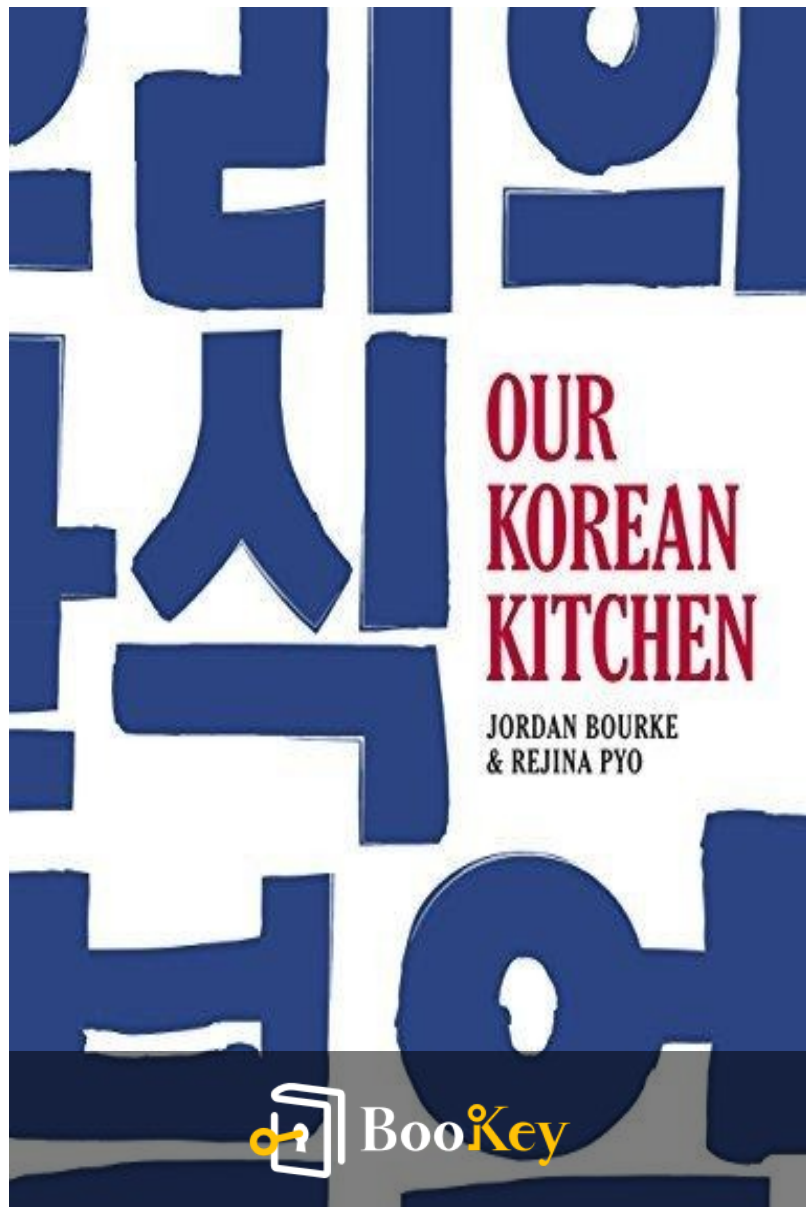


Our Korean Kitchen PDF

Jordan Bourke



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Discover Authentic Korean Flavors Through Over
100 Traditional Recipes.

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About the book

****Our Korean Kitchen**** by Jordan Bourke is a vibrant homage to the rich and dynamic culinary landscape of Korea, recently acclaimed as one of the year's best cookbooks. This beautifully illustrated volume introduces over 100 classic dishes, from iconic staples like bibimbap and kimchi to flavorful creations such as stir-fried spicy squid and pecan-stuffed pancakes. Perfect for both novices and experienced cooks, Bourke and his Korean wife, Rejina, weave together a cultural narrative that enhances the understanding of each recipe. Readers will discover insights into Korean culture, dining etiquette, key ingredients, and the importance of diverse side dishes. With a user-friendly glossary and thoughtful menu suggestions, this book invites you to explore and enjoy the full spectrum of Korean cuisine.

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About the author

Jordan Bourke is a talented chef and food writer known for his passion for Korean cuisine and his ability to blend traditional flavors with contemporary techniques. With a background that includes working in some of the finest kitchens and a profound appreciation for the cultural nuances of food, Bourke has dedicated himself to exploring the vibrant culinary landscape of Korea. His work aims to demystify the complexities of Korean cooking while celebrating its rich heritage. Through his approachable recipes and engaging storytelling, Bourke invites readers to discover the joy of cooking and sharing Korean dishes in their own homes, making him a standout voice in the realm of modern cookbooks.

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Summary Content List

Chapter 1 : The Korean Pantry

Chapter 2 : Menu Ideas

Chapter 3 : 01 Rice & Savory Porridge

Chapter 4 : 02 Soups & Stews

Chapter 5 : 03 Vegetables, Pickles & Sides

Chapter 6 : 04 Pancakes, Fritters & Tofu

Chapter 7 : 05 Noodles

Chapter 8 : 06 Fish

Chapter 9 : 07 Meat

Chapter 10 : 08 Dessert

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Chapter 1 Summary : The Korean Pantry



Ingredient	Description
Short-grain white rice (ssal)	Soft and sticky when cooked, similar to Japanese sushi rice. Brown short-grain rice (hyeon-mi) offers a chewier texture.
Glutinous rice (chap ssal)	Sticky consistency and mildly sweet flavor, used in soups and porridge for richness.
Sweet potato glass noodles (dang-myeon)	Absorb flavors well, used in dishes like Beef & Vegetables with Sesame Glass Noodles.
Udon noodles (udong)	Thick and bouncy noodles from Japan, found in some Korean dishes like Black Bean Noodles.
Naeng-myeon noodles	Long and thin noodles used for cold noodle dishes, available in Korean markets.
Soba/buckwheat noodles (memil-gooksu)	Thin gluten-free noodles made from buckwheat, commonly used in salads.
Wheat noodles (so-myeon)	Very thin noodles used in dishes like Chilled Kimchi-Spiced Noodles.
Rice cakes (ddeok)	Soft rice cakes made from steamed glutinous rice, essential in various dishes for their unique texture.

The Korean Pantry

This section highlights essential ingredients commonly used

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in Korean cooking, emphasizing their long shelf life and accessibility through both Asian supermarkets and online stores.

RICE, NOODLES & RICE CAKES

1.

Short-grain white rice (ssal)

- Soft and sticky when cooked, similar to Japanese sushi rice. Brown short-grain rice (hyeon-mi) is also an option, offering a chewier texture.

2.

Glutinous rice (chap ssal)

- Known for its sticky consistency and mildly sweet flavor, used in soups and porridge for added richness.

3.

Sweet potato glass noodles (dang-myeon)

- Unique Korean noodles that absorb flavors well, used in dishes like Beef & Vegetables with Sesame Glass Noodles.

4.

Udon noodles (udong)

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- Thick and bouncy noodles from Japan, included in some Korean dishes such as Black Bean Noodles.

5.

Naeng-myeon noodles

- Long and thin noodles used for cold noodle dishes, found in Korean markets.

6.

Soba/buckwheat noodles (memil-gooksu)

- Thin noodles made from buckwheat, gluten-free, commonly used in salads.

7.

Wheat noodles (so-myeon)

- Very thin noodles used in dishes like Chilled Kimchi-Spiced Noodles.

8.

Rice cakes (ddeok)

- Soft rice cakes made from steamed glutinous rice, essential in various dishes for their unique texture.

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Chapter 2 Summary : Menu Ideas



Category	Dishes
Overview of Korean Cuisine	Korean food features strong base flavors like roasted sesame oil, soy sauce, and gochujang chili paste, enabling quick meal preparation.
Quick & Easy Dishes	Kimchi Fried Rice Pan-Fried Mackerel Kimchi Pancake Tofu & Soybean Paste Soup Instant Chicken Ramen Crispy Chili Rice Cakes Pan-Fried King Prawns Stir-Fried Spicy Squid
Light Lunches	Chilled Cucumber Soup Bean Sprout Soup Raw Fish, Vegetable & Rice Salad Steamed Eggs with Spring Onion & Chili Clear Clam Broth Tofu with Soy Dressing Raw Tuna with Chili Sauce Seafood Salad with Wasabi Dressing Chilled Kimchi-Spiced Noodles
Weeknight Meals	Warming Chicken and Potato Stew Black Bean Noodles Braised Rice Cakes with Cabbage & Fish Cakes Chicken & Sesame Seed Oil Porridge Kimchi Stew

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Category	Dishes
	Beef & Vegetables with Sesame Glass Noodles Braised Halibut in Seasoned Soy Chicken, Rice Cake & Vegetable Hotpot
Feasts and Barbecue-Style Eating	Classic Cabbage Kimchi Radish Water Kimchi Quick Pickled Onions Soy-Seasoned Mushrooms Sesame & Soy–Marinated Beef Grilled Beef Short Ribs Tofu & Soybean Paste Soup Persimmon with Maple Syrup & Lime
Dinner Parties	Almost-Instant Cucumber Kimchi One other kimchi of choice Tofu & Soybean Paste Soup Honey and Soy-Glazed Potatoes Beef & Vegetables with Sesame Glass Noodles Seafood & Spring Onion Pancake Fried Ground Meat Patties with Sesame Seeds Mixed Rice with Vegetables & Beef Shaved Ice with Sweet Red Beans, Ice Cream & Rice Cakes

Menu Ideas

Overview of Korean Cuisine

Korean food is characterized by its long-lasting base flavorings such as roasted sesame oil, soy sauce, and gochujang chili paste, making it easy to prepare quick meals.

