



The Best of Korean Cuisine

Karen Hulene Bartell

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Korean cuisine has its own distinctive flavors and cooking methods. While China's main meat is pork and Japan's mainstay is fish, beef is Korea's favorite entree. Korean recipes also rely on grains such as barley and buckwheat in addition to rice. An interesting feature of Korean cuisine is the emphasis on wild roots, fiddlehead ferns, and wild mushrooms, but ginger, chili pepper, garlic, green onions, and fermented bean paste are still the primary flavorings. With over 100 authentic recipes, this cookbook blends the rich diversity of Korean cuisine with the seasonal fare, holiday feasts, and auspicious foods suggested by the lunar calendar. Sample such delicacies as Barbecued Beef Sirloin, Capon with Ginseng and Korean Dates, Azalea Pancakes, and Persimmon Punch.

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