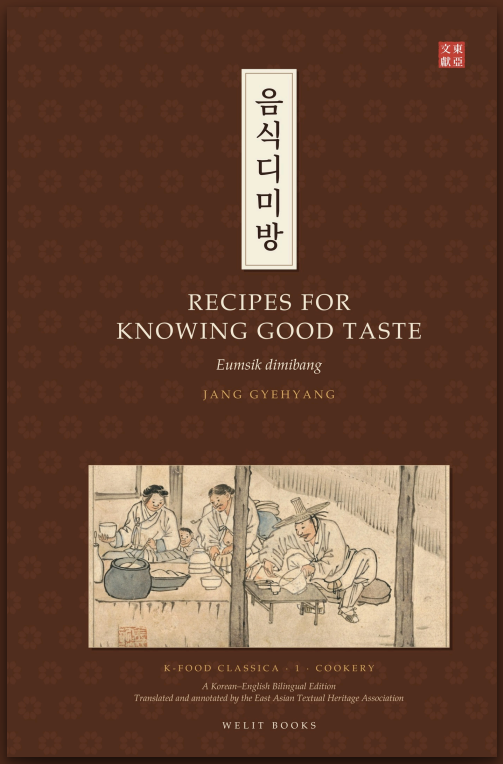
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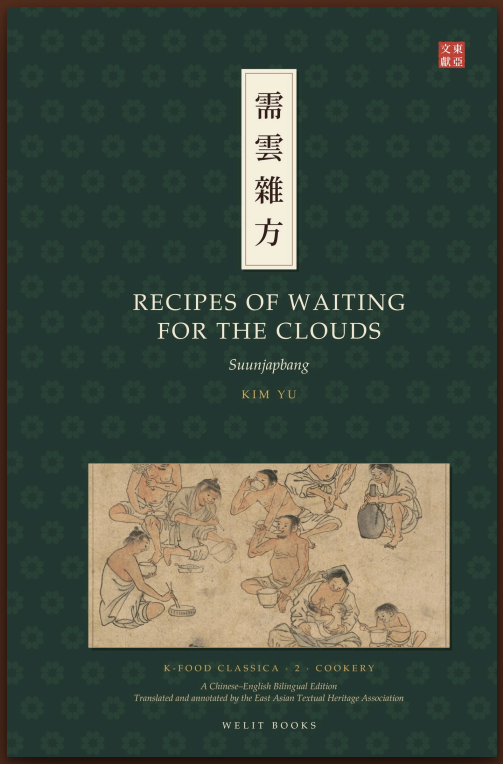
K-FOOD CLASSICA

케 이 푸 드　클 래 시 카

The classic cookbooks of Korea in facing-page English editions



VOLUME 1
Eumsik dimibang, c. 1670



VOLUME 2
Suunjapbang, c. 1540

CATALOGUE 2026 – 2027

The two manuscripts translated in these volumes were inscribed together in November 2026 on UNESCO's Memory of the World Regional Register for Asia and the Pacific.

ABOUT THE SERIES

Korea's oldest cookbooks, complete in English for the first time

Before the chilli pepper reached Korea, households of the Joseon dynasty already brewed wines in three stages, pickled vegetables clear and white, and rolled noodles of buckwheat and mung-bean starch. K-Food Classica publishes the books in which they wrote it all down.

The earliest Korean recipes were not written by court cooks or professional chefs. They were set down by the households that cooked them: a country gentleman of the Andong region in the 1540s, writing in Classical Chinese, and, some 130 years later and a day's walk away, a scholar's wife in her seventies, writing in the Korean alphabet for her daughters and daughters-in-law.

Their books record the year of a provincial household in exact detail: which day of the new year to begin a wine, how long to wait before opening it, how to keep ginger through the winter, how to make a curd of cow's milk, and which dishes to set before guests. They are among the oldest cookbooks of East Asia written by the people who used them.

Each volume of K-Food Classica sets the original text, newly edited, opposite a close English translation, so that the reader can follow every recipe in both languages. An introduction places the book in its household and its century; notes explain ingredients, measures, and vessels; maps, timelines, and diagrams drawn for each edition show how the brewing and cooking were done.