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While there are slow-cooked dishes, many Korean recipes are straightforward, especially once familiar with the ingredients.

Quick & Easy Dishes

A staple in Korean kitchens is kimchi, with other easy dishes including:

- Kimchi Fried Rice
- Pan-Fried Mackerel
- Kimchi Pancake
- Tofu & Soybean Paste Soup
- Instant Chicken Ramen
- Crispy Chili Rice Cakes
- Pan-Fried King Prawns
- Stir-Fried Spicy Squid

Light Lunches

Korean cuisine includes many healthy, flavor-rich light dishes such as:

- Chilled Cucumber Soup
- Bean Sprout Soup
- Raw Fish, Vegetable & Rice Salad

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- Steamed Eggs with Spring Onion & Chili
- Clear Clam Broth
- Tofu with Soy Dressing
- Raw Tuna with Chili Sauce
- Seafood Salad with Wasabi Dressing
- Chilled Kimchi-Spiced Noodles

Weeknight Meals

Ideal for quick dinners, these dishes can also provide leftovers for lunches:

- Warming Chicken and Potato Stew
- Black Bean Noodles
- Braised Rice Cakes with Cabbage & Fish Cakes
- Chicken & Sesame Seed Oil Porridge
- Kimchi Stew
- Beef & Vegetables with Sesame Glass Noodles
- Braised Halibut in Seasoned Soy
- Chicken, Rice Cake & Vegetable Hotpot

Feasts and Barbecue-Style Eating

Korean meals often involve sharing various dishes with contrasting flavors and textures. Many sides can be prepared

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in advance. Suggested dishes include:

- Classic Cabbage Kimchi
- Radish Water Kimchi
- Quick Pickled Onions
- Soy-Seasoned Mushrooms
- Sesame & Soy–Marinated Beef
- Grilled Beef Short Ribs
- Tofu & Soybean Paste Soup
- Persimmon with Maple Syrup & Lime

Dinner Parties

Dinner parties can be facilitated with advance preparation, especially for items like kimchi and bibimbap.

Recommended dishes include:

- Almost-Instant Cucumber Kimchi
- One other kimchi of choice
- Tofu & Soybean Paste Soup
- Honey and Soy-Glazed Potatoes
- Beef & Vegetables with Sesame Glass Noodles
- Seafood & Spring Onion Pancake
- Fried Ground Meat Patties with Sesame Seeds
- Mixed Rice with Vegetables & Beef
- Shaved Ice with Sweet Red Beans, Ice Cream & Rice Cakes

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Example

Key Point: The importance of meal variety and ease in Korean cuisine

Example: Imagine hosting a casual dinner at your home where you whip up a refreshing chilled cucumber soup alongside crispy kimchi pancakes. As you prepare these dishes, the familiar scents of sesame oil and gochujang fill the air, reminding you that Korean cuisine provides a delightful balance of flavors. By focusing on quick and accessible recipes, you can easily create a varied menu that impresses your guests without spending all day in the kitchen.

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Critical Thinking

Key Point: Emphasis on Quick Preparation

Critical Interpretation: In 'Our Korean Kitchen,' the author highlights the practicality of Korean cuisine with its focus on quick and easy meals, suggesting that the use of staple flavorings can facilitate a seamless cooking experience. While this viewpoint underscores the accessibility of these dishes, it may not reflect the entirety of Korean culinary traditions that often value communal preparation and the slower, more intricate cooking processes that can enhance flavors and deepen cultural appreciation. Critics might argue that the brevity of preparation overlooks the cultural significance of culinary rituals and the time-honored methods passed through generations which are essential in every cuisine. It is important to acknowledge sources like 'The Food of Korea' by David A. E. Chesterton, which illustrates these deeper connections and traditions within Korean cooking. The author's perspective encourages a modern interpretation of Korean food but does not encompass the rich tapestry of its traditional values.

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Chapter 3 Summary : 01 Rice & Savory Porridge

Rice & Savory Porridge

Short-Grain Rice

- Short-grain rice is essential for authentic Korean dishes. It can be used in plain short-grain or five-grain variations.

Five-Grain Rice

- Ingredients include adzuki beans, black beans, and various rice types, traditionally eaten on the first full moon. The recipe involves soaking beans, cooking them, and simmering with rice.

Mixed Rice with Vegetables & Beef (Bibimbap)

- A colorful dish with rice topped with beef, vegetables, and a gochujang sauce. Cooking methods include blanching

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vegetables and stir-frying beef.

Jeonju Bibimbap

- An elaborate version of bibimbap, featuring various toppings cooked in beef stock and served in a hot stone bowl.

Kimchi Fried Rice

- A quick and flavorful dish that combines kimchi and rice, ideal for a fast meal. The flavor of fried kimchi is transformed.

Raw Fish, Vegetable & Rice Salad (Hoedeopbab)

- A fresh dish combining raw fish with rice and assorted vegetables, served cold with a flavorful sauce.

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Chapter 4 Summary : 02 Soups & Stews

Soups & Stews

Fish Cake Soup (aw-muk guk)

A popular bar snack paired with drinks, this soup combines fish cakes made from fish, garlic, seasoning, egg, and flour in a broth with dried anchovies, daikon radish, and green onions. Served with a dipping sauce of soy sauce, wasabi, and sesame seeds.

Clear Clam Broth (jogae-tang)

A soothing soup made with clams, green onions, and garlic, simmered in a broth until clams open. Optional doen-jang enhances the flavor.

Chicken Dumpling Soup (ddeok mandu guk)

This traditional soup uses chicken stock, homemade dumplings with meat and vegetables, and rice cakes,

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traditionally served during Lunar New Year.

Baby Chicken Soup (samgyetang)

Rich in nutrients and traditionally consumed in summer, this savory soup features a baby chicken stuffed with rice, garlic, and optional ginseng and jujube.

Seaweed & Beef Soup (miyok-guk)

A comforting birthday soup that combines seaweed, beef, and green onions, cherished for its health benefits.

Beef Rib Soup (kalbi tang)

A slow-cooked, warming soup made with beef short ribs, daikon radish, and optional noodles. Available in both a plain or richer broth version.

Bean Sprout Soup (kongnamul guk)

A delicate soup featuring bean sprouts in chicken, fish, or vegetable stock, ideal for post-celebration recovery.

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Spicy Beef & Vegetable Stew (yuk gaejang)

This medium-spicy stew features beef brisket, vegetables, and gochugaru, best prepared on weekends for a hearty meal.

Warming Chicken & Potato Stew (dak doritang)

A comforting one-pot dish featuring chicken, potatoes, and spices, perfect for winter nights.

Marinated Beef & Vegetable Stew (bulgogi jeongol)

A flavorful stew using bulgogi, vegetables, and optional noodles, cooked together at the table for a communal dining experience.

Tofu & Soybean Paste Soup (doen-jang jjigae)

A quick soup featuring fermented soybean paste and tofu, customizable with various vegetables, perfect for a nutritious meal.

Seafood & Silken Tofu Stew (sundubu jjigae)

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A creamy stew with silken tofu, clams, and prawns, often served bubbling hot with eggs added at the table.

Kimchi Stew (kimchi jjigae)

A hearty stew using matured kimchi and pork, perfect for introducing new tastes. Can be made vegetarian.

Chilled Cucumber Soup (oh-ee neng-guk)

A refreshing summer soup made with cucumber and flavored with a light dressing, ideal for hot days.

Chilled Tofu, Cucumber & Kimchi Broth (muk sabal)

A cold dish utilizing tofu and kimchi, with a flavorful anchovy-based broth, served chilled and garnished with crispy seaweed and sesame seeds.

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Chapter 5 Summary : 03 Vegetables, Pickles & Sides

Vegetables, Pickles & Sides

Kimchi Overview

Kimchi, Korea's national dish, combines a robust smell with a complex, less explosive taste, featuring a mix of spices, garlic, and sourness. It varies regionally in ingredient profiles, with northern types being less salty and southern types incorporating fermented seafood. Traditionally, kimchi aligns with seasonal produce, thus having over 150 varieties, the most popular being napa cabbage and radish. Kimchi serves as a refreshing side dish, pairs well with many meals, and offers nutritional benefits. It can be stored for months and used in various dishes.

Classic Cabbage Kimchi (Baechu Kimchi)

To make this fundamental kimchi, prep napa cabbage and

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allow it to ferment with various seasonings, including garlic, ginger, and fish sauce. This recipe yields approximately 4.5 lbs and requires at least two days of fermentation.

Radish Kimchi (Moo Kimchi)

A simpler, cubed version, radish kimchi offers a fresh flavor and can be enjoyed immediately or fermented over weeks for a stronger taste. It typically pairs well with milder dishes and can last several weeks.

Almost-Instant Cucumber Kimchi (Oh-Ee Kimchi)

This quick recipe requires no fermentation and features cucumbers mixed with a blend of seasonings, ready to serve in an hour.

Radish Water Kimchi (Dongchimi)

Contrasting typical spicy options, this refreshing water kimchi includes daikon radish and is ideal as a cooling side with spicy foods.

Pickled Garlic (Maneul Chang-Achi)

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This dish tones down garlic's potency and involves a lengthy pickling process, resulting in a side that lasts virtually indefinitely in the fridge.

