

Trader Joes Vegan Korean Bulgogi

Animalkind
 Joy the Baker Homemade Decadence
 The Mom 100 Cookbook
 Asian Paleo: Easy, Fresh Recipes to Make Ahead or Enjoy Right Now from I Heart Umami
 Damn Delicious
 Everyday Dinners
 Plant Power
 Momofuku
 The Skinnytaste Cookbook
 Just Add Sauce
 Maangchi's Real Korean Cooking
 Vegan for Everybody
 Sunday Sews
 Deceptively Delicious
 Korean Paleo
 Ripe Figs: Recipes and Stories from Turkey, Greece, and Cyprus
 Minimalist Baker's Everyday Cooking
 Korean Food Made Simple
 And Breathe
 Seoul Food Korean Cookbook
 Latin American Paleo Cooking
 Skinnytaste Meal Prep
 History of Soybeans and Soyfoods in Korea (544 CE to 2021)
 Ultimate Veg
 The Chicago Food Encyclopedia
 Maangchi's Big Book of Korean Cooking
 Anchored Hearts
 Aloha Kitchen
 The Secret Ingredient Cookbook
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Trader Joes Vegan
Korean Bulgogi

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JULIAN JANIYA

Animalkind Harper Collins
The Secret Ingredient Cookbook is filled with 125 family-friendly recipes covering every occasion and featuring a totally unexpected ingredient—based on the author's popular Just a Taste food website. Kelly Senyei, founder of Just a Taste, has garnered millions of fans with a delicious hook: every one of her recipes has a secret ingredient, something completely unexpected that takes a dish from common to extraordinary. Her recipes cover every occasion, from crowd-pleasing snacks and 30-minute entrées to make-ahead sides and holiday-worthy desserts. Some of the 125 tried-and-tested recipes include: Vanilla Bean Drop Doughnuts with Greek Yogurt Sweet and Tangy Baked

Chicken Wings with Blackberry Jam Kale Panzanella with Croissants Healthy White Chicken Chili with Hummus Crispy Slow Cooker Carnitas with Cocoa Powder And just because the secret ingredients are surprising doesn't mean they're expensive or hard to find, either. Kelly is a busy mother of two, and she made sure every ingredient can be found in any supermarket. This cookbook with surprisingly tasty twists is one you'll go to again and again.

Joy the Baker Homemade Decadence Da Capo Lifelong Books

The highly anticipated cookbook from the immensely popular food blog Minimalist Baker, featuring 101 all-new simple, vegan recipes that all require 10 ingredients or less, 1 bowl or 1 pot, or 30 minutes or less to prepare Dana Shultz founded the Minimalist Baker blog in 2012 to share her passion for simple cooking and quickly

gained a devoted worldwide following. Now, in this long-awaited debut cookbook, Dana shares 101 vibrant, simple recipes that are entirely plant-based, mostly gluten-free, and 100% delicious. Packed with gorgeous photography, this practical but inspiring cookbook includes: • Recipes that each require 10 ingredients or less, can be made in one bowl, or require 30 minutes or less to prepare. • Delicious options for hearty entrées, easy sides, nourishing breakfasts, and decadent desserts—all on the table in a snap • Essential plant-based pantry and equipment tips • Easy-to-follow, step-by-step recipes with standard and metric ingredient measurements Minimalist Baker's Everyday Cooking is a totally no-fuss approach to cooking for anyone who loves delicious food that happens to be healthy too.