The series is a companion to Korea Classica, the association's collection of Korean classics in facing-page English editions, and is prepared to the same standard by the East Asian Textual Heritage Association.

COMPLETE TEXTS

Every recipe of the manuscript, translated in full and in its original order, without abridgement or modernisation.

FACING PAGES

The Korean or Classical Chinese text on the left, the English on the right, recipe by recipe and with matching numbers.

SCHOLARLY APPARATUS

Introduction, note on the text, note on measures, footnotes, glossary, bibliography, and index in every volume.

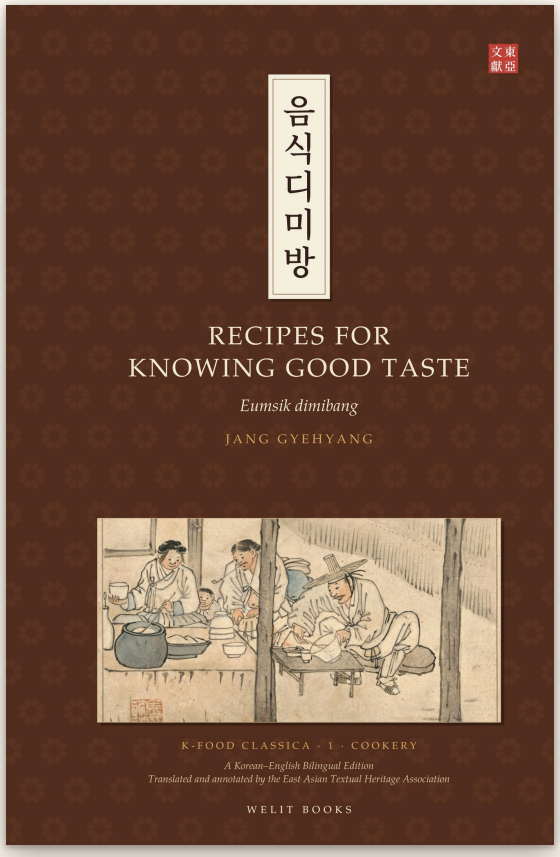
DRAWN FOR EACH EDITION

Original maps, timelines, and brewing diagrams, with paintings and ceramics from public collections, all reproduced in colour.

UNESCO MEMORY OF THE WORLD

In November 2026 *Suunjapbang* and *Eumsik dimibang* were inscribed together, as one nomination recording the traditional cooking knowledge of the Korean peninsula, on the Memory of the World Regional Register for Asia and the Pacific. K-Food Classica offers the first complete English translations of both.

All volumes: hardcover, case laminate with matte finish, 5.5 × 8.5 in (140 × 216 mm), full-colour interior on white paper. Also available as Kindle ebooks.



K-FOOD CLASSICA · VOLUME 1

Recipes for Knowing Good Taste

Eumsik dimibang, the First Korean Cookbook by a Woman (c. 1670)

음식디미방 飮食知味方

JANG GYEHYANG (1598–1680)

Translated and annotated by the East Asian Textual Heritage Association. A Korean–English bilingual edition.

ISBN	**979-8-90900-125-9** (hardcover)
PRICE	US $49.99 hardcover · US $9.99 Kindle ebook
FORMAT	Hardcover, case laminate, matte; full-colour interior
SIZE · PAGES	5.5 × 8.5 in (140 × 216 mm) · xx + 126 pp.
ILLUSTRATIONS	8: two manuscript pages, map, timeline, two ceramics, two diagrams
PUBLISHED	November 2026 · Welit Books
SUBJECTS	Cooking / Regional & Cultural / Korean; Cooking / History; History / Asia / Korea

Some time around 1670, in a hill village of northern Gyeongsang, a woman in her seventies wrote down everything she knew about cooking and brewing for her daughters and daughters-in-law. Her book, *Eumsik dimibang*, is the first cookbook written in Korean by a woman and the oldest that survives in the Korean alphabet.

Its 146 recipes set the table of a scholar-official household before the chilli pepper: noodles of buckwheat and mung-bean starch, honeyed cakes fried in sesame oil, pheasant, tripe, and bear's paw, clear white kimchi, and more than fifty wines and spirits, from one-day wines to *samhae-ju*, brewed in three stages on the first Pig Days of the year.

