups) water
 seasoning sauce: 18 g (1 tbsp) clear soy sauce, 2 g (½ tsp) salt, 10 g (1½ tsp) ground red pepper
 28 g (2 tbsp) minced green onion, 16 g (1 tbsp) minced garlic, 20 g (1½ tbsp) sesame oil
 10 g (½ root) green onion, 15 g (1 ea) green pepper, 10 g (½ ea) red pepper

Preparation

1. Slice the soft tofu into 5 cm-cubes.
2. Put the soft tofu and water in the pot, boil it on high heat for 2 min. When it boils, lower the heat to medium and boil it for 5 min.
3. Blend seasoning sauce. [Photo 3]
4. Cut the green onion and green/red pepper into 2 cm-long and 0.3 cm-thick diagonally. [Photo 4]

Recipe

1. Season clam flesh with half of the seasoning sauce.
2. Put the soft tofu and water in the pot, boil it on high heat for 2 min. When it boils, lower the heat to medium and boil it for 5 min.
3. Add seasoned clam flesh and remained half of the seasoning sauce, then boil it another 2 min. [Photo 5]
4. Add the green onion and green/red pepper, then bring it to a boil. [Photo 6]

- Clam flesh may be replaced by oyster or pork in the stew.
- Soft tofu should be boiled shortly for soft taste, if too long, un tasty.

Heating Time	Process	Heat Control
Preparation 0 min 10 min	Washing clam flesh, Seasoning clam flesh, Cutting vegetables Boiling soft tofu stew, Boiling after adding clam flesh Boiling after adding green onion and green/red pepper	H-heat 2 min, M-heat 7 min, M-heat 2 min.



Sundubu-jjigae is a stew of soft tofu and clams in a spicy broth. Soft tofu is made with soaked soybeans which are called "beef from the garden". It is soft and sweet in taste. From olden days, Koreans developed tofu making skills and various dishes with tofu.