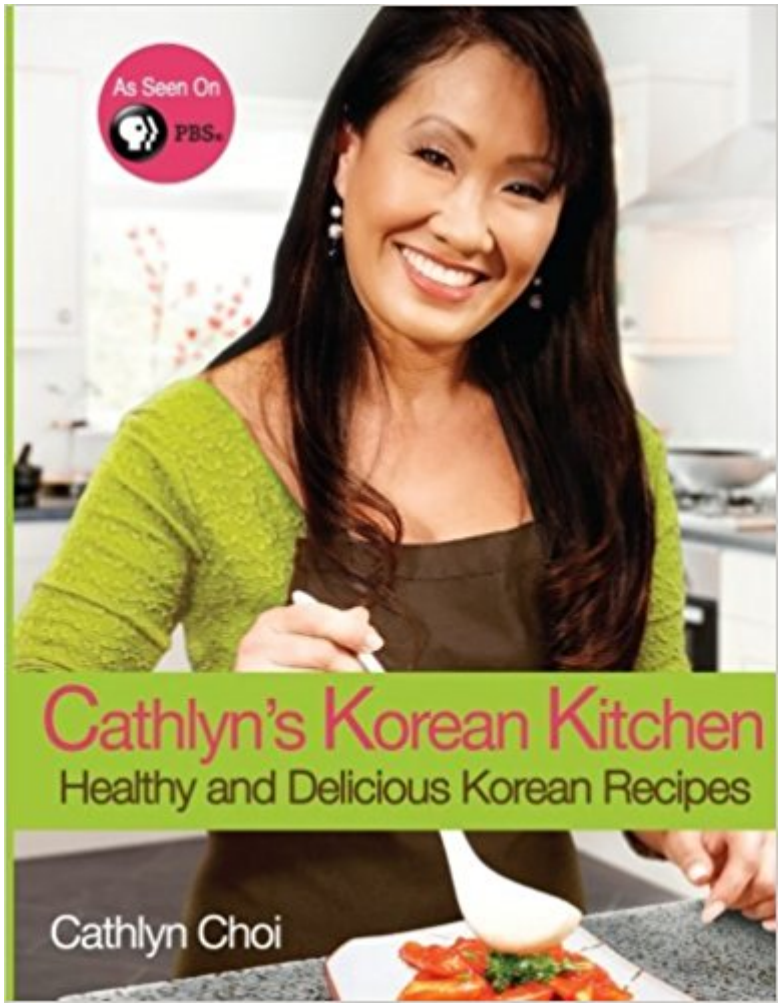
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Cathlyn's Korean Kitchen: Easy, Healthy And Delicious Recipes (Volume 1)



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Synopsis

Celebrity chef Cathlyn Choi from the national PBS television series "Cathlyn’s Korean Kitchen", shares some of her favorite healthy, easy to make and delicious Korean traditional recipes, most of which were featured on her show. Cathlyn also sprinkles in some Korean culture, history and philosophy behind Korean cuisine, along with her own personal life stories growing up in her mom’s and grandmother’s kitchens. "Cathlyn’s Korean Kitchen" pages are filled with colorful images, easy to follow instructions and anecdotal cooking tips that are sure to wet your appetite for Korean Food!

Book Information

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Customer Reviews

I’m always so excited to experience my kitchen with Cathlyn Choi-Michelson’s, "Healthy and Delicious Korean Recipes" from Cathlyn’s Korean Kitchen Cookbook. Good thing I also have her DVD’s from season’s 1 & 2 from cooking show so I can follow along as seen on PBS with her culinary demonstrations. The book reads so simple ends up gourmet. A MUST HAVE for any aspiring culinary chef dabbling in Asian cooking.Not only do you taste the culture but you’ll feel her passion while cooking up anyone of the many traditional culinary cuisines. Cathlyn’s approach demystifies Hansik and makes it approachable by to home cooks and professional chef’s alike.I have always appreciated Hansik (Korean Food) and am thankful for the "Korean Food Ambassador" for publishing these recipes initiated by the Korean Food Globalization Campaign. I’ve always admired the Korean culture and food is a gateway to our heart.In Cathlyn’s cookbook I especially enjoyed the insight from her grandmother which is shared by my family, "Never when feeling sad or

angry. Only cook when happy and feeling content, otherwise the food prepared will not taste well as we project energy through our fingers into the food." "Life is Delicious, So Taste it" - Time to get cooking ...literally!*Be sure to pick up her DVD’s to follow along as seen on PBS television.

I’ve made several things from this cook book already, and enjoyed all of them! I especially appreciate the list of ingredients at the beginning of the book, with pictures, descriptions, and where to find them.It’s No wonder that Cathlyn has a large and faithful Internet following and her recipes ROCK! I have made her bulgogi and samjang, napa cabbage kimchi, bibimbap, and kimchi fried rice. All very yummy and healthy.Compared to other books out there, Cathlyn’s Korean Kitchen cookbook stands out in terms of quality, not to mention the stories are personal, cultural and entertaining at the same time.I’d recommend this book to anyone who wants to learn how to cook healthy and easy to make Korean food, while learning about korean culture, customs and tradition.

Very nice and informative cook book! Nice photography, and very good information on Korea with background information. Great Korean recipes. My Wife really loves this book, and she is originally from Korea. I highly recommend.

As an avid fan of Cathlyn’s Korean Kitchen, I was thrilled to learn of her first cookbook! It is filled with her easy to follow recipes for creating AMAZING and DELICIOUS meals. I absolutely love the Bulgogi and I can’t wait to try the Dak Galbi. I really appreciate how Cathlyn explains the history and/or culture behind the different foods by including "fun facts" throughout the cookbook. As a novice at cooking Asian food, I am also happy that each recipe includes a picture of the dish! I tasted several of these recipes at one of Cathlyn’s cooking demonstrations and can assure you that the food is incredible!

I absolutely love this cookbook! I have followed CathlynÃƒÂ¢Ã â ¬Ã â„¢s Korean Kitchen on PBS and was very excited for her 1st cookbook. The recipes are delicious, easy to follow and the pictures are beautiful. CathlynÃƒÂ¢Ã â ¬Ã â„¢s personal stories, along with the history of the recipes, bring life and warmth to each dish. It feels like you are learning the recipes from her personally. I highly recommend this cookbook.

This is amazing! I have been to 14 different countries including Pusan and Pohang Korea and I never tasted food as delightful and succulent as the dishes featured in this lovely cook book. The

author is truly an expert in her field. A restaurant is waiting to happen. Very well done.

I'm Latina, and I've never cooked Korean food before, but I've been cooking like mad from this book over the past few days. easy-to-follow recipes and beautiful photographs. Learn from leading Korean chef Cathlyn Choi how to create all-time favorites like beef bulgolgi... Simply Delicious!

The quality of photos in the book are REALLY good! I also enjoyed the personal stories weaved into the book. I lived in Korea for a few years and LOVE Korean food. Buy this book NOW! :-)

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