This first complete English translation sets the seventeenth-century Korean text, in its original spelling, opposite a close English version, with notes, a map, a timeline, and drawings of the brewing and distilling the author describes.

CONTENTS

Introduction · Notes on the Text and Measures vii
I. Noodles, Dumplings, and Cakes 2
II. Fish and Meat 22
III. Wines and Yeast 74
IV. Vinegars 116
The Author's Closing Words 119
Glossary · Bibliography · Index 120

OF NOTE

- The oldest cookbook in the Korean alphabet, and the first by a Korean woman
- All 146 recipes, with the author's closing words in her own hand
- More than fifty wines and spirits, including four distilled *soju*

INSIDE *Recipes for Knowing Good Taste*

면병뉴
麵餠類

1 면

것모밀를씨어하ᄆᆞ이ᄆᆞᆯ뇌디말고알마초ᄆᆞᆯ뢰여ᄡᆞᆯ을조히아아디ᄒᆞᆯ제미러물품겨축축이ᄒᆞ야듯다가디ᄒᆞᆯ제녹도거치ᄒᆞᆫᄡᆞᆯ조히시어건져를ᄭᅴ거든모밀ᄡᆞᆯ달되예물부ᄅᆞᆫ녹두ᄒᆞᆫ복ᄌᆞ식섯거지ᄒᆞᄃᆡ방하를ᄀᆞ만ᄀᆞ만지러것글를처ᄇᆞ리고키로펴ᄇᆞ리고키그테흰ᄡᆞᆯ이나거든그를뫼화다치ᄒᆞ면그글리ᄀᆞ장희거든면ᄆᆞᆯ제더운물에뉵게ᄆᆞ라누ᄅᆞ면비치희고조ᄒᆞᆫ면이되ᄂᆞ니라교틱ᄂᆞᆫ식면교틱ᄀᆞ치ᄒᆞ라

2 만두법

모밀ᄀᆞᄅᆞ장만ᄒᆞ기를마치조ᄒᆞᆫ면ᄀᆞᄅᆞᄀᆞ치ᄀᆞᄂᆞᆫ모시예나깁의뇌여그글ᄀᆞᆯ더러플ᄲᅮ디의이쥭ᄀᆞ치ᄲᅮ어그푸릐뉵게ᄆᆞ라개곰낫마곰쩨에비ᄌᆞ라만도쏘쟝만키ᄂᆞᆫ무을ᄀᆞ장

I
NOODLES, DUMPLINGS, AND CAKES

1. Noodles

Take unhulled buckwheat, wash it, and dry it, not too much but just enough. To get the grain clean when you hull it, sprinkle it with water beforehand and leave it damp. When you are ready to pound it, wash some coarsely hulled mung beans and drain them; when the water has run off, add one *bokja*[1] of the soaked mung beans to every two *doe* of buckwheat, mix them, and pound them. Work the mortar gently, sift off the coarse outer flour and throw it away, and winnow off the husks with the winnowing basket. When white grains begin to show at the lip of the basket, gather them and pound them again. If the flour is very white, knead it with hot water into a soft dough when you make noodles and press it out: the noodles come out white and clean. For the garnish, do as for mung-bean noodles.[2]

2. Dumplings

Prepare the buckwheat flour exactly as for the fine noodle flour above and sift it through fine ramie or silk. Take part of the flour and cook it into a paste as thin as a gruel of Job's tears; knead the rest with this paste into a soft dough. Pinch off pieces the size of a hazelnut and roll them out.

1. A *bokja* is a small spouted vessel used as a measure; it held roughly a third of a *doe*. On the measures used throughout this book see the Note on Measures.
2. The garnish (*gyotae*) is the topping laid over a bowl of noodles or soup; see no. 3 and the explanation in no. 39.

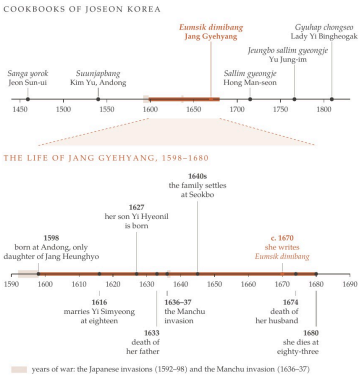
FACING PAGES The opening recipes of Part I, Noodles, Dumplings, and Cakes. The Korean text keeps the spelling of the 1670s, including letters no longer in use, opposite the English, with notes at the foot of the page.