Whole Pickled Cucumbers (Oh-Ee Ji)

Small pickling cucumbers are soaked in a boiling brine for a crunchy, flavorful side dish that can last for several months.

Seasoned Lotus Root (Yeongeun Jorim)

Simmered in soy sauce, this dish delivers a unique texture and rich flavor and can be stored for months.

Pickled Perilla Leaves (Kaenip Jorim)

These citrus-flavored leaves can be enjoyed fresh or pickled and pair well with other dishes.

Soy-Seasoned Mushrooms (Bo-Seot Namool)

Quick-cooked mushrooms are seasoned to create a delicious side rich in umami flavor.

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Seasoned Zucchini (Hobak Namool)

This side uses a quick stir-fry method for zucchini and can be served hot or at room temperature.

Quick Pickled Onions (Yangpa Jorim)

Very easy to prepare, these pickled onions serve as a common complement to Korean BBQ.

Garlic & Sesame Bean Sprouts (Sook-Ju Namool)

Prepared quickly, this crunchy side pairs well with rice or any meal.

Dried Seasoned Anchovies & Mum's Spicy Dried Squid

These dishes provide packed flavors with quick preparation, making them delightful accompaniments to meals.

Soy Sauce & Garlic–Steamed Eggplant (Ka-Jee Namool)

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Steamed eggplant takes on intense flavors from its seasonings and can be served after cooling.

Honey & Soy–Glazed Potatoes (Kamja Jorim)

These sweet-salty potatoes are versatile and can serve as a snack or side dish.

Steamed Eggs with Green Onion & Chili (Geran Jjim)

Simple yet delightful, this steamed egg dish incorporates stock for enhanced flavor.

Through varied textures and flavors, these vegetable dishes and pickles not only enhance meals but also highlight the diversity of Korean cuisine.

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Example

Key Point:Vegetables and pickles are essential for enhancing the flavors of Korean meals.

Example:Imagine sitting down for a vibrant Korean barbecue feast, where the pungent aroma of grilled meat mixes with the refreshing crunch of freshly made cucumber kimchi. Each bite of the juicy, marinated meat is complemented by the tangy and spicy kick of kimchi, elevating the dining experience. By incorporating an array of pickled and seasoned vegetables into your meal, you not only enhance the flavors of the main dish, but also embrace the rich diversity of Korean culinary traditions, showcasing how every meal becomes a celebration of taste and texture.

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Critical Thinking

Key Point: The author's perspective on the versatility of kimchi ingredients may overlook cultural variations.

Critical Interpretation: Jordan Bourke indicates that there are over 150 varieties of kimchi and emphasizes the adaptability of traditional recipes to seasonal produce. While this celebrates the diversity of Korean cuisine, it could be argued that the regional specificity often associated with kimchi ingredients is understated. Variations in preparation and flavor profiles are deeply intertwined with local customs and personal family recipes, which differ significantly across Korea. Critics like Patricia G. Steinhoff in her examination of Japanese and Korean culinary traditions suggest that a singular viewpoint can misrepresent the rich tapestry of cultural influences present in traditional foods (Steinhoff, 1999). It is worthwhile to approach Bourke's interpretations with a recognition of this cultural complexity.

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Chapter 6 Summary : 04 Pancakes, Fritters & Tofu

Pancakes, Fritters & Tofu

Seafood & Green Onion Pancake (Haemul Pa-jeon)

This savory pancake, popular in Korea, serves as a great starter. You can customize it with various seafood or opt for a green onion version.

Ingredients & Preparation:

-

Dipping Sauce:

Mix soy sauce, vinegar, sesame oil, crushed garlic, and sesame seeds.

-

Pancake Batter:

Combine all-purpose flour, glutinous rice flour, eggs, and seafood, then pour into a pan and top with green onions and chilies. Fry until crispy, then serve with dipping sauce.

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Kimchi Pancake (Kimchi Jeon)

This pancake features the unique texture of kimchi paired with a chewy batter, best made with mature kimchi for enhanced flavor.

Ingredients & Preparation:

- Mix kimchi with flour, glutinous rice flour, and kimchi liquid to create a thick batter. Fry in a hot pan until crispy, and serve with dipping sauce.

Mung Bean Pancakes (Bindae-Ddeok)

These are dense and savory pancakes that may require more effort but are rewarding.

Ingredients & Preparation:

- Blend soaked mung beans, kimchi juice, and water to form a batter. Mix with kimchi, meat, and garlic. Shape and fry until golden brown. Serve with dipping sauce.

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Chapter 7 Summary : 05 Noodles

Noodles

Chilled Kimchi-Spiced Noodles (bibim guksu)

This dish features noodles topped with kimchi, providing a unique taste compared to other chilled noodle salads. To prepare, combine sauce ingredients including kimchi and gochugaru, mix with chilled noodles, and top with vegetables and a hard-boiled egg.

Buckwheat Noodles in Chilled Broth (mul naeng-myeon)

A refreshing summer dish served cold in beef broth, seasoned with wasabi and rice vinegar. The preparation includes cooking thinly sliced beef in stock, cooling it, and serving with chilled soba or naeng-myeon noodles and garnishes like pear and cucumber.

Noodles in Chilled Soybean Soup (kong-guksu)

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This subtle dish combines chilled soybean milk with noodles and fresh vegetables, including cucumber and tomato. It's recommended to consume this refreshing dish within twenty-four hours.

Beef & Vegetables with Sesame Glass Noodles (japchae)

Popular in Korean cuisine, japchae features chewy glass noodles with marinated beef and assorted vegetables stir-fried in a savory sauce. It's often served on special occasions.

Knife-Cut Noodles in Seafood Broth (haemul kalguksu)

Homemade noodles are combined with a rich seafood broth containing prawns and vegetables. It can also be made using torn dough instead of cut noodles.

Spicy Chilled Buckwheat Noodle Salad (bibim naeng-myeon)

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A bold and spicy noodle dish, it includes gochujang, vegetables, and a topping of hard-boiled egg and pear. The dish must be served immediately after mixing.

Instant Chicken Ramen (ra-myeon)

An easy-to-make dish using instant ramen, jazzed up with chicken, green onions, and eggs, making it a popular comfort food in Korea.

Black Bean Noodles (jajang-myeon)

This dish reimagines the Chinese favorite with black bean paste, vegetables, and pork. Serve with sliced cucumber and sesame seeds for a complete meal.

Spicy Seafood Noodle Soup (jjampong)

A spicy noodle soup loaded with seafood and vegetables, jjampong has become a staple in Korean cuisine. Adjust the spice level by modifying the gochugaru used in the recipe.

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Chapter 8 Summary : 06 Fish

Chapter 8: Fish

Scallops with Salted Sesame Oil

This quick and simple dish serves as a delightful snack or starter. Scallops are grilled and served with a mix of roasted sesame seed oil and sea salt. Seasoned with garlic and lemon juice, they are deliciously paired with toasted sesame seeds and chopped chives.

Raw Tuna with Chili Sauce

A fresh tuna dish that highlights quality ingredients, ideal for dinner parties or light lunches. The sauce is a combination of gochujang chili paste, honey, and sesame oil mixed with finely cubed tuna and garnished with curled green onions.

Food for All Seasons

Korean cuisine adapts to seasonal changes, with light dishes

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for warmer months and hearty meals for colder days. This chapter presents recipes suitable for various weather conditions, ensuring enjoyment year-round.

Stir-Fried Spicy Squid

A quick, adaptable meal that can be adjusted for spiciness. Squid is tossed with carrots and onions in a gochujang-based sauce. Serve with rice or noodles for a satisfying dish.

Pan-Fried Mackerel

A simple yet flavorful alternative to salted fish, pan-fried mackerel is seasoned and served with rice and other sides. Its preparation involves frying until crispy and drizzling with sesame oil.

Pan-Fried King Prawns

These prawns are cooked rapidly and can be served as a starter or side. They are tossed in a garlic-ginger sauce for a quick and tasty meal.

Braised Halibut in Seasoned Soy

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This dish features halibut braised with potatoes and mushrooms in a flavorful soy sauce mixture, creating a moist and aromatic dish.

Scallops & Prawns with Pine Nut & Pear Soup

An elegant dish perfect for warm days, blending roasted pine nuts and fresh pears into a smooth soup, topped with lightly cooked seafood.

Soy-Marinated Crab

A classic dish from Jeju-do, where crab is marinated in a flavorful soy sauce mixture. The dish is labor-intensive but well worth the effort, traditionally served with rice and side dishes.

Seafood Salad with Wasabi Dressing

A refreshing salad featuring seafood dressed with a zesty wasabi dressing. The dish is light and perfect for reigniting the appetite, making it an excellent starter or side dish.

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Chapter 9 Summary : 07 Meat

Meat

Sesame, Soy & Chili Beef Tartare (Yukhoe)

A delightful dish featuring thinly sliced, high-quality raw beef, marinated with sesame seed oil, chili paste, and Asian pear. It's essential to use very fresh ingredients for an exquisite starter.

Sesame & Soy–Marinated Beef (Bulgogi)

Known for its caramelized flavor, bulgogi requires marinated beef to be grilled, ensuring it doesn't poach in the marinade liquid. Serve with rice.

Soy-Braised Beef Short Ribs (Galbi Jjim)

A slow-cooked dish of short ribs, flavored with a marinade that includes ginger and garlic. Serve with vegetables and rice.

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Grilled Pork Belly with Sesame Dip (Samgyeopsal)

Thin slices of pork belly are grilled and served with a savory dipping sauce, often wrapped in lettuce with garlic and onion.

