

# Select Bibliography



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## Cookbooks

Lauryn Chun with Olga Massov, *The Kimchi Cookbook: 60 Traditional and Modern Ways to Make and Eat Kimchi* (Berkeley, CA, 2012). This book includes clear, detailed instructions on the theory and practice of making a wide variety of classic and modern kimchis for all seasons, and recipes ranging from the classic Korean kimchi jigae stew to novelties including a kimchi grapefruit margarita cocktail.

Bridget Jones, *Recipes from a Polish Kitchen* (Secaucus, NJ, 1990). Although this book is not specifically devoted to cabbage per se, it features fourteen different recipes for classic Eastern European cabbage dishes, including stuffed cabbage leaves (*gołąbki*), sauerkraut soup (*kapusniak*) and *bigos* stew. Unfortunately, it is out of print. If it is unavailable, a similar cookbook of more recent vintage is Anne Applebaum and Danielle Crittenden, *From a Polish Country House Kitchen: 90 Recipes for the Ultimate Comfort Food* (San Francisco, CA, 2012).

Sandor Ellix Katz, *Wild Fermentation: The Flavor, Nutrition, and Craft of Live-culture Foods* (White River Junction, VT, 2003). This modern classic features detailed instructions on how to make sauerkraut, low-salt sauerkraut, and sauerkraut with wine, seaweed or caraway seeds.

Kim Man-Jo, Lee Kyou-Take, Lee O-Young, *The Kimchee Cookbook: Fiery Flavors and Cultural History of Korea's National Dish* (North Clarendon, VT, 1999). A beautifully illustrated book with intriguing information about the history of kimchi, though its kimchi recipes fail to mention the initial warm fermentation period (20°C/70°F) necessary before storing kimchi for long, cool-temperature fermentation. Readers already familiar with kimchi-making will find many intriguing traditional kimchi recipes; novices should stick to Chun's *The Kimchi Cookbook*.

Laura B. Russell, *Brassicas: Cooking with the World's Healthiest Vegetables: Kale, Cauliflower, Broccoli, Brussels Sprouts and More* (Berkeley, CA, 2012). This handsome book features contemporary recipes for an array of brassicas served with quinoa, avocados, fennel, red curry and other fashionable foods. You won't find classic recipes like cabbage rolls or bacon-cabbage soup here, but the author does include tips on techniques for cooking brassicas and reducing their odour.