Map 1. Jang Gyehyang's country in northern Gyeongsang. The manuscript is now in Daegu (inset). Drawn for this edition from Natural Earth data.

staple, is never described, nor are the ordinary soups, side dishes, and kimchi that a servant would make every day without a book. Its world is the table of the yangban, the scholar-official class, at its most hospitable: noodles and dumplings for guests, cakes and sweets for the rites to the ancestors, meat and fish dishes for banquets, and above all wine.

The noodles are made of buckwheat and mung-bean starch, for wheat was scarce in the Korean south and fine wheat flour was a luxury. The cakes are steamed or fried in sesame oil and soaked in honey. Pheasant is the meat that appears most often, in fillings, broths, and pickles; it was the game of the uplands, hunted with hawks. Beef, the meat of the farmer's ox, was officially restricted, and here it is more often tripe and feet than steak. There are dishes

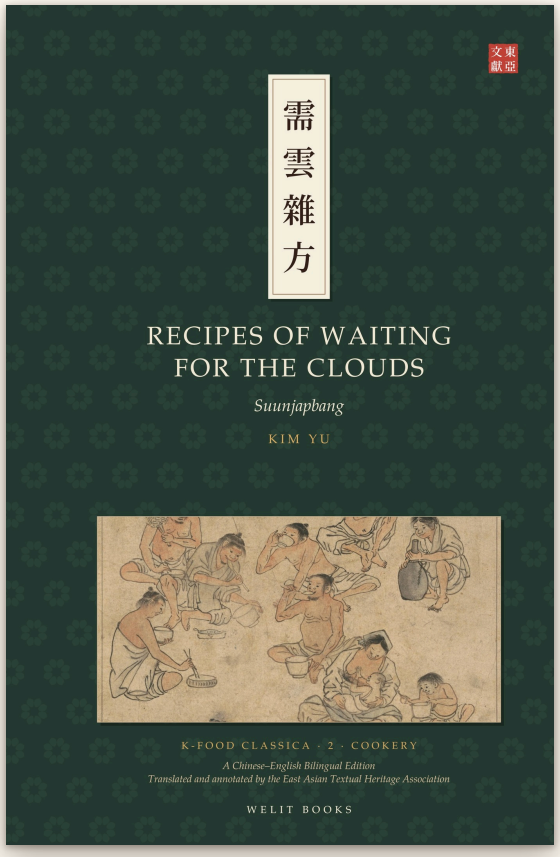


Timeline. Jang Gyehyang and the cookbooks of Joseon Korea.

of wild boar, home-raised pork, and bear's paw; and six recipes for dog, which was eaten in Joseon Korea, especially in the hottest days of summer, as a restorative food. The author treats it as she treats any other meat, and we have translated these recipes in full as part of the historical record.

What is missing is as striking as what is there. There is no chilli pepper anywhere in the book. Chillies reached Korea from the Americas, by way of Japan, only around 1600,

DRAWN FOR THIS EDITION From the Introduction: a map of the author's country in northern Gyeongsang, and a timeline setting her life among the cookbooks of Joseon Korea.



K-FOOD CLASSICA · VOLUME 2

Recipes of Waiting for the Clouds

Suunjapbang, a Korean Gentleman's Book of Wines and Dishes (c. 1540)

수운잡방 需雲雜方

KIM YU (1491–1555)

With additions by his grandson Kim Ryeong (1577–1641). Translated and annotated by the East Asian Textual Heritage Association. A Chinese–English bilingual edition.