Succulent Pork & Kimchi Wrapped in Leaves (Bo Ssam)

This sharing dish involves poached pork belly served with rice and kimchi, wrapped in lettuce leaves.

Grilled Beef Short Ribs (Galbi Gui)

Tender beef ribs marinated and grilled or cooked on a pan, served with accompaniments like rice and pickled vegetables.

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Chapter 10 Summary : 08 Dessert

Desserts in Korean Cuisine

Black Sesame Seed Ice Cream

This delicately flavored ice cream, made without dairy, features a chewy creaminess and requires high-quality black sesame seeds. The recipe involves toasting and grinding the seeds, mixing them into a thick coconut milk base, and then churning it to create a smooth texture.

Shaved Ice with Sweet Red Beans

Known as pat bingsu, this refreshing summer dessert combines sweetened red beans with finely shaved ice, vanilla ice cream, and optional rice cakes. The key is to mash the ingredients together before eating for an enjoyable blend of flavors and textures.

Pine Nut Bars

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Jatbaksan are simple yet beautiful dessert bars made with fresh pine nuts and sweetened with rice syrup. They are not overly sweet, reflecting the traditional Korean preference for less sugary desserts.

Deep-Fried Honey Cookies

Yakgwa are traditional Korean cookies, deep-fried and soaked in honey syrup infused with ginger and cinnamon. They are crispier when homemade, offering a delightful texture and taste.

Persimmons with Maple Syrup & Lime

Perfectly ripe persimmons, known for their delectable sweetness, are enhanced with lime and maple syrup. They can also be enjoyed frozen for a smooth, creamy treat.

Sweet Rice Cakes

Gyeongdan are chewy rice cakes rolled in various coatings, like black sesame and coconut. This recipe highlights the regional variations and customizable nature of these desserts.

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Pecan & Cinnamon-Stuffed Pancakes

Hoddeok are soft pancakes filled with a pecan and cinnamon mixture. They are best served hot and can also be accompanied by ice cream, making them a cozy winter snack.

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Critical Thinking

Key Point: The significance of sweetness in Korean desserts reflects cultural preferences.

Critical Interpretation: The author suggests that Korean desserts favor less sweetness, as evident in offerings like Jatbaksan and Yakgwa. This perspective emphasizes a distinct cultural approach to flavor that prioritizes subtlety over saccharine profiles. However, it is vital to recognize that sweetness is subjective and can vary widely among individual preferences and regional interpretations. For instance, Western desserts often embrace higher sugar contents and rich flavors, and the impact of globalization may lead to evolving tastes influencing Korean desserts. Therefore, while Bourke highlights the traditional Korean aesthetic of dessert making, it's essential to question if this viewpoint universally applies to the evolving culinary landscape, supported by food critics and cultural studies that address the globalization of cuisine (e.g.,

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Best Quotes from Our Korean Kitchen by Jordan Bourke with Page Numbers

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Chapter 1 | Quotes From Pages 18-22

1. Most of them have an extremely long shelf life, which means you can buy all the key ingredients necessary in one go.
2. They can then sit in your cupboard until the next time you need them, so you don't have to worry about going to an Asian supermarket every time you want to cook.
3. Sweet potato glass noodles are unique to Korea, and while other types of glass noodles could be used in their place, it is worth seeking these out for their wonderful texture and ability to absorb all the flavors.
4. They have a very springy texture and can be bought ready-made in single-portion, vacuum-packed bags in Asian supermarkets, making them extremely quick to cook.
5. These uniquely Korean soft rice cakes made from steamed and shaped glutinous rice are essential for the Crispy Chili

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and Crispy Soy Rice Cakes.

Chapter 2 | Quotes From Pages 25-29

1. The wonderful thing about Korean food is that most of the base flavorings... have long shelf lives, so once you have them on hand you will always be able to throw together a reasonably quick meal.
2. It is not for no reason that Korea is consistently ranked in the top ten healthiest nations of the world.
3. Without a doubt, one of the best and most traditional ways to enjoy a Korean meal, or any meal for that matter, is with family and friends all diving into a selection of dishes with contrasting flavors, textures, and levels of spice.
4. When it comes to Korean food, many of the sides can be prepared ahead of time and... they will last not only for a single meal but for many more meals thereafter.
5. For ease, we often prepare one very large bibimbap as a central serving dish... as it looks spectacular and is always a crowd-pleaser.

Chapter 3 | Quotes From Pages 30-57

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1. Rice has been the foundation of all Korean meals for centuries, to such an extent that the Korean word for cooked rice, bap, is synonymous with the word for 'meal,' and they are used interchangeably in everyday language.
2. The simplicity of this dish belies its wonderfully deep and tangy flavors.
3. In many ways, it is still similar to the bibimbap on see recipe; here, however, the rice is cooked in a beef stock, the eggs are raw, and there is the addition of bracken and bellflower roots.
4. Even the common greeting refers to the grain – rather than asking how someone is, you would ask, 'have you eaten rice?'
5. The key to this dish is boiling up the whole chicken to create a deeply flavored broth, so don't skip this step in favor of stock cubes as they won't do it justice.
6. Pine Nut & Rice Porridge was once reserved for only the Korean elite, and it's perfect as a winter breakfast or,

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thinned out with a little more water, it makes a delicious soup.

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Chapter 4 | Quotes From Pages 58-84

1. Korean fish cakes are made by blitzing together a variety of fish with garlic, seasoning, egg, and flour, and then shaping the mixture into balls or flat sheets.
2. However, in Korea it is traditionally eaten during the hottest period of the summer months. Koreans adore eating certain foods for their perceived health benefits, and they will inform you with the greatest zeal of the merits of eating said food.
3. The warmth of the spices and sesame seed oil, together with the comforting potatoes, are perfect on a cold winter evening.
4. In Korean restaurants, the large pan of vegetables, meat, and stock are brought to the table raw and cooked in front of you on a mobile gas stove, which you can also do at home, and it makes a great focal point at a dinner party table.
5. This extremely popular hearty and flavorsome kimchi stew

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is perfect for slightly more mature kimchi, as the sourness cuts through the deep, earthy, and caramelized flavors of the fried chili paste and pork.

Chapter 5 | Quotes From Pages 85-109

1. In Korea, the ingredients and flavor profile of kimchi change depending on where in the country it is made.
2. The fermentation process leaves the vegetables soft to the touch, but with a characteristic and very pleasing crunch in the mouth.
3. Koreans boast more than a hundred and fifty different types of kimchi... you will now find this fiery pickle being used in a whole range of Western dishes, from mayonnaise to burgers.
4. Korean kimchi can be stored in an airtight jar in the fridge for at least five or six months, with its flavor gradually becoming progressively more sour over time.
5. Whichever way you choose to enjoy kimchi, it is truly magnificent.

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Chapter 6 | Quotes From Pages 110-124

1. The best way to prepare truly great ingredients is with absolute simplicity – and this is very much the case with this elegant tofu dish.
2. Eaten predominantly among strangers at street-side food carts throughout Korea, twigim is as much about the experience around eating it as it is about the food itself.
3. The contrast of the slightly sour, crunchy kimchi with the chewy batter makes these pancakes unique.
4. These savory and dense mung bean pancakes are a little more involved than the average pancake recipe, but they are absolutely worth the effort.

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Chapter 7 | Quotes From Pages 125-142

1. At first glance, this dish appears very similar to the Spicy Chilled Buckwheat Noodle Salad... However, the taste is altogether quite different... the main ingredient (besides the noodles) is kimchi, which cuts through the heavier sauce ingredients.
2. Bring a large pan of water to a boil, add the noodles, and cook according to the packet instructions... Remember to mix everything together very well before eating – it is not called mixed (bibim) noodles (guksu) for nothing!
3. It was a very subtle tasting dish, but the addition of the roasted almonds adds a little extra depth of flavor.
4. This delightful chilled noodle dish... is commonly served with Radish Kimchi... It was taught to us by Jina's father, who makes a particularly good version.
5. In Korea, it is very common to jazz up an instant pack of noodles with a few fresh ingredients that give it a real lift.
- 6...this is another dish that traveled over to Korea with early



Chinese immigrants, before being reimagined by the locals.

Chapter 8 | Quotes From Pages 143-157

1. Whatever the season, there will always be an appropriately delicious Korean recipe to suit the weather.
2. This mackerel recipe is a very good alternative, however – it is not pre-salted in the same way, but you can achieve something similar when seasoning.
3. It is spicy, but you can reduce the quantity of the gochujang chili paste and gochugaru powder if you prefer it less so.
4. Fresh, preferably organic pine nuts are absolutely essential – as they have nothing to hide behind – so that year-old bag at the back of your cupboard is not going to cut it.
5. In Korea, they use blue crabs, which are small and ideal for this dish.
6. It is very quick to make and is perfect as a starter or side dish.
7. It is subtle, but an absolute delight on a warm day or as an elegant starter – the nuts and gentle sweetness of the pear

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are perfect with the fish.

8. This light and fresh seafood salad is brought to life by the wasabi dressing, without being at all overpowering.

Chapter 9 | Quotes From Pages 158-184

1. Seek out very fresh, good-quality beef and Korean chili paste.
2. The key is not to let the beef poach in the liquid it was marinating in – it is important to char the meat a little on the edges, to give it a lovely, slightly caramelized flavor.
3. Marinating the ribs overnight makes a big difference, so it's worth getting everything together the night before you want to cook it.
4. Such a simple dish, but a fantastic way to get everyone involved at a barbecue.
5. In Korea, salted baby shrimp are used to dip the pork into for a salty, fishy kick, but you could use sea salt instead if you prefer.
6. The traditional meal of the day is a rice cake soup called ddeokguk, which often contains dumplings.