The Mom 100 Cookbook Ten Speed Press

Over 100 Quick and Easy Recipes
 Wondering how get the most out of your Instant Pot or your favorite multi-cooker? This one-of a kind guide will walk you through what you need to know to start cooking with your Instant Pot today. It covers what you can cook to setting functions to keeping your pot looking (and smelling!) like new, plus what will happen step-by-step through the cooking process. You will also get over 100 tasty, family-friendly recipes for making delicious mains, appetizers, sides, breakfasts, and desserts—in a flash. Inside, you'll get the lowdown on getting to know your pot and all its features. Discover all that you and your Instant Pot can achieve, from cooking fluffy rice, beans from scratch, and creating roasts, soups, vegetarian, Mediterranean, Keto, and Indian dishes, to making homemade yogurt, baby food, and decadent desserts. Prep, set it, and go Compatible with Instant Pot models and brands like Ninja All-in-One Multi-Cooker Get hours back in your day Save time without losing flavor Baby-friendly recipes Includes recipes to suit the entire family, including baby-friendly, keto, gluten free and vegan options created by two dietitians! Now you can serve up home-cooked meals in a fraction of the time of a slow cooker—without feeling guilty about not spending a lot of time in your kitchen. [Asian Paleo: Easy, Fresh Recipes to Make Ahead or Enjoy Right Now from I Heart Umami](#) Chronicle Books
 America's Test Kitchen decodes and demystifies vegan cooking so you can reap its many benefits. Avoid the pitfalls of bland food, lack of variety, and overprocessed ingredients with approachable, fresh, vibrant recipes. Can vegan cooking be flavorful? Satisfying? Easy to make? Through rigorous testing on the science of vegan cooking, America's Test Kitchen addresses these questions head-on, finding great-tasting and filling vegan protein options, cooking without dairy, preparing different whole grains and vegetables, and even baking. Reimagine mealtime by celebrating vegetables at the center of the plate and in salads and grain bowls. Take a new look at comfort foods with a surprisingly rich and creamy lasagna or hearty burger with all the fixings. Bake the perfect chewy chocolate chip cookie or a layer cake that stands tall for any celebration. With more than 200 rigorously-tested vibrant recipes, this cookbook has something satisfying for everyone--the committed vegan or simply those looking to freshen up their cooking. *Damn Delicious* America's Test Kitchen A New York Times bestseller and one of the most praised Korean cookbooks of all

time, you'll explore the foods and flavors of Koreatowns across America through this collection of 100 recipes. This is not your average "journey to Asia" cookbook. Koreatown is a spicy, funky, flavor-packed love affair with the grit and charm of Korean cooking in America. Koreatowns around the country are synonymous with mealtime feasts and late-night chef hangouts, and Deuki Hong and Matt Rodbard show us why through stories, interviews, and over 100 delicious, super-approachable recipes. It's spicy, it's fermented, it's sweet and savory and loaded with umami: Korean cuisine is poised to break out in the U.S., but until now, the cookbooks have been focused on taking readers on an idealized Korean journey. Koreatown, though, is all about what's real and happening right here: the foods of Korean American communities all over our country, from L.A. to New York City, from Atlanta to Chicago. We follow Rodbard and Hong through those communities with stories and recipes for everything from beloved Korean barbecue favorites like bulgogi and kalbi to the lesser-known but deeply satisfying stews, soups, noodles, salads, drinks, and the many kimchis of the Korean American table.

Everyday Dinners Clarkson Potter
 The founder and president of PETA, Ingrid Newkirk, and bestselling author Gene Stone explore the wonders of animal life with "admiration and empathy" (The New York Times Book Review) and offer tools for living more kindly toward them. In the last few decades, a wealth of new information has emerged about who animals are: astounding beings with intelligence, emotions, intricate communications networks, and myriad abilities. In *Animalkind*, Ingrid Newkirk and Gene Stone present these findings in a concise and awe-inspiring way, detailing a range of surprising discoveries, like that geese fall in love and stay with a partner for life, that fish "sing" underwater, and that elephants use their trunks to send subsonic signals, alerting other herds to danger miles away. Newkirk and Stone pair their tour through the astounding lives of animals with a guide to the exciting new tools that allow humans to avoid using or abusing animals as we once did. Whether it's medicine, product testing, entertainment, clothing, or food, there are now better options to all the uses animals once served in human life. We can substitute warmer, lighter faux fleece for wool, choose vegan versions of everything from shrimp to marshmallows, reap the benefits of animal-free medical research, and scrap captive orca exhibits

and elephant rides for virtual reality and animatronics. *Animalkind* provides a fascinating look at why our fellow living beings deserve our respect, and lays out the steps everyone can take to put this new understanding into action.

