

## Book Guide

# 300 Recipes for Korean Food

Susan Kim, a Korean emigrant to the United States, has published a book on Korean traditional food. Nothing too special unless you know that the book is the product of her desperate effort to return to a normal life since the trauma, both mental and physical, of a robbery at her grocery market.

"Lowfat Korean Cooking," which contains 300 recipes for Korean food covering almost all areas of Korean culinary life, is also a testimonial to the dedicated support of her two children, Thomas and Jennifer Wilson, to help their mother regain her hope for life.

Susan, 55, who grew up in the southeastern port of Pusan, married William Wilson, a U.S. serviceman, and went to the United States with him. They divorced, but she lived comfortably with her two children, running her grocery store, until the incident in 1987.

"I had a profitable market in Vallejo, near San Francisco, when I was attacked and hit on the head with a baseball bat by two young hoodlums. I was struck several times and nearly killed. They wrecked my store, and I was unable to recover and reopen it." The robbers were arrested and sent to prison.

She suffered severe injuries and, worst of all, lost memories. But she began her desperate struggle to recover everything she lost. Miraculously, the first memories that returned to her brain were those of the different kinds of food she had eaten during her childhood in Korea and enjoyed throughout her American life.

For a new start, she moved to Auburn five years ago enrolled in a high school course at the GED Preparation School for adults in order to quicken the recovery of her brain functions. When she graduates from the four-year course, she will advance to a college.

Mrs. Kim Kae-boon, her 63-year-old sister in Korea who is an expert cook, served as a great adviser to Susan in her preparations for her cookbook. Many of her Korean-American friends also helped her extensively in selecting items for her book, finding ingredients, actually cooking them and finally organizing sessions to test the very authentic Korean cuisines. Her church was



often the place for these tasting events.

Thus, the Lowfat Korean Cookbook came out last April with the designing done by her son Thomas. Its cover depicts the 12 principal dishes (bowls) for a typical Korean meal—steamed rice, chige (stew), two kinds of kimchi, namul (cooked vegetables), soy bean and hot pepper sauces, and the salty beef and manul (garlic) appetizers placed on a low Korean lacquer table.

For publicity, Susan Kim held a signing session at a bookstore in Auburn, where she also served samples of some of the items in her book for a curious crowd. She is planning similar events at Books Inc. in Sacramento on Oct. 14 and the New & Hot Shop in New Castle on Nov. 18.

Her main focus in her recipes is the low fat quality characteristic of Korean foods. For Americans who are struggling to avoid becoming overweight, Korean recipes for casual dinners or elegant affairs can be good diversions, Susan advises.

The book introduces a whole range of Korean food, covering beverages, rice dishes, salads, soups, stews, sauces, desserts and snacks with detailed ingredients and cooking instructions. It also adds an American flavor for Americans and Americanized Koreans.

"I would like to dedicate this cookbook to my son and daughter so that they may have a better life than I have experienced... because now I have started to overcome my disabilities after being a victim of crime," Susan says in the first page of the book.

"Lowfat Korean Cooking," priced at \$24.99, is available at Kyobo Bookstore in Seoul. It can also be ordered from P.O. Box 34, Auburn, CA 95604-0034, Tel. (916) 823-8416.