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7. Do bear in mind that this is quite a spicy dish, so reduce or halve the quantity of gochujang chili paste and gochugaru powder if you prefer a milder version.
8. These dumplings are not as difficult to make as you would think, and they keep for months in the freezer if wrapped up well.
9. Sitting around a central platter, while chatting, drinking, and laughing... you will have the idea.
10. The beauty of togetherness and collaboration can be found in the communal preparation of meals.

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Chapter 10 | Quotes From Pages 185-201

- 1.It took ages to develop this recipe, but we got there in the end.
- 2.The more unsightly it looks, the better it will taste.
- 3.When the persimmons have reached a stage of ripeness where their skin can barely contain the heaving mass of soft flesh within, that is the moment you want to strike.
- 4.It exemplifies Korean desserts, which are invariably not too sweet and made up of just a few simple ingredients, like grains or nuts.
- 5.These cookies will keep refrigerated in an airtight container for up to a week.

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Our Korean Kitchen Questions

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Chapter 1 | The Korean Pantry| Q&A

1.Question

What are some common staple ingredients in a Korean pantry?

Answer:A typical Korean pantry includes ingredients like short-grain white rice, glutinous rice, sweet potato glass noodles, udon noodles, naeng-myeon noodles, buckwheat noodles, wheat noodles, and rice cakes. These ingredients form the foundation of many traditional Korean dishes.

2.Question

How does the cooking properties of Korean short-grain rice differ from other types of rice?

Answer:Korean short-grain rice, known as ssal, becomes soft and sticky when cooked, similar to Japanese sushi rice. This texture is distinct and different from other varieties like those from Southeast Asia and India, which are usually less sticky.

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3.Question

Why is glutinous rice used in various dishes, and what is unique about it?

Answer:Glutinous rice, despite its name, contains no gluten. It has a notably sticky consistency and a mildly sweet flavor, making it ideal for dishes like Baby Chicken Soup and Korean desserts such as Sweet Rice Cakes. Its ability to ground down for porridge creates a rich, silky texture.

4.Question

What role do sweet potato glass noodles play in Korean cuisine?

Answer:Sweet potato glass noodles, or dang-myeon, are prized for their unique texture and flavor absorption. They are essential in dishes like Beef & Vegetables with Sesame Glass Noodles and are also added to soups and stews to enhance texture.

5.Question

Describe the origin of naeng-myeon noodles and their specific use in Korean dishes.

Answer:Naeng-myeon noodles, made from a mix of

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buckwheat and sweet potato flour, are specific to the cold noodle dish that shares their name. These long and thin noodles are typically served chilled and are a staple in summer Korean meals.

6.Question

What are the characteristics of buckwheat noodles in Korean cuisine?

Answer:Korean buckwheat noodles, or memil-gooksu, are similar to Japanese soba. They can be made entirely from buckwheat or mixed with wheat flour, making them gluten-free. They are used in dishes like Spicy Chilled Buckwheat Noodle Salad.

7.Question

How are rice cakes used in Korean cooking?

Answer:Rice cakes, or ddeok, are an essential ingredient in many Korean dishes, including Crispy Chili and Crispy Soy Rice Cakes. Their unique, squidgy consistency provides a delightful texture that becomes addictive.

Chapter 2 | Menu Ideas| Q&A

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1.Question

What makes Korean food a practical choice for quick meals?

Answer:Korean food is practical for quick meals because essential flavorings like roasted sesame seed oil, soy sauce, and gochujang chili paste have long shelf lives. This allows you to create simple, flavorful dishes without needing to shop for fresh ingredients every time.

2.Question

Why is it beneficial to have kimchi on hand?

Answer:Having store-bought kimchi on hand ensures you're never without this staple. It's a versatile ingredient that adds flavor to meals and can be used in many quick dishes like Kimchi Fried Rice or Kimchi Pancakes, making it a time-saver.

3.Question

What are some characteristics of Korean cooking that contribute to its health benefits?

Answer:Korean cooking emphasizes a variety of vegetables

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and wholesome grains, which are prominent in almost every meal. This focus on nutrient-dense ingredients contributes to Korea being recognized as one of the healthiest nations.

4.Question

What are some quick and easy dinner options mentioned in the chapter?

Answer:Some quick and easy dinner options include Kimchi Fried Rice, Pan-Fried Mackerel, and Tofu & Soybean Paste Soup. These dishes are straightforward to prepare and can be made with common pantry ingredients.

5.Question

How does the preparation of Korean meals differ from Western meals, especially for gatherings?

Answer:Korean meals often involve a variety of dishes that can be prepared in advance, including fermented or pickled sides that last longer. In contrast, Western meals typically focus on freshly cooked items that cannot be prepared as far in advance.

6.Question

What is a significant benefit of barbecuing Korean

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dishes?

Answer:Barbecuing Korean dishes such as Sesame & Soy-Marinated Beef allows for easy and flavorful cooking, as the marinated meats can be prepared ahead of time. This makes barbecues a convenient option for gatherings.

7.Question

What type of meal setup is suggested for dinner parties?

Answer:For dinner parties, it is suggested to prepare dishes in advance, such as almost-instant cucumber kimchi and bibimbap toppings. This way, when guests arrive, you can simply reheat and serve a beautiful, communal meal.

8.Question

How can the variety in Korean meals enhance the dining experience?

Answer:The variety in Korean meals, with contrasting flavors, textures, and spice levels, creates a rich and engaging experience for diners, encouraging sharing and social interaction around the table.

9.Question

What are some specific dishes recommended for a

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weeknight meal?

Answer: Recommended weeknight meals include Warming Chicken and Potato Stew, Kimchi Stew, and Beef & Vegetables with Sesame Glass Noodles. These dishes are designed to be quick to prepare while still being satisfying.

10.Question

What role do fermented foods play in Korean cuisine?

Answer: Fermented foods are a cornerstone of Korean cuisine, providing distinctive flavors and health benefits. They can be prepared in advance and enjoyed over multiple meals, making them practical for busy cooks.

Chapter 3 | 01 Rice & Savory Porridge| Q&A

1.Question

What role does rice play in Korean culture and cuisine?

Answer: Rice is considered the foundation of Korean meals, to such an extent that the word for cooked rice, 'bap,' is synonymous with 'meal.' It symbolizes nourishment and well-being, with greetings often asking if someone has eaten rice as a way to inquire

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about their health.

2.Question

How can mixing different types of rice enhance a dish?

Answer:Mixing grains like brown short-grain rice with white short-grain rice adds varying textures and flavors, enriching the dining experience. The combination is commonly enjoyed for its heartiness and nutritional benefits.

3.Question

What makes Jeonju bibimbap distinct from regular bibimbap?

Answer:Jeonju bibimbap stands out due to its elaborate preparation with up to 30 toppings, cooked rice in beef stock, raw egg yolks, and specific ingredients like bracken and bellflower roots which impart an earthy flavor.

4.Question

Why is the preparation method of rice and porridge essential in Korean cooking?

Answer:Proper techniques, like soaking rice or using specific cooking vessels, are crucial to achieve the sticky texture of Korean rice, which complements the intense flavors of main

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dishes and ensures the culinary integrity of traditional meals.

5.Question

How does frying kimchi transform its flavor in dishes like kimchi fried rice?

Answer:Frying kimchi mellows its pungent flavor, transforming it into a sweet, tangy element that enhances the overall dish, making it more appealing even to those who might be hesitant about raw kimchi.

6.Question

What is the significance of using fresh ingredients, especially fish, in dishes like raw fish, vegetable & rice salad?

Answer:The freshness of the fish is paramount when serving it raw, as it affects both flavor and safety. Using top-quality ingredients elevates the dish, allowing for a clean and refreshing taste in this summery salad.

7.Question

How does the cooking process of porridge reflect Korean culinary values?

Answer:The meticulous cooking of porridge, such as chicken

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or pine nut porridge, illustrates a focus on health, nourishment, and the comforting aspects of food, often prepared for those unwell or during colder months.

8.Question

What are some unique elements of Korean kim-bap that distinguish it from sushi?

Answer:Kim-bap is often described as Korean sushi but lacks fish and features deep flavors from roasted sesame oil, while its ingredients are sliced thinner and include various fillings like vegetables and beef.

9.Question

In what ways can Korean dishes be adapted for dietary preferences while maintaining their essence?

Answer:Many Korean dishes can be easily modified, such as reducing spice levels or substituting proteins, which allows for inclusive meals that cater to diverse tastes and dietary restrictions without sacrificing authenticity.

10.Question

What can be inferred about the communal aspect of Korean dining from dishes like bibimbap?

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Answer: Bibimbap's preparation encourages sharing and celebration of individual flavors, fostering a sense of community where diners collectively enjoy the experience of mixing and appreciating an array of ingredients.

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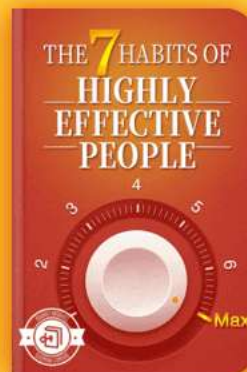


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Chapter 4 | 02 Soups & Stews| Q&A

1.Question

What are the key ingredients in Fish Cake Soup, and how do they contribute to the dish's flavor?