Plant Power Soyinfo Center

"From kimchi to bibimbap, Joo—who hosts a show on the Cooking Channel—breaks down intimidating dishes."—Entertainment Weekly In *Korean Food Made Simple*, Judy Joo, host of the Cooking Channel's show of the same name and Food Network regular, brings Korean food to the masses, proving that it's fun and easy to prepare at home. As a Korean-American, Judy understands how to make dishes that may seem exotic and difficult accessible to the everyday cook. The book has over 100 recipes including well-loved dishes like kimchi, sweet potato noodles (japchae), beef and vegetable rice bowl (bibimbap), and Korean fried chicken, along with creative, less-traditional recipes like Spicy Pork Belly Cheese Steak, Crazy Korean Burgers, and Fried Fish with Kimchi Mayo and Sesame Mushy Peas. In addition, there are chapters devoted to sauces, desserts, and drinks as well as a detailed list for stocking a Korean pantry, making this book a comprehensive guide on Korean food and flavors. Enjoying the spotlight as the hot Asian cuisine, Korean food is on the rise, and Judy's bold and exciting recipes are go-tos for making it at home. "This is a stunning book. Forget for a moment it's about the food of Korea. It's just so impressive on many levels. I already crave the Disco fries and Korean eggplant and I won't rest until I have the Korean fried chicken! Judy has written a beautiful, timely, and truly impressive tome, both mouthwatering and so very informative. Julia Child just got a new and wonderful neighbor on my bookshelf."—Geoffrey Zakarian, *Iron Chef*

Momofuku Flatiron Books

Simple, scrumptious slow cooker meals are a cinch with this cookbook from Betty Crocker. A slow cooker makes it easy to get family meals on the table fast—just get everything started before you leave for the day, then come home to a fully cooked dinner! Inside, you'll find a quick guide to understanding your slow cooker, plus over 20 proven slow cooker recipes for comforting soups, stews and main dishes, including zesty international options and healthy vegetarian choices. For more great ideas visit bettycrocker.com

The Skinnytaste Cookbook Rockridge Press

Bold Korean Flavors Without the Guilt Enjoy healthier versions of all your Korean

favorites with Jean Choi's innovative spin on her family's traditional recipes. Jean—a certified Nutritional Therapy Practitioner and the founder of What Great Grandma Ate—shares “Paleo-fied” versions of authentic meals from her family's cookbook. These include gluten-, dairy- and grain-free takes on classic Korean dishes like Bibimbap (a savory steamed rice and marinated vegetable dish), Bulgogi (tender barbecued beef), Quick Kimchi (a traditional spiced-vegetable side), plus so much more. Whether you're on a strict Paleo diet or simply searching for a way to make your typical takeout order healthier and at home, this book ensures that your Korean cravings will never go unsatisfied again.

Just Add Sauce Houghton Mifflin Harcourt
The debut cookbook by the creator of the wildly popular blog Damn Delicious proves that quick and easy doesn't have to mean boring. Blogger Chungah Rhee has attracted millions of devoted fans with recipes that are undeniable 'keepers'-each one so simple, so easy, and so flavor-packed, that you reach for them busy night after busy night. In *Damn Delicious*, she shares exclusive new recipes as well as her most beloved dishes, all designed to bring fun and excitement into everyday cooking. From five-ingredient Mini Deep Dish Pizzas to no-fuss Sheet Pan Steak & Veggies and 20-minute Spaghetti Carbonara, the recipes will help even the most inexperienced cooks spend less time in the kitchen and more time around the table. Packed with quickie breakfasts, 30-minute skillet sprints, and speedy takeout copycats, this cookbook is guaranteed to inspire readers to whip up fast, healthy, homemade meals that are truly 'damn delicious!'

