

Then Kimchi Changed Everything: A Surprising Culinary Memoir of Self-Discovery



In her heartfelt and engaging memoir, *Then Kimchi Changed Everything*, Korean-American chef Marja Koo delves into the depths of her culinary and cultural heritage through the prism of kimchi, Korea's beloved fermented dish.

Growing up in a Korean household in suburban New Jersey, Marja had a complicated relationship with her Korean identity. Kimchi, with its pungent aroma and spicy flavor, was a constant reminder of her difference. It was a food that made her feel both connected to and alienated from her Korean heritage.



The Korean: Single and Obese: Then Kimchi Changed Everything! by H. W. Brands

★★★★☆ 4.6 out of 5

Language : English
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Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 186 pages



But everything changed when Marja decided to apprentice with her grandmother in Korea to learn the traditional art of making kimchi. As she immersed herself in the process of fermenting cabbage, radishes, and gochujang (Korean red pepper paste), she began to understand the profound cultural significance of this dish.

Kimchi is more than just a food; it's a symbol of Korean identity, resilience, and community. Through the act of making kimchi, Marja not only learned about her family's history and traditions, but she also discovered her own voice as a Korean-American woman.

In *Then Kimchi Changed Everything*, Marja weaves together personal anecdotes, vivid descriptions of Korean cuisine, and insightful reflections on the complexities of identity and family. She explores the ways in which food can shape our lives, connect us to our culture, and empower us to embrace our true selves.

This is a book that will resonate with anyone who has ever felt the pull of their cultural heritage, or who has struggled to find their place in the world. Marja's story is a testament to the power of food to transform us, both physically and emotionally.

If you are curious about Korean cuisine, interested in learning more about Korean culture, or simply searching for a compelling and inspiring memoir, then *Then Kimchi Changed Everything* is a must-read. This book will leave you craving kimchi and hungry for more of Marja's honest and heartwarming storytelling.



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