ISBN	**979-8-90900-126-6** (hardcover)
PRICE	US $49.99 hardcover · US $9.99 Kindle ebook
FORMAT	Hardcover, case laminate, matte; full-colour interior
SIZE · PAGES	5.5 × 8.5 in (140 × 216 mm) · xx + 114 pp.
ILLUSTRATIONS	7: frontispiece painting, map, timeline, brewer's calendar, cellar diagram, two ceramics
PUBLISHED	November 2026 · Welit Books
SUBJECTS	Cooking / Regional & Cultural / Korean; Cooking / History; Cooking / Beverages / Wine

Around 1540, in the village of Ocheon near Andong, the country gentleman Kim Yu wrote down the recipes of his household in Classical Chinese, and his grandson Kim Ryeong later added a second part. Their book, *Suunjapbang*, "Recipes of Waiting for the Clouds," is one of the oldest Korean cookbooks and a Treasure of the Republic of Korea.

Half of its 122 recipes are for wine, brewed in stages on the Pig and Horse Days of the new year and opened at the Double Fifth. The rest provision a scholar's household before the chilli pepper: vinegars, clear pickles, soy sauce and bean pastes, tofu, a curd of cow's milk, malt syrup, soups and noodles, and a ginger cellar warmed by the house's own floor.

This first complete English translation sets the Chinese text, newly transcribed from the manuscript, opposite a close English version, with notes, a map, a timeline, a brewer's calendar, and drawings made for this edition.

CONTENTS

Introduction · Notes on the Text and Measures vii
I. Wines and Yeast 2
II. Vinegars, Pickles, and the Garden 38
III. Sauces and Relishes 60
IV. Book Two: Wines and Dishes 74
Glossary · Bibliography · Index 108

OF NOTE

- One of the oldest surviving Korean cookbooks, designated a Treasure (no. 2134)
- All 122 recipes: 86 by Kim Yu, 36 added by his grandson
- A brewer's calendar of the household's wines, drawn from the recipes

INSIDE *Recipes of Waiting for the Clouds*

酒麴

上篇

1 三亥酒

正月初亥日白米一斗百洗作末湯水一斗作粥待冷麴五升眞末五升和納甕次亥日白米九斗百洗作末熟蒸湯水十斗作粥待冷麴一斗和前酒納三亥日白米十斗百洗作末熟蒸湯水十斗作粥待冷和前酒納甕待熟上槽

I

WINES AND YEAST

1. Samhae-ju, "Three Pig Days" Wine

On the first Pig Day of the first month take one *mal* of white rice, wash it a hundred times,[1] and grind it to flour. Make a gruel with one *mal* of boiled water, and when it is cool mix in five *doe* of yeast and five *doe* of wheat flour and put it in a crock.[2] On the next Pig Day take nine *mal* of white rice, wash it a hundred times, grind it to flour, steam it well, and make a gruel with ten *mal* of boiled water. When it is cool, mix in one *mal* of yeast, combine it with the first wine, and put it in the crock. On the third Pig Day take ten *mal* of white rice, wash it a hundred times, grind it, steam it well, make a gruel with ten *mal* of boiled water, let it cool, combine it with the wine, and put it in the crock. When it has matured, press it.[3]

1. "Wash a hundred times" (百洗) is the author's constant instruction for rice: wash it until the water runs perfectly clear. Every trace of bran was thought to sour the wine.

2. Yeast (*muruk* 麴) is the cake of wheat or bran in which wild moulds and yeasts were grown; "wheat flour" translates 眞末, literally "true flour." A little wheat flour was added to the first stage of most wines to feed the ferment.

3. A Pig Day (*hae-il* 亥日) comes round every twelve days in the cycle of the twelve animals, so the three stages fall twelve days apart in the coldest weeks of the year. "Press" translates 上槽, putting the mash into the bag or box press to draw off the clear wine. The same wine is in *Eumsik dimibang*, K-Food Classica 1, no. 95.

FACING PAGES The first wines of Part I, beginning with *samhae-ju*, the "Three Pig Days" wine. The Classical Chinese, newly transcribed from the manuscript, faces a close English translation.

takes its name from the season when its yeast is made, and Peach-Blossom Wine is fed when the wild pear opens its leaves. The book can be read as a brewer's almanac.

THE BREWER'S YEAR (LUNAR MONTHS)

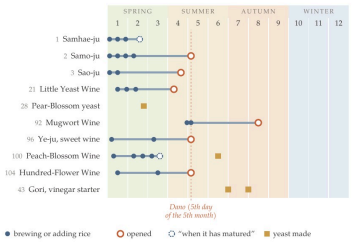


Fig. 1. When the wines of *Suunjapbang* were begun, fed, and opened. Drawn for this edition from the recipes; numbers are recipe numbers.