Answer:Fish Cake Soup features ingredients like dried anchovies, daikon radish, onion, and kelp, which create a deep umami flavor. The anchovies provide a robust base for the broth, while the radish adds sweetness and a bit of crunch. The addition of seaweed enhances the savory notes, making the soup warming and satisfying.

2.Question

Why is Chicken Dumpling Soup considered a traditional dish for the Lunar New Year in Korea?

Answer:Chicken Dumpling Soup, or ddeok mandu guk, symbolizes prosperity and good fortune for the coming year. It's traditionally made with ingredients like dumplings filled with meat and vegetables, which signify wealth. Eating this dish during the New Year is a way to celebrate and honor

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familial traditions.

3.Question

What is the cultural significance of the Baby Chicken Soup traditionally eaten in summer in Korea?

Answer:Baby Chicken Soup, known as samgyetang, is consumed in summer due to its perceived health benefits; it's believed to replenish nutrients lost through perspiration. This highlights the Korean belief in eating specific foods for their supposed restorative qualities, linking food with well-being.

4.Question

What are the health benefits associated with Seaweed & Beef Soup, especially in Korean culture?

Answer:Seaweed & Beef Soup is filled with nutritious ingredients like beef, which is high in protein, and seaweed, which is rich in vitamins and minerals. It is traditionally served on birthdays, symbolizing health and longevity, reflecting the importance of nourishing foods in Korean celebrations.

5.Question

How does the preparation of Beef Rib Soup reflect the

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philosophy of slow cooking in Korean cuisine?

Answer: Beef Rib Soup, or kalbi tang, requires hours of simmering, allowing deep flavors to develop. This method represents the Korean culinary philosophy of taking time to enhance flavors, fostering a communal and familial atmosphere around meals prepared with care and patience.

6.Question

What role does tofu play in Korean cooking, especially in soups and stews?

Answer: Tofu is a versatile ingredient in Korean cooking, prized for its high protein content and ability to absorb flavors. It's often used in soups and stews like Doen-jang Jjigae and Seafood Stew, providing texture and richness while serving as a wholesome alternative to meat.

7.Question

What makes Kimchi Stew a favorite among those new to Korean cuisine?

Answer: Kimchi Stew is approachable for newcomers due to its rich, savory flavors that mellow during cooking. It

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combines the sharpness of mature kimchi with meaty undertones, making it a comforting dish that showcases the balance of flavors characteristic of Korean food.

8.Question

Why is Chilled Cucumber Soup a preferred dish in summer, and how does it exemplify Korean culinary principles?

Answer:Chilled Cucumber Soup is refreshing and hydrating, ideal for hot days. It exemplifies Korean cuisine's ability to create dishes that balance bold flavors while also highlighting freshness and simplicity. This dish reflects the importance of seasonal ingredients and the comfort they can provide.

9.Question

In what ways can cooking in Korean cuisine foster a sense of community or togetherness?

Answer:Korean cooking often involves preparing meals that are shared, such as stews cooked at the table like Bulgogi Jeongol. The communal aspect of eating together, paired with dishes meant to be enjoyed in groups, reinforces family

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bonds and social connections inherent in Korean meal traditions.

10.Question

What are the notable culinary techniques highlighted in the preparation of Korean soups and stews?

Answer:Key techniques include long simmering to develop flavors, careful seasoning to enhance umami, and the use of fresh, local ingredients for optimal taste. Methods such as soaking, boiling, and adjusting spice levels ensure a harmonious blend of flavors that define Korean cooking.

Chapter 5 | 03 Vegetables, Pickles & Sides| Q&A

1.Question

What role does kimchi play in Korean cuisine and how should it be appreciated?

Answer:Kimchi is Korea's national dish and plays a crucial role as a side dish in every meal, offering a spicy, sour flavor that refreshes the palate and complements heavier dishes. Its complex taste, which unfolds more beautifully alongside a meal,

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should be appreciated beyond its initially pungent smell. The various regional variations of kimchi further enrich Korea's culinary landscape, showcasing the diversity of flavors available.

2.Question

How does the fermentation process of kimchi enhance its flavor and benefits?

Answer:The fermentation process of kimchi not only softens the vegetables but also develops a distinct crunchiness in texture. The aging of kimchi leads to more pronounced sourness and complexity in flavor, making it more appetizing for many. Additionally, kimchi is rich in vitamins and beneficial gut bacteria, thus offering significant health benefits, which become more pronounced as the kimchi matures.

3.Question

What are some examples of variations in kimchi based on ingredients and seasons?

Answer:Kimchi varies widely depending on regional

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practices and seasonal availability. For instance, northern kimchi tends to be less salty and made without seafood, while southern styles typically include fermented prawns or anchovies for added flavor. Likewise, summer versions might incorporate radishes and cucumbers, while winter versions often use napa cabbage, which is then prepared in bulk for preservation.

4.Question

Why is homemade kimchi considered superior to store-bought options?

Answer:Homemade kimchi is perceived as superior to store-bought brands because it allows for customization of flavors and ingredients, ensuring freshness and personal touch in preparation. While it requires time for fermentation, the resulting taste is typically richer and more aligned with traditional, authentic flavors that reflect the cook's preferences.

5.Question

Describe the importance of seasonal and regional influences on the preparation of kimchi in Korean

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culture.

Answer: In Korean culture, the preparation of kimchi is significantly influenced by the seasons and regions.

Traditional customs dictate that only fresh, in-season vegetables are used, leading to varying types of kimchi being made at different times of the year. For instance, during summer, radishes and cucumbers are favored, while rich cabbage varieties prevail during winter. Such practices not only reflect a deep connection to the agricultural calendar but also celebrate regional identity through diverse flavor profiles.

6.Question

What are some side dishes mentioned in the chapter that showcase the variety of Korean cuisine?

Answer: The chapter highlights several side dishes that illustrate the diversity within Korean cuisine, including classic cabbage kimchi, radish kimchi, almost-instant cucumber kimchi, seasoned eggplant, honey-glazed potatoes, and pickled perilla leaves. Each dish contributes unique

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flavors and textures, often complementing one another while providing a harmonious balance on the dining table.

7.Question

How can the unique textures and flavors of Korean side dishes impact a meal's overall experience?

Answer:The unique textures and flavors of Korean side dishes, such as the crispness of pickled vegetables, the savory richness of seasoned mushrooms, and the refreshing taste of water kimchi, enrich a meal's overall sensory experience. They provide contrast to heavier dishes, enhance flavor dimensions, and allow for palate refreshment, making each dining experience both varied and engaging.

8.Question

How should one store homemade kimchi to maintain its quality?

Answer:Homemade kimchi should be stored in an airtight jar and kept refrigerated to preserve its quality. It can last for several months, with flavors gradually souring over time, which is ideal for those who prefer different stages of

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maturation. It's important to take out portions without contaminating the main jar to maintain freshness.

9.Question

What takeaway lesson does the author express regarding cooking and enjoying Korean cuisine?

Answer:The author expresses that cooking and enjoying Korean cuisine is not only about the diverse flavors and textures but also about embracing traditional methods and the joy of sharing food. The love and care put into preparing dishes like kimchi reflect a deeper cultural significance, making the experience profoundly rewarding and communal.

Chapter 6 | 04 Pancakes, Fritters & Tofu| Q&A

1.Question

What is the significance of cooking together and sharing dishes like pancakes in Korean culture?

Answer:In Korean culture, cooking together and sharing dishes like pancakes emphasizes community and connection. These dishes, such as haemul pa-jeon (seafood pancake) and kimchi jeon (kimchi

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pancake), are traditionally enjoyed as a group, allowing everyone to dive in together, creating a sense of unity and shared experience.

2.Question

How can I modify the seafood pancake recipe if I am allergic to seafood?

Answer:If you are allergic to seafood, you can simply omit it from the haemul pa-jeon recipe and double the amount of green onions instead. This plain version is still delicious and retains the essence of the dish.

3.Question

What makes kimchi pancakes unique, and how should they be served?

Answer:Kimchi pancakes are unique due to the contrast between the slightly sour, crunchy kimchi and the chewy batter. They are best served immediately, cut into bite-sized pieces, and accompanied by a dipping sauce to enhance their flavors.

4.Question

How does the preparation of mung bean pancakes differ

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from other pancake recipes?

Answer:Mung bean pancakes require soaking mung beans overnight and blending them into a thick batter, which is more labor-intensive than traditional pancake batters.

However, this effort results in dense and flavorful pancakes that are highly valued in Korean cuisine.

5.Question

What role does tofu play in Korean dishes, and how is it best prepared?

Answer:Tofu in Korean dishes serves as a protein source and can be prepared in various ways, such as frying or serving it fresh with sauces. It is best appreciated when paired with flavorful ingredients like soy sauce and sesame oil, which enhance its subtle taste.

6.Question

Why is the cooking method important for dishes like battered cod and zucchini?

Answer:The cooking method for battered cod and zucchini is crucial because it ensures they are cooked through while

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maintaining a golden, crispy exterior. Proper heat control is essential to prevent burning or sogginess, ensuring a satisfying texture.

7.Question

What is an 'an-joo' and how does it relate to dishes like tofu and fried kimchi?

Answer:An-joo refers to food that is enjoyed while drinking, often served in social settings. Tofu and fried kimchi is considered an ideal dish for this purpose, combining comforting flavors that complement beverages, making it a popular choice among diners.

8.Question

How can I achieve the right texture and flavor balance in Korean pancakes?

