

KIMCHI AND OTHER KOREAN DISHES



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Kimchi och andra koreanska rätter

Byung-Hi Lim & Byung-Soon Lim
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You can't really imagine Korea without kimchi. For thousands of years, their fermented vegetables have been absolutely essential at meals. In Korea, kimchi is so much more than food – it is a national cultural treasure, a universal health food and a part of the Korean identity.

Koreans are obsessed with good food, and the Lim family is no exception. For two generations, they have retained the proud tradition of kimchi at the Arirang Restaurant in Stockholm. This book contains the family's most popular recipes – common as well as rarer kimchi recipes, Korean everyday food and the ever recurring bi-bim-bap (which literally means 'mixed rice').

The Lim family present their version of a classic with lettuce cabbage, chilli and ginger but also the popular radish kimchi, kakkugi, as well as the more unusual varieties with pumpkin, oysters, mushrooms, roots and other vegetables. Sourish, hot and tasty, kimchi is a wonderful accessory for most meals, not only Asian-style dishes but every imaginable western dish.

Here are 'insider' tips on how to go about fermenting vegetables at home. Considering it is so incredibly simple, the result is amazingly beautiful, tasty and healthy. Thanks to the built-in riches of good bacteria cultures found in vegetables.



About the authors:

Byung-Hi Lim & Byung-Soon Lim are sisters and together with their mother, Boo Mee Ja Lim and aunt Im Kee Sun, they run the Arirang Restaurant in Stockholm. The Arirang opened back in 1975 and was the first restaurant of its kind in Scandinavia. The ambition at the restaurant is to prepare everyday Korean food at its best. In 2009 they published the prize-winning cookbook *Korean Food*.



BENNET AGENCY
SÖDER MÅLARSTRAND 21
118 20 STOCKHOLM
SWEDEN

MOBILE: +46 704 67 42 70
WWW.BENNETAGENCY.COM