Maangchi's Real Korean Cooking

HarperCollins

Damn DeliciousTime Inc. Books

Vegan for Everybody Clarkson Potter

“Second First Impressions is the warmest, coziest, sweetest book of the year, an absolutely perfect blend of humor and heart. I want to live inside Sally Thorne's brain.” —Emily Henry, *New York Times* bestselling author of *Beach Read* From the USA Today bestselling author of *The Hating Game*, soon to be a movie starring Lucy Hale and Austin Stowell, and 99 Percent Mine comes the clever, funny, and unforgettable story of a muscular, tattooed man hired as an assistant to two old women—under the watchful eye of a beautiful retirement home manager.

Dazzle (n): Brightness that blinds someone temporarily. Position Vacant: Two ancient old women residing at Providence Retirement Villa seek male assistant for

casual exploitation and good-natured humiliation. Duties include boutique shopping, fast-food fetching, and sincerely rendered flattery. Good looks a bonus—but we aren't picky. An advertisement has been placed (again!) by the wealthy and eccentric Parlone Sisters. The salary is generous and the employers are 90 years old, so how hard could the job be? Well, none have lasted longer than a week. Most boys leave in tears. Ruthie Midona will work in Providence's front office, and be at the Parlone's beck and call, forever. That's sort of her life plan. If Ruthie can run the place in her almost-retired bosses' absence, with no hijinks/hiccups, she has a shot at becoming the new manager. She might also be able to defend her safe little world from Prescott Development, the new buyer of the prime site. Maybe after all that, she can find a cute guy to date. All she needs to do is stay serious—and that's what she does best. Until, one day, someone dazzling blows into town. Teddy Prescott devotes his life to sleeping, tattooing, and avoiding seriousness. When Teddy needs a place to crash, he makes a deal with his developer dad. Teddy can stay in one of Providence's on-site maintenance cottages—right next door to an unimpressed Ruthie—but only if he works there and starts to grow up. Ruthie knows how this sweetly selfish rich boy can earn his keep—and be out of her hair in under a week. After all, there is a position vacant...

Sunday Sews University of Illinois Press
Acclaimed and bestselling vegan author, cook, and creator of VegKitchen.com, Nava Atlas, delivers a beautiful must-have guide to transform your plate, your kitchen and your life with the best nature has to offer, including 125 delicious and versatile plant-based recipes for every day of the year. Eating vegan doesn't have to be about sacrifice and substitutions. With *Plant Power*, Nava Atlas celebrates the bounty of natural foods and teaches everyone—from committed vegans to those who just want more plants in their diet—how to implement a plant-based approach to their lives—easily, practically, and joyfully, every day. Illustrated with 75 gorgeous color photographs throughout, *Plant Power* focuses on the basics, from setting up a plant-powered pantry and fridge to choosing the best fresh foods for each season and streamlining daily meal preparation. Whether it's a stir-fry using leftover veggies in the crisper, a fajita dinner to please different taste buds, yummy hummus wraps, or a pot of chili to savor on a cold winter evening, *Plant Power* takes the challenge out of meal-planning and makes it fun. Each of the

fresh and flavor-packed recipes is easy to make and customizable, with tips on variations from turning up the heat and mixing up ingredients, to kid-friendly, gluten-free, and seasonal options. “By savoring and being grateful for the abundance of whole foods, a powerful message is conveyed,” Nava writes. “This is what we choose to eat; this is sustainable. And best of all, eating this way makes the world a better and more compassionate place.”

Deceptively Delicious HarperCollins

The world's most comprehensive, well documented, and well illustrated book on this subject. With extensive subject and geographic index. 144 photographs and illustrations. Free of charge in digital PDF format.