Answer:To achieve the right texture and flavor balance in Korean pancakes, ensure to use the correct flour ratios, incorporate ingredients like glutinous rice flour for crispiness, and control the frying temperature to achieve the desired golden brown color without burning.

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Chapter 7 | 05 Noodles| Q&A

1.Question

What makes Chilled Kimchi-Spiced Noodles different from other chilled noodle dishes?

Answer:Unlike many other chilled noodle dishes that may use gochujang chili paste, Chilled Kimchi-Spiced Noodles primarily rely on the fresh and tangy flavors of kimchi. This makes them lighter and allows the flavors of the kimchi to stand out, cutting through the heaviness typically associated with richer sauces.

2.Question

How does the preparation of Buckwheat Noodles in Chilled Broth enhance the experience during hot summer days?

Answer:The dish, served icy cold in a refreshing beef broth, provides a perfect balance of flavors and temperatures that revive the spirit on blisteringly hot summer days. The simplicity of cold noodles paired with a delicate broth, often seasoned at the table with wasabi and rice vinegar, creates a

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custom and invigorating dining experience.

3.Question

What ingredient plays a crucial role in the preparation of Noodles in Chilled Soybean Soup and what is its unique characteristic?

Answer:The key ingredient in Noodles in Chilled Soybean Soup is soy milk made from ground soybeans, which creates a subtly flavored dish that is both refreshing and nutritious. This dish embodies the essence of simplicity and health, often enjoyed with radish kimchi to complement its delicate taste.

4.Question

What are some of the health benefits associated with the glass noodles used in Beef & Vegetables with Sesame Glass Noodles?

Answer:Glass noodles made from sweet potato starch are low in calories and free from gluten, making them an excellent choice for those looking for healthier, lighter meal options. The dish is also packed with vegetables and flavored with savory soy sauce, contributing to a balanced and

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nutritious meal.

5.Question

Why is Knife-Cut Noodles in Seafood Broth particularly nostalgic for the author, Jina?

Answer:For Jina, this dish evokes fond memories of her childhood spent helping her father make the noodles. The hands-on experience and the effort put into making homemade noodles create a strong emotional connection to family traditions and culinary heritage.

6.Question

How does Spicy Chilled Buckwheat Noodle Salad differ in terms of flavor intensity compared to other chilled salads?

Answer:Spicy Chilled Buckwheat Noodle Salad is characterized by its bold and unapologetic use of heat from gochujang and gochugaru chili powder, making it a vigorous contrast to milder dishes. This intensity makes it stand out as both visually striking and full of dynamic flavors, reinforcing the traditional Korean inclination for robust seasoning.

7.Question

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What cultural significance does Instant Chicken Ramen hold within Korean cuisine?

Answer: Instant Chicken Ramen is a staple comfort food cherished across generations in Korea. It is recognized for its convenience and versatility, often embellished with fresh ingredients to elevate flavor, embodying the balance of simplicity and heartiness that characterizes Korean home cooking.

8.Question

How does the preparation of Black Bean Noodles (Jajangmyeon) reflect the intercultural connections within Korean food?

Answer: While Black Bean Noodles originate from Chinese cuisine, they have been adapted and embraced in Korea, becoming a beloved dish often linked to community and family gatherings. This blend highlights how food can transcend cultural barriers, leading to unique variations that resonate deeply within a new cultural context.

9.Question

What makes Spicy Seafood Noodle Soup a popular dish in

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Korea and how does it reflect Korean culinary traditions?

Answer: Spicy Seafood Noodle Soup has become a beloved part of Korean cuisine due to its rich flavors and satisfying warmth. Reflecting Korea's maritime heritage, it combines a variety of seafood with bold spices, illustrating how local ingredients and traditions can fuse to create vibrant, hearty meals for all occasions.

Chapter 8 | 06 Fish| Q&A

1.Question

What makes Korean seafood dishes versatile for different seasons?

Answer: Korean cuisine adapts to seasonal changes, offering light dishes like chilled soups and seafood salads in the summer, and hearty stews and spicy dishes during the cold winter months. For example, 'Scallops & Prawns with Pine Nut & Pear Soup' is ideal for warm days, while 'Braised Halibut in Seasoned Soy' provides warmth on cold days.

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How can I prepare Scallops with Salted Sesame Oil for a quick snack?

Answer: You can easily prepare scallops by soaking wooden skewers, mixing roasted sesame oil with sea salt, and frying the scallops over high heat. This dish serves well as a canapé or light starter, showcasing the fresh taste of scallops paired with a simple but flavorful dipping oil.

3.Question

What should I look for when sourcing raw tuna for the Raw Tuna with Chili Sauce dish?

Answer: The key to great Raw Tuna with Chili Sauce is to use exceptionally fresh tuna. Ask your fishmonger for the freshest fish possible, as its quality directly impacts the dish's taste. Once home, marinate the chopped tuna in a flavorful sauce of gochujang chili paste, rice wine vinegar, and sesame oil.

4.Question

How does the preparation of Soy-Marinated Crab differ based on the type of crab used?

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Answer:Using fresh blue crabs allows you to eat them raw after marinating because they are smaller and the soy sauce penetrates easily. In contrast, larger brown crabs are cooked to ensure food safety, necessitating a longer marinade process and cooking time to infuse the flavors into the meat.

5.Question

Why is the use of fresh pine nuts essential in the Scallops & Prawns with Pine Nut & Pear Soup?

Answer:Fresh pine nuts are crucial as their subtle flavor is highlighted in this delicate dish. Using year-old pine nuts would compromise the taste, making it less enjoyable and failing to complement the flavors of the fish and pear.

6.Question

What makes the Seafood Salad with Wasabi Dressing a good option when appetites are low?

Answer:The lightness and freshness of the Seafood Salad with Wasabi Dressing serves to awaken the appetite without being overwhelming. The wasabi dressing adds a gentle kick that can stimulate taste buds, making it an ideal dish for those

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who may not feel like eating.

7.Question

What are some ways to customize the Stir-Fried Spicy Squid dish?

Answer: You can adjust the spice level by reducing the amount of gochujang and gochugaru or by incorporating other vegetables to utilize what you have on hand. This adaptability makes it a quick and practical weeknight meal.

8.Question

How can one enhance the flavor profile of the Pan-Fried Mackerel?

Answer: Enhancing Pan-Fried Mackerel involves seasoning it well with sea salt and black pepper before frying, and drizzling with roasted sesame seed oil after it's cooked for an added depth of flavor. Serving it with sides like rice and kimchi enriches the meal experience.

9.Question

What are the essential components of the wasabi dressing used in the Seafood Salad?

Answer: The wasabi dressing comprises wasabi paste,

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crushed garlic, rice wine vinegar, honey, and sea salt—all mixed to create a balanced sauce that enhances the seafood without overpowering it.

10.Question

Describe a key takeaway regarding ingredient quality in preparing Korean seafood dishes.

Answer:Using high-quality, fresh ingredients is paramount in preparing Korean seafood dishes. Ingredients like fresh tuna, quality sesame oil, and vibrant vegetables not only impact flavor but also the overall enjoyment of the meal.

Chapter 9 | 07 Meat| Q&A

1.Question

What is the inspiration behind the dish Yukhoe, and how does it reflect Korean culinary traditions?

Answer:Yukhoe or Sesame, Soy & Chili Beef

Tartare is inspired by the harmony of fresh ingredients. It showcases the Korean emphasis on quality meat and the unique combination of flavors such as garlic, sesame oil, and gochujang chili paste.

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This dish reflects Korean culinary traditions that celebrate raw ingredients while highlighting freshness and balance in flavors.

2.Question

How can bulgogi demonstrate the importance of marination in Korean cooking?

Answer:Bulgogi, meaning 'fire meat', demonstrates the importance of marination through its preparation. The marinade, which includes pear, ginger, and garlic, not only flavors the beef but also tenderizes it. This process is essential in Korean cooking, where marinating adds depth and enhances the natural flavors of the meat.

3.Question

What role do festivals play in Korean food culture, as seen in the context of dumplings during Lunar New Year?

Answer:Festivals in Korea, like Lunar New Year, emphasize food's role in family and tradition. The communal making of Pork and Tofu Dumplings reflects family bonding, with everyone participating in the preparation. This act of cooking

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together not only preserves cultural traditions but also strengthens family ties, highlighting the crucial role food plays in celebrations.

4.Question

What is the significance of the dish Dak Galbi in fostering social connections during meals?

Answer:Dak Galbi is designed for sharing, promoting communal dining experiences. Its preparation encourages people to gather around a central platter, making it a dish that fosters social interaction, laughter, and camaraderie, essential parts of Korean culture.

5.Question

How does the cooking technique for galbi gui reflect Korean culinary values?

Answer:The technique of marinating and grilling galbi gui showcases the Korean value placed on flavor development and the enjoyment of grilled food. It emphasizes patience and care, with overnight marination showing a commitment to achieving the best flavors, while the grilling process brings

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people together for a communal feast.

6.Question

What makes Chicken, Vegetable & Noodle Hotpot a comforting meal, particularly during cold weather?

Answer:Chicken, Vegetable & Noodle Hotpot is comforting due to its nourishing ingredients and warming spices. The sweet potato glass noodles soak up flavorful broth, making it not only delicious but also a fulfilling and restorative dish perfect for sharing on chilly days.

7.Question

Why are seasonal ingredients like pork belly and baby shrimp significant in Korean festive dishes?

Answer:Seasonal ingredients such as pork belly and baby shrimp are significant in festive dishes because they reflect Korea's historical and cultural relationship with food. Using fresh, local ingredients emphasizes the connection to the land and seasonality, which is a core aspect of Korean culinary practices.

