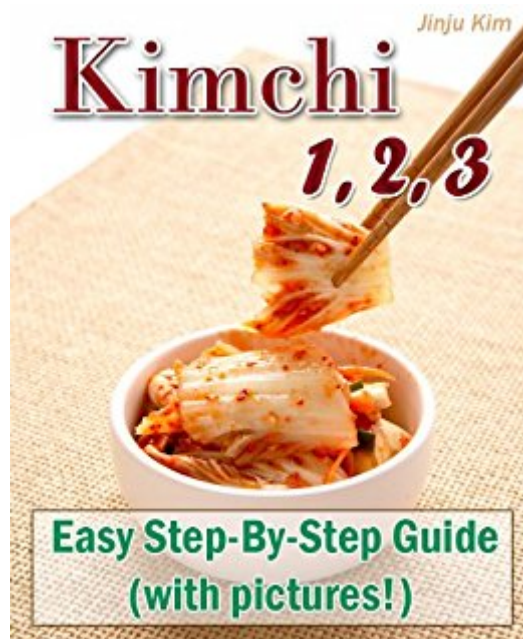




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Kimchi 1, 2, 3: Authentic Korean Kimchi Recipe, Step-By-Step (with Pictures!)



Synopsis

Koreans have a saying: "A man can live without a wife, but not without kimchi." Korean cuisine has never been more popular. Today, many people around the world are finding delight and flavor in the country's most popular side dish: the ever-ubiquitous kimchi. Love kimchi but have no idea where to start? Don't know where to source some of the more exotic ingredients? Jinju Kim has put it all together for you, step-by-step, to make kimchi-making as easy as can be. You'll also get sources to buy the more exotic ingredients online, in case you don't live near an Asian supermarket. And not only is it tasty, it's great for your body! According to Health.com, "Kimchi (or kimchee) is loaded with vitamins A, B, and C, but its biggest benefit may be in its 'healthy bacteria' called lactobacilli, found in fermented foods like kimchi and yogurt. This good bacteria helps with digestion, plus it seems to help stop and even prevent yeast infections, according to a recent study. And more good news: Some studies show fermented cabbage has compounds that may prevent the growth of cancer."It's never been easier to start making your own kimchi. Complete with high-resolution color photos, Kimchi 1-2-3 will take you by the hand and show you exactly how to create that mouth-watering kimchi taste you can't get enough of. It's not just for rice -- great on sandwiches, pizza, and tacos, this spicy and crunchy side-dish will liven up almost any dish with amazing texture and flavor. Try it today and impress your friends and family with this renowned and popular side dish. You don't have to be Korean to enjoy kimchi!

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Customer Reviews

I like trying all kinds of different foods. I previously lived in a town that had a great Korean restaurant. I miss that place so much that I started looking for an easy recipe book to learn to make kimchi. I found the perfect recipe book in Kimchi 1,2,3. This is a well-researched cookbook that will help you produce delicious authentic kimchi. I learned so much about the history of kimchi from this book which was a nice bonus. The recipe for kimchi in this book was so easy to follow; the pictures were not only helpful, but beautiful to look at. This is the first cookbook I have ever bought that had product links to buy some of the ingredients. That was so helpful! I would recommend this book to anyone who is looking for a delicious addition to any meal. People who have never tried kimchi can add it to any familiar meal like pizza or tacos. I can't wait to have a dinner party and share kimchi with my friends who have never tried it.

Short but sweet...uh spicy

While the info is apparently authentic but slightly adjusted for American kitchen, nowhere did it say that this was one recipe and only a few pages. I had downloaded a sample so I was really looking forward to this "book". Now I'm disappointed.

I love this! The instructions were great! The only thing that upset me a little is that the recipe required too many ingredients. I was raiding the grocery aisles; employees must have thought I was crazy!

I am just learning to make kimchi and this book has been very helpful

very badly written and totally incomplete.

I love trying new foods. I had heard of kimchi but have never eaten it. I am gathering up the ingredients and with the thorough instructions which are accompanied by detailed photos I am

looking forward to my first batch of kimchi. I love recipe books that fully explain how to make a recipe and this is an perfect example of that genre. Give your taste buds a new treat with kimchi.

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