

Korean cuisine

Three-hundred page cookbook a long labor of love for author

By London Roberts
Journal Features Editor

Writing a Korean cookbook has been an intense journey for Susan Kim, one that brought her back from the depths of pain to do what she loves best.

For 33 years, the 55-year-old mother of two has been preparing foods of her native land every chance she gets — for large weddings, birthday parties and for her friends and family.

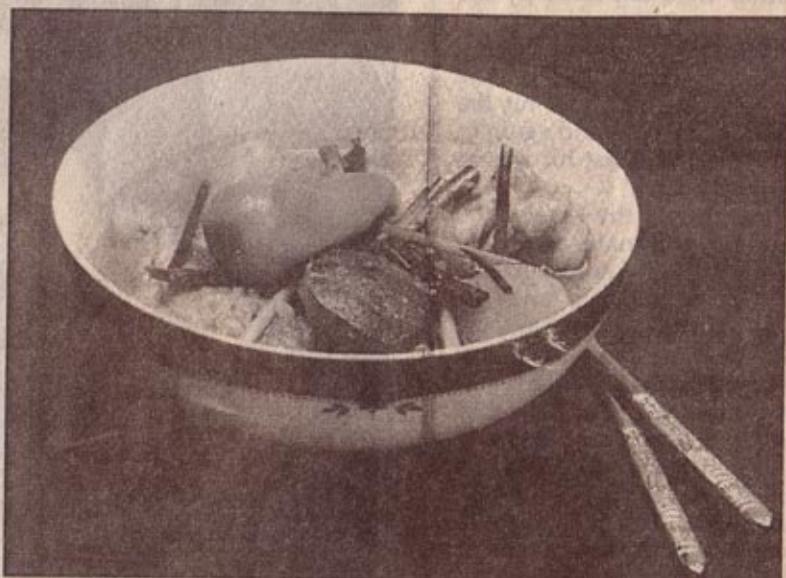
"Everybody likes my food, even the kids," said Kim, who came to the United States from Pusan in 1962. "A lot of kids don't like mushrooms, but when I cook them, they eat them.... Every crumb, they pick it up."

As a grocer in the Bay Area, Kim was beaten near death in a robbery 10 years ago. She suffered massive head injuries and had to relearn nearly everything, from speech to motor skills.



Though she does not like to talk about the attack, she admits it left her struggling — sometimes even for a will to live — for many years.

When she moved to Auburn in 1990, Kim went to the Community Education Project for specialized learning and



Photos from 'Lowfat Korean Cooking,' by Susan Kim

Susan Kim, left, spent years compiling recipes, such as Spicy Chicken Stew, above, into a 125-page cookbook.

tutoring. It was here, and with Frank Olrich at Whole Person Learning, that Kim began to really heal from her trauma. She began to think in terms of the future, which led to the three-year planning and publishing of her cookbook, "Lowfat Korean Cooking."

Kim calls the compiling of the more than 300 recipes "a hard, grueling task." Add to that an uphill battle for funding and you have a woman who's adept at overcoming

obstacles.

"A lot of people laughed," Kim said of her will to create the book. "They said, 'How are you going to do that' — I didn't have the money.

"But the teachers at the school know I'm the kind of person who says I can do that and I do."

The full-color, spiral-bound cookbook has a cover price of \$24.99 and is packed with

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