8.Question

What does the variety of flavors in Sweet & Spicy

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Chicken Wings suggest about the evolution of Korean cuisine?

Answer: The variety of flavors in Sweet & Spicy Chicken Wings illustrates the evolution of Korean cuisine by blending traditional methods with modern tastes. The fusion of sweet, spicy, and savory elements highlights how Korean food adapts globally, making it versatile and popular worldwide.

9.Question

How can preparing dishes like Fried Ground Meat Patties enhance one's understanding of Korean cooking techniques?

Answer: Preparing Fried Ground Meat Patties helps one understand the importance of blending textures and flavors in Korean cooking. The method of combining ground meat with nuts and seasoning exemplifies the depth of flavor and texture important in Korean dishes, demonstrating the artistry of Korean cuisine.

10.Question

How does the communal aspect of dishes like Bo Ssam reflect Korean societal values?

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Answer:Dishes like Bo Ssam reflect Korean societal values by promoting community and sharing. The act of individually wrapping pork and rice in lettuce leaves for communal eating fosters connection, cooperation, and a sense of belonging, embodying the spirit of togetherness inherent in Korean culture.

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Chapter 10 | 08 Dessert| Q&A

1.Question

What is the significance of using good-quality black sesame seeds in the black sesame seed ice cream recipe?

Answer:Using high-quality, fresh black sesame seeds is crucial because their flavor profile directly influences the taste of the ice cream. Poor quality seeds may yield a lackluster, less nuanced flavor, whereas fresh seeds provide a rich, aromatic depth that can elevate the dish to a delightful culinary experience. This focus on ingredient quality is a common theme in Korean cuisine, emphasizing the value of seasonal and local products.

2.Question

How does the process of making pat bingsu illustrate cultural dining practices in Korea?

Answer:The preparation and enjoyment of pat bingsu emphasize the communal aspect of Korean dining. The act of mashing the shaved ice, red beans, and ice cream together

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before eating fosters a shared experience, highlighting the importance of communal meals and interaction in Korean dining culture. The aesthetics of the final product and the process of blending everything before consumption reflect the lively and social nature of enjoying desserts in Korea, where sharing and communal enjoyment are cherished.

3.Question

What makes the pine nut bars a preferable dessert choice after consuming heavy Korean meals?

Answer:Pine nut bars are not overly sweet and consist of simple, wholesome ingredients, making them a light and satisfying end to a heavy meal. This aligns with the Korean dessert philosophy where desserts are designed to be harmonious with the preceding meal, allowing for a pleasant conclusion without the heaviness often associated with Western desserts. The nutty flavor and subtle sweetness offer a refreshing contrast, ensuring that diners leave feeling satisfied but not overwhelmed.

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Why is the method of freezing ripe persimmons recommended in the dessert section, and how does it affect the texture?

Answer:Freezing ripe persimmons enhances their naturally creamy, gelatinous texture, turning them into a smooth, ice-like treat without any ice crystals. This approach highlights the versatility of the fruit and embodies the Korean appreciation for seasonal produce, transforming a simple fruit into a delightful dessert that showcases its natural sweetness and flavor.

5.Question

What is the shared experience when creating sweet rice cakes (gyeongdan), and how does it foster community?

Answer:Creating sweet rice cakes involves a hands-on approach where participants often work together to knead and shape the dough, fostering a sense of community and collaboration. This shared process illustrates the importance of working together in Korean culture, as making food becomes a communal activity that strengthens bonds among

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family and friends. The resultant dessert can be enjoyed collectively, reinforcing the idea that food preparation is as meaningful as the consumption of the final product.

6.Question

How do deep-fried honey cookies (yakgwa) reflect the significance of tradition in Korean celebrations?

Answer:Deep-fried honey cookies are traditionally served during Korean feast days and holidays, exemplifying how certain foods are intertwined with cultural customs and celebrations. The meticulous preparation process and the communal spirit of sharing these treats reflect a deep respect for family traditions and the role of food in celebrating heritage and togetherness.

7.Question

In what ways does the process of making pecan and cinnamon-stuffed pancakes highlight Korean food culture?

Answer:Making pecan and cinnamon-stuffed pancakes requires time and attention, showing that Korean food culture values the craft of cooking and the quality of the dining

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experience. The use of cozy flavors and the enjoyment of warm pancakes reflects the comfort-food aspect of Korean cuisine, emphasizing warmth, care, and the joy that comes from sharing delicious meals with loved ones.

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Our Korean Kitchen Quiz and Test

Check the Correct Answer on Bookey Website

Chapter 1 | The Korean Pantry| Quiz and Test

- 1.Short-grain white rice (ssal) is similar to Japanese sushi rice in texture.
- 2.Udon noodles (udong) are originally from Korea and not from Japan.
- 3.Rice cakes (ddeok) are made from steamed glutinous rice and are commonly used in various Korean dishes.

Chapter 2 | Menu Ideas| Quiz and Test

- 1.Korean cuisine is characterized by long-lasting base flavorings such as roasted sesame oil, soy sauce, and gochujang chili paste.
- 2.All Korean dishes are complicated to prepare and require advanced cooking techniques.
- 3.Kimchi is a staple in Korean kitchens and is included in many quick and easy dishes.

Chapter 3 | 01 Rice & Savory Porridge| Quiz and Test

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1. Short-grain rice is essential for authentic Korean dishes.
2. Hoedeopbab is a warm dish combining raw fish, cooked rice, and assorted vegetables.
3. Bibimbap is known as a colorful dish topped with various ingredients including rice and beef.

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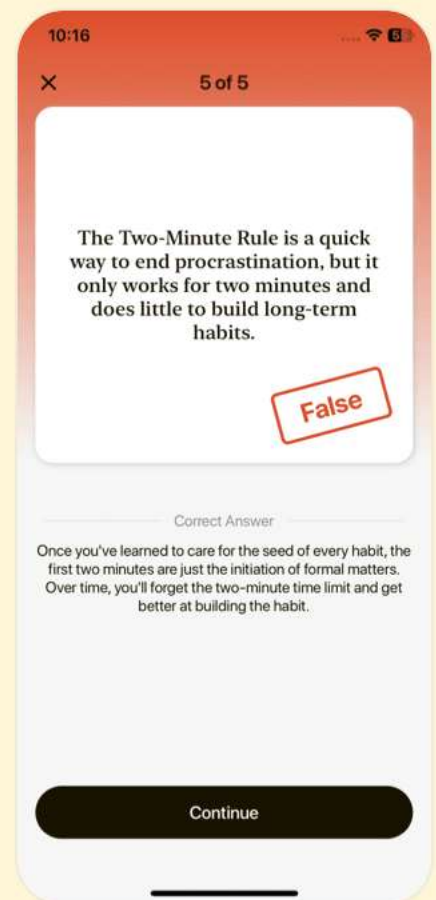


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Chapter 4 | 02 Soups & Stews| Quiz and Test

1. Fish Cake Soup (aw-muk guk) is traditionally served as a main meal during celebrations.
2. Baby Chicken Soup (samgyetang) is typically consumed in winter for its warming properties.
3. Tofu & Soybean Paste Soup (doen-jang jjigae) is customizable with various vegetables and is ideal for a nutritious meal.

Chapter 5 | 03 Vegetables, Pickles & Sides| Quiz and Test

1. Kimchi is Korea's national dish and has over 150 varieties.
2. Radish kimchi, or Moo Kimchi, is typically enjoyed immediately and does not require fermentation.
3. Pickled garlic requires no lengthy pickling process and can last indefinitely in the fridge.

Chapter 6 | 04 Pancakes, Fritters & Tofu| Quiz and Test

1. Kimchi pancakes (Kimchi Jeon) are best made with fresh kimchi for enhanced flavor.

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2. Stuffed chili fritters (Gochu Jeon) involve frying chilies stuffed with a vegetable mixture.
3. Seafood pancakes (Haemul Pa-jeon) can be customized with various seafood or green onion versions.

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Chapter 7 | 05 Noodles| Quiz and Test

- 1.Chilled Kimchi-Spiced Noodles is prepared by combining sauce ingredients including kimchi and gochugaru, then mixing them with chilled noodles.
- 2.Knife-Cut Noodles in Seafood Broth is made using only pre-manufactured noodles, not homemade or torn dough.
- 3.Spicy Chilled Buckwheat Noodle Salad must be served immediately after mixing to maintain its freshness.

Chapter 8 | 06 Fish| Quiz and Test

- 1.Scallops are grilled and served with a mix of roasted sesame seed oil and sea salt.
- 2.Korean cuisine offers hearty meals only during the summer months.
- 3.Soy-Marinated Crab is easy and requires little effort to prepare.

Chapter 9 | 07 Meat| Quiz and Test

- 1.Sesame, Soy & Chili Beef Tartare (Yukhoe) is made using cooked beef.
- 2.Bulgogi is known for its caramelized flavor and is made by

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grilling marinated beef instead of poaching it.

3. Deep-Fried Sweet & Spicy Chicken Wings (Yang-Nyeom Chicken) are a traditional dish in Korean festivals and feast days.

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Chapter 10 | 08 Dessert| Quiz and Test

- 1.Black Sesame Seed Ice Cream is made with dairy ingredients.
- 2.Pat bingsu is a winter dessert that combines sweetened red beans with finely shaved ice.
- 3.Gyeongdan are chewy rice cakes that can be rolled in various coatings like black sesame and coconut.

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