

# FOOD of KOREA

**200 RECIPES**

by

*Korean Food Promotion Institute*

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332 pages; 260 x 200mm

200 recipes / 100's colour photos

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**Food culture is recognised as being both a representative medium for promoting a country's identity and culture as well as a precious national asset. Even if the language or history of a particular country is unknown, its distinct food culture plays a pivotal role in promoting discourse among people throughout the world – regardless of the East and West divide.**

The increasing profile of Korean food is reaffirming its potential as healthy food that is captivating the taste buds of the entire world. Moreover, it is evident that the option taken by some to present the food in accordance with local preferences helps provide a solid foundation for the promotion of Korean food in all its colour and massive variety.

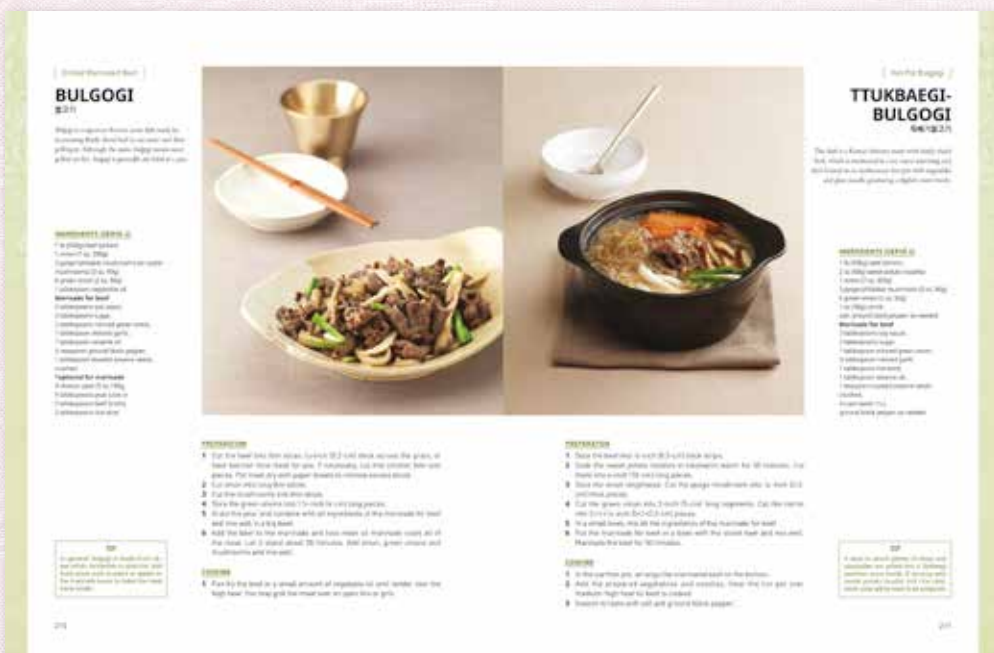
However, despite the increasing worldwide interest in Korean cuisine, the English words used to name and describe it on menus differ across restaurants both in Korea and abroad. It is unfortunate that this has actually become an obstacle to developing awareness of culinary culture to people visiting either Korea itself or their local Korean restaurant. To overcome this problem, in 2014 the Korean Food Promotion Institute and its partners announced standardised equivalents for 200 Korean food names for English, Chinese and Japanese. The 200 recipes presented in this book incorporate all of these named dishes and ingredients to offer a huge selection of dishes representing this vibrant cuisine in all its variety.





# KEY FEATURES

- All food terms and names of dishes are officially approved standards, eliminating endemic confusion.
- The book begins with vital background: a prologue to explain the approach, a description of the characteristics of Korean cuisine, and a complete list of all ingredients, describing their use and purpose.
- All 200 recipes are presented in sections in accordance with the seven traditional groupings of Korean cuisine (see CONTENTS below).
- Each recipe comprises Korean name with English description, brief summary of the style of cooking, list of ingredients and quantities (metric and U.S.), how to prepare, how to cook and a colour photo of the finished dish.



- All recipes include a useful 'TIPS' box, containing additional comments and helpful advice, as well as alternative ingredients where appropriate.
- Backmatter includes measurement conversions, a list of references and a detailed index.
- Very substantial content at 332 pages in full colour.



## CONTENTS

- (Front Matter)
- Rice, Porridge & Noodles
- Stew & Soup
- Braised & Stir-Fried Dishes
- Grilled & Pan-Fried Dishes
- Kimchi & Jang
- Salad & Raw Food
- Desserts
- (Back Matter)