Korean Paleo HarperCollins

From a Maui native and food blogger comes a gorgeous cookbook of 85 fresh and sunny recipes reflects the major cultures that have influenced local Hawai'i food over time: Native Hawaiian, Chinese, Japanese, Portuguese, Korean, Filipino, and Western. IACP AWARD FINALIST • NAMED ONE OF THE BEST COOKBOOKS OF THE YEAR BY NPR AND LIBRARY JOURNAL
In *Aloha Kitchen*, Alana Kysar takes you into the homes, restaurants, and farms of Hawai'i, exploring the cultural and agricultural influences that have made dishes like plate lunch and poke crave-worthy culinary sensations with locals and mainlanders alike. Interweaving regional history, local knowledge, and the aloha spirit, Kysar introduces local Hawai'i staples like saimin, loco moco, shave ice, and shoyu chicken, tracing their geographic origin and history on the islands. As a Maui native, Kysar's roots inform deep insights on Hawai'i's multiethnic culture and food history. In *Aloha Kitchen*, she shares recipes that Hawai'i locals have made their own, blending cultural influences to arrive at the rich tradition of local Hawai'i cuisine. With transporting photography, accessible recipes, and engaging writing, Kysar paints an intimate and enlightening portrait of Hawai'i and its cultural heritage.
Ripe Figs: Recipes and Stories from Turkey, Greece, and Cyprus BenBella Books
NEW YORK TIMES BESTSELLER • 70 quick-fix weeknight dinners and 30 luscious weekend recipes that make every day taste extra special, no matter how much time you have to spend in the kitchen—from the beloved bestselling author of *Once Upon a Chef*. “Jennifer's recipes are healthy, approachable, and creative. I literally want to make everything from this cookbook!”—Gina

Homolka, author of *The Skinnytaste Cookbook* Jennifer Segal, author of the blog and bestselling cookbook *Once Upon a Chef*, is known for her foolproof, updated spins on everyday classics. Meticulously tested and crafted with an eye toward both flavor and practicality, Jenn's recipes hone in on exactly what you feel like making. Here she devotes whole chapters to fan favorites, from Marvelous Meatballs to Chicken Winners, and Breakfast for Dinner to Family Feasts. Whether you decide on sticky-sweet Barbecued Soy and Ginger Chicken Thighs; an enlightened and healthy-ish take on Turkey, Spinach & Cheese Meatballs; Chorizo-Style Burgers; or Brownie Pudding that comes together in under thirty minutes, Jenn has you covered.

Minimalist Baker's Everyday Cooking
Workman Publishing

A Finalist for the 2022 James Beard Foundation Cookbook Award and the 2022 IACP Award (International) Longlisted for the 2022 Art of Eating Prize A New York Times Best Cookbook of 2021 • A Guardian Best Food Book of 2021 • A Simply Recipes Favorite Cookbook of 2021 • A WBUR Here & Now Favorite Cookbook of 2021 The acclaimed author of *Zaitoun* returns with vibrant recipes and powerful stories from the islands that bridge the Mediterranean and the Middle East. For thousands of years, the eastern Mediterranean has stood as a meeting point between East and West, bringing cultures and cuisines through trade, commerce, and migration. Traveling by boat and land, Yasmin Khan traces the ingredients that have spread through the region from the time of Ottoman rule to the influence of recent refugee communities. At the kitchen table, she explores what borders, identity, and migration mean in an interconnected world, and her recipes unite around thickets of dill and bunches of oregano, zesty citrus and sweet dates, thick tahini and soothing cardamom. Khan includes healthy, seasonal, vegetable-focused recipes, such as hot yogurt soups, zucchini and feta fritters, pomegranate and sumac chicken, and candied pumpkin with tahini and date syrup. Fully accessible for the home cook, with stunning food and location photography, *Ripe Figs* is a dazzling collection of recipes and stories

that celebrate an ever-diversifying region and imagine a world without borders.

