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Kristen Kish Cooking: Recipes And Techniques



Synopsis

From one of the most exciting young chefs in America today, a cookbook with more than 80 recipes that celebrate impeccable technique and bridge her Korean heritage, Michigan upbringing, Boston cooking years, and more. Kish won legions of fans, first by helming two of Barbara Lynch's esteemed Boston restaurants, and then by battling her way back from elimination to win season ten of Top Chef. Her path from Korean orphan to American adoptee, sometime model to distinguished chef, shines a light on her determination and love of food. Her recipes are surprising yet refined, taking the expected "an ingredient or a technique, for example" and using it in a new way to make dishes that are unique and irresistible. She sears avocado and pairs it with brined shrimp flavored with coriander and ginger. A broth laced with pancetta and parmesan is boosted with roasted mushrooms and farro for an earthy, soulful dish. Caramelized honey, which is sweet, smoky, and slightly bitter, is spiked with chiles and lemon and served with fried chicken thighs. The results are delicious, inspiring, and definitely worth trying at home.

Book Information

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Customer Reviews

"I've always felt that Kish was one of the most talented chefs around. Her food hints at a classic American Midwest background and you catch glimpses of those old-school dishes in recipes like the Baked Potato Purée and the Roasted Whole Hen-of-the-Woods with Wild Rice. I mean these are the feel-good foods you wish your mom made. They are tasty, flavorsome, and familiar enough to be appreciated by both the professional and home cook alike." —Dave Chang, chef and founder, Momofuku
Here is the stunning first book from a young chef whom we have been impressed by for many years now. The results are nothing short of superb. The beautiful, thoughtful, and delicious

food is baked in to each chapter, but it's the personal aesthetic and the impassioned revealing story of this rising star that ties together the recipes with a heartfelt point of view. I expected nothing less than a spectacular debut from my friend Kristen, and she over delivered. What we are gifted is a must have book for any home cook, and something to aim at for any professional seeking to clarify what makes food a personal journey." â Andrew Zimmern "A lovely compilation of 80 plus recipes that captured the essence of Kristen. A window into her life as a cook and into the search for her own identity. I was captivated by the simplicity, details of her dishes, yet the elegance of her cuisine was shining through." â Dominique Crenn, chef and founder, Atelier Crenn, Petit Crenn, Bar Crenn

KRISTEN KISH was born in Seoul, South Korea, and adopted by a family in Kentwood, Michigan, at the age of four months. After attending Le Cordon Bleu culinary school in Chicago, she worked for Barbara Lynch in Boston, first at Stir and then at Menton. Kish won season ten of Bravo's Top Chef in 2012, after originally being eliminated and then cooking her way back into the competition through the show's Last Chance Kitchen online series. She was most recently the cohost of Travel Channel's 36 Hours.

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