Some of the wines are medicinal: wines of pine needles, rehmannia, and atractylodes, a wine of five herbs that promises to turn white hair black, and a "dry wine" of yeast and aconite whose lees can be carried on a journey and turned into wine with a cup of water. One recipe distils wheat into *soju*. Others carry the names of the households from which they came: three are labelled "the Ocheon recipe," the method of Kim Yu's own house, and one comes from the house of a "Lord Bongni." Many of these wines have been brewed again in recent years from the book.

Pickles, Sauces, and the Garden

The rest of Kim Yu's part is the provisioning of a household through the year. There are vinegars begun on the fire days of the calendar; pickles of turnip, cucumber, aubergine, taro stems, spring onion, and wax gourd; a pickle of pheasant; fish fermented with rice; soy sauce and bean pastes of several kinds; and directions for storing pears inside radishes and aubergines inside turnips through the winter. There is no chilli pepper in any of them: chillies reached Korea only around 1600, two generations after Kim Yu wrote, and the pickles of the book are clear or white, seasoned with salt, Sichuan pepper, ginger, mustard, and the leaves of herbs. Here too are some of the earliest Korean recipes for tofu and for *tarak*, a curd of cow's milk.

Kim Yu was a farmer as well as a host. He tells his reader when to sow melons and how to plant lotus, and he gives a long account of growing ginger, from the ploughing of the beds in spring to the heated cellar in which the roots were kept through the winter, sealed in red earth, with a hole for the air.

Two Cookbooks of Andong

This book is the second volume of K-Food Classica. The first, *Eumsik dimibang*, was written about 1670 by Jang Gyehyang, a woman of the Andong region, in the Korean alphabet, for her daughters. *Suunjapbang* is older by more than a century and was written only a few miles away, by a man, in Classical Chinese. The two books share much: the staged wines brewed on the Pig and Horse Days, Pear-Blossom Wine, the wax gourd, the pheasant, the clear pickles, and the mung-bean noodles. Read side by side, they show the cooking of one region of Korea over a hundred and fifty years, from the man's side of the house and from

DRAWN FOR THIS EDITION The brewer's year: when each of the household's wines was begun, fed, and opened, by lunar month, worked out from the recipes themselves.

TITLE LIST

Ordering information

	TITLE	HARDCOVER ISBN	PAGES	HARDCOVER	KINDLE
1	*Recipes for Knowing Good Taste* Eumsik dimibang · Jang Gyehyang	**979-8-90900-125-9**	xx + 126	$49.99	$9.99
2	*Recipes of Waiting for the Clouds* Suunjapbang · Kim Yu	**979-8-90900-126-6**	xx + 114	$49.99	$9.99

Prices in US dollars. Hardcovers: 5.5 × 8.5 in, case laminate, full colour. Kindle editions are sold through Amazon and carry no ISBN. Further volumes are in preparation.

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ABOUT THE ASSOCIATION

The East Asian Textual Heritage Association (EATHA) prepares facing-page English editions of classical texts from Korea, Japan, and China, published in the Korea Classica and Japan Classica series. Its president is Youn, Dae Shik, Professor at Hankuk University of Foreign Studies. Its members are among the foremost specialists in their fields, including professors of East Asian philosophy who have completed the training program of the Institute for the Translation of Korean Classics and professors who serve as editors of A&HCI journals. K-Food Classica is its series devoted to the culinary classics of Korea.

WELIT BOOKS publishes the association's series in English for readers worldwide. New Jersey, USA · www.welitbooks.com

Images. Covers: Kim Hongdo (1745–c. 1806), *The Tavern* and *Lunch in the Fields*, from the album *Danwon pungsokdo cheop*, National Museum of Korea, Bongwan 6504-8 and 6504-20 (KOGL Type 1). Interior pages are reproduced from the books; maps and diagrams drawn for these editions from Natural Earth public data. Prices and specifications are correct at the time of going to press and may change without notice.

K-FOOD CLASSICA

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