Korean Food Made Simple Time Inc. Books

It has become common knowledge that childhood obesity rates are increasing every year. But the rates continue to rise. And between busy work schedules and the inconvenient truth that kids simply refuse to eat vegetables and other healthy foods, how can average parents ensure their kids are getting the proper nutrition and avoiding bad eating habits? As a mother of three, Jessica Seinfeld can speak for all parents who struggle to feed their kids right and deal nightly with dinnertime fiascos. As she wages a personal war against sugars, packaged foods, and other nutritional saboteurs, she offers appetizing alternatives for parents who find themselves succumbing to the fastest and easiest (and least healthy) choices available to them. Her *modus operandi*? Her book is filled with traditional recipes that kids love, except they're stealthily packed with veggies hidden in them so kids don't even know! With the help of a nutritionist and a professional chef, Seinfeld has developed a month's worth of meals for kids of all ages that includes, for example, pureed cauliflower in mac and cheese, and kale in spaghetti and meatballs. She also provides revealing and humorous personal anecdotes, tear-out shopping guides to help parents zoom through the supermarket, and tips on how to deal with the kid that "must have" the latest sugar bomb cereal. But this book also contains much more than recipes and tips. By solving problems on a practical level for parents, Seinfeld addresses the big picture issues that surround childhood obesity and its long-term (and ruinous) effects on the body. With the help of a prominent nutritionist, her book provides parents with an arsenal of information related to kids' nutrition so parents understand why it's important to throw in a little avocado puree into their quesadillas. She discusses the critical importance of portion size, and the specific elements kids simply must have (as opposed to adults) in order to flourish now and in the future: protein, calcium, vitamins, and Omega 3 and 6 fats. Jessica Seinfeld's book is practical, easy-to-read, and a godsend for any parent that wants

their kids to be healthy for a long time to come.

And Breathe Clarkson Potter

Boost the Flavor of Everything You Cook!

Let sauce be your secret weapon in the kitchen with this unique new cookbook from America's Test Kitchen. From dolloping on vegetables to drizzling on steak, simmering up curries, and stir-frying noodles, instantly make everything you cook taste better with hundreds of flavorful, modern sauces paired with easy recipes that use them in creative, inspired ways. *Just Add Sauce* is structured to help you find and make exactly what you're in the mood for. Start with sauce and then plan your meal, or start with your protein and find the perfect sauce with our pairing suggestions. Sauce recipes include Foolproof Hollandaise, Lemon-Basil Salsa Verde, Vodka Cream Marinara Sauce, Onion-Balsamic Relish, Ginger-Scallion Stir-Fry Sauce, Mole Poblano, Rosemary-Red Wine Sauce, and Honey-Mustard Glaze. More than 100 recipe pairings include Sun-Dried Tomato Pesto-Rubbed Chicken Breasts with Ratatouille, Garlic-Roasted Top Sirloin with Tarragon-Sherry Gravy, and Green Bean Salad with Asiago-Bacon Caesar Dressing.

Seoul Food Korean Cookbook Houghton Mifflin Harcourt

With 200,000+ copies in print, this New York Times bestseller shares the story and the recipes behind the chef and cuisine that changed the modern-day culinary landscape. Never before has there been a phenomenon like *Momofuku*. A once-unrecognizable word, it's now synonymous with the award-winning restaurants of the same name in New York City (*Momofuku Noodle Bar*, *Ssäm Bar*, *Ko*, *Má Pêche*, *Fuku*, *Nishi*, and *Milk Bar*), Toronto, and Sydney. Chef David Chang single-handedly revolutionized cooking in America and beyond with his use of bold Asian flavors and impeccable ingredients, his mastery of the humble ramen noodle, and his thorough devotion to pork. Chang relays with candor the tale of his unwitting rise to superstardom, which, though wracked with mishaps, happened at light speed. And the dishes shared in this book are coveted by all who've dined—or yearned to—at any *Momofuku* location (yes, the pork buns are here). This is a must-read for anyone who truly enjoys food.

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