



Susan Kim plans to demonstrate low-fat Korean cooking at the Mandarin Festival.

Low Fat Korean Cooking

by Susan Alexandra

Susan Kim, who arrived as an immigrant to America in 1962, did not realize as she lay in the hospital brutally beaten by two teenage thugs, that one day she would author a cookbook. Kim lived for many years in Vallejo, California, where she owned and operated a small Korean grocery store. Because of her injuries and inability to replace the merchandise the juveniles destroyed, she was forced to give up her livelihood. Today, nine years after the tragedy, she does not like to dwell upon those dark days. Instead, she is busy marketing her newly-published cookbook, *Low-Fat Korean Cooking*.

"The cookbook has over 300 recipes, and it took me three years to compile," says Kim. She loves to cook — most

are family recipes she adapted for the American palette. Kim keeps busy preparing meals for others and caters for weddings, local clubs, and churches. These days her dream of opening a restaurant which features taste treats from her cookbook are closer than ever.

"I've always had a strong will to go on. After a lot of hard work, things are finally coming together again," she smiles. Bookstores in San Francisco, San Jose, Sacramento, Citrus Heights, and Newcastle now carry her cookbook. This summer Kim was interviewed on a talk show by Radio Seoul's KVTO-AM (1400) in San Francisco and was one of several guests in a Channel 6 recent feature. Articles on her full-color spiral-bound product have appeared in the Auburn Journal and in The Korea Central Daily, a nationally distributed Korean newspaper.

Inspired by the success of her first publishing venture, fifty-five year-old Susan Kim has begun another cookbook of American recipes. This time her audience will not be for people in the United States. Just as she adapted Korean recipes for Americans, this cookbook will modify American cooking to suit Korean preferences.

If you would like to order Susan Kim's book, call 823-8461. The cost is \$24.99 + \$1.81 sales tax.

Note: Susan Kim's book is available for purchase at New & Not So New Bookstore in downtown Newcastle. Ms. Kim plans to have taste treats from her cookbook available at Newcastle's Mountain Mandarin Festival November 18th.