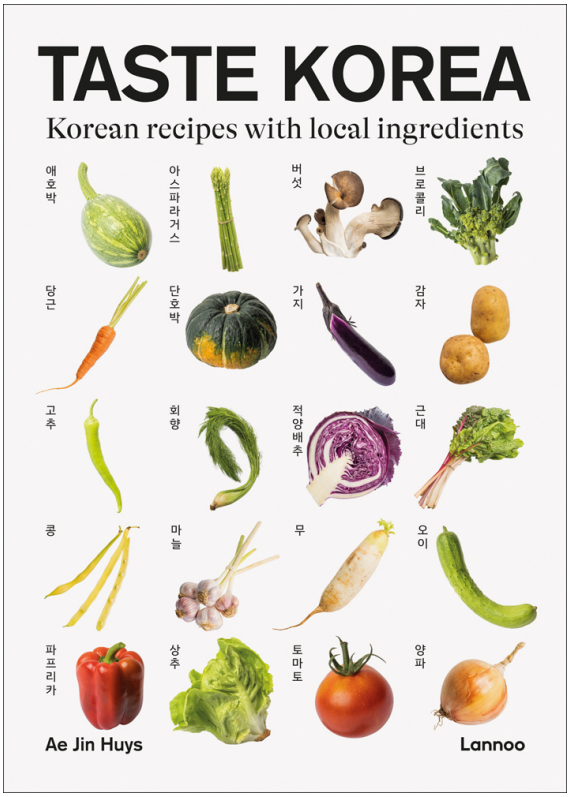
TITLE INFORMATION
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Taste Korea

Korean Recipes With Local Ingredients

Ae Jin Huys

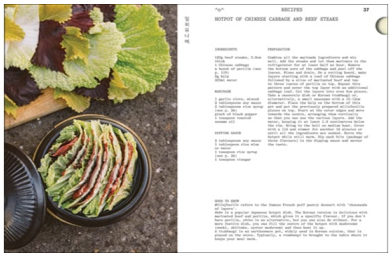
ISBN	9789401489348
Publisher	Lannoo Publishers
Binding	Hardback
Territory	World excluding Belgium, The Netherlands, France, Switzerland & Scandinavia
Size	280 mm x 200 mm
Pages	216 Pages
Illustrations	90 color
Price	£30.00

- Easy Korean food with ingredients from your kitchen!
- A great and easy way to discover the Korean cuisine
- Healthy and tasty recipes, beautifully presented

What makes Korean food so tasty? The secret is in the 'jangs,' sauces that have been a staple of Korean cuisine for thousands of years. Jang is prepared by fermenting soybeans into soy sauce (ganjang), soybean paste (doenjang) and chilli paste (gochujang). This seasoning not only delivers a rich palette of flavours but it also offers significant health benefits. Ae Jin Huys already introduced us to kimchi, Korean fermented vegetables. In this book she shows how to use various jangs to season your meals. Try replacing the butter on your potatoes with jang, for instance, and discover a rich bouquet of aromas. With 70 accessible recipes – using ingredients easily available from your local store – these jangs make your daily fare healthier and tastier in no time at all. The best of both worlds!

Ae Jin Huys has been serving delicious Korean food for years, at pop-ups, events and workshops. Together with her husband, musician Frederik Sioen, she often travels to Korea to find new inspiration.







Published 21st Mar 2023