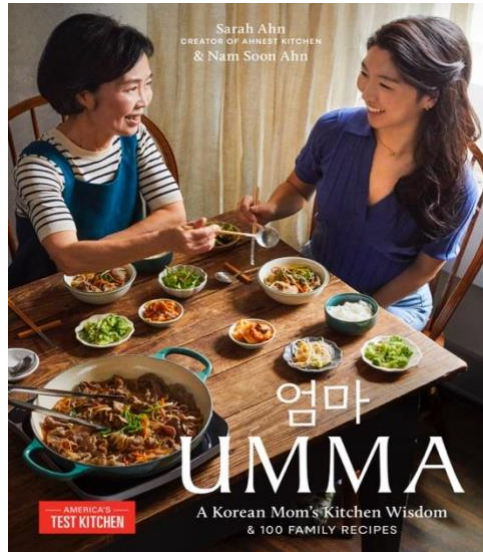


— AMERICA'S — TEST KITCHEN

Experience the Heart of Korean Home Cooking:

A Mother-Daughter Love Story in 100 Recipes, Where Every Step of the Cooking Process is an Expression of Love



"Umma offers a jaw dropping master class on Korean home cooking brought to you by a mother and daughter duo whose passion for Korean cuisine comes second only to their devotion to each other. You will love this book and fall in love with the women who made it." [Joanne Lee Molinaro](#), James Beard Award winner and creator of The Korean Vegan

[America's Test Kitchen \(ATK\)](#) is proud to announce the highly anticipated release of *Umma: A Korean Mom's Kitchen Wisdom & 100 Family Recipes* by Sarah Ahn and her mother Nam Soon Ahn. Set to hit shelves on April 1, 2025, this heartfelt cookbook captures the flavors, traditions, and stories of multigenerational Korean cooking.

When ATK social media manager Sarah Ahn started her website Ahnest Kitchen to showcase her mother's cooking via real-time videos of their home life, her work resonated with millions on Instagram and TikTok. Ahn's experience living at home with her immigrant parents, reconnecting to her heritage, experiencing her mom's love through her cooking, and the recipes that reflect the heart of Korean cuisine had a deep impact on her followers.

Now, in this 384-page deep dive into Korean home cooking, mother and daughter share decades of wisdom and techniques that help anyone cook like a Korean umma with approachable chapters that cover essentials such as building a Korean pantry and over 100

recipes that range from simple banchan and savory soups to comforting rice and noodle dishes, kimchi, street foods, desserts, and more.

“Capturing the food traditions passed down through generations in my family began as a personal project, but has since blossomed into something much greater,” says Sarah Ahn. “In Korean culture, Umma is more than just a parent—she is love, wisdom, and the soul of every home-cooked meal, prepared by hands that carry the stories of our past. This cookbook, *Umma*, is a tribute to that legacy—a collection of recipes passed down from mother to daughter.”

Every recipe has a story, some profoundly moving (read A Conversation about Kimchi and Life on page 123) as Nam Soon shares memories of her own mother’s cooking in Korea while Sarah ties foods to family life and growing up in Southern California. Few cookbooks offer such a level of intimacy and candor, and few combine such rigorously tested technique with such rich narrative—a testament to the fact that every small step of the cooking process is an expression of love.

Accompanied by vibrant photography, *Umma* isn’t just a cookbook—it’s a heartfelt tribute to the love, resilience, and culinary legacy of the women who have shaped cuisine: the Korean umma.

Highlights of the Book Include:

- **Essential Korean Home Cooking** Recipes range from perfected banchan to traditional kimchi and pickles, iconic street foods and must-have desserts, comforting dishes like LA Galbi and Seoul-Style Bulgogi, and Umma’s inspired twists like Rotisserie Chicken Knife-Cut Noodle Soup and Marinated Avocado.
- **Kimchi Masterclass:** Umma walks through every step of creating kimchi, including choosing the best ingredients and storing the kimchi properly, from her extraordinary whole-head cabbage kimchi that captures decades-old taste memories to kimchis made from chopped cabbage, winter radish, perilla leaves, cucumbers, and more.
- **Step-by-Step Tutorials:** Build confidence in creating authentic Korean meals, from knife cuts and prepping ingredients to rolling gimbap.
- **Cultural Context:** Learn the stories and traditions behind each dish, uncovering the heart of Korean cuisine and its profound ties to family, community, and heritage.

Umma reflects the unbreakable bond between mother and daughter while providing readers with a road map to re-create these beloved recipes. Sarah Ahn shares, “This book is my love letter to my mom and the home-cooked meals that brought our family together. It’s my way of

ensuring her legacy lives on, inspiring anyone who picks it up to cook with love and feel at home with Umma.”

Umma: A Korean Mom’s Kitchen Wisdom & 100 Family Recipes

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Follow Sarah Ahn and *Umma* on social media:

Instagram: [@ahnestkitchen](https://www.instagram.com/ahnestkitchen)

TikTok: @ahnestkitchen

About the Authors:

Sarah Ahn is a digital storyteller and creator of Ahnest Kitchen, where she shares her Korean American experiences through cooking. Nam Soon Ahn, her mother, is a former restaurateur whose culinary wisdom and recipes form the foundation of this book. Together, they honor their heritage with love, flavor, and authenticity.

About America's Test Kitchen

The mission of America's Test Kitchen (ATK) is to empower and inspire confidence, community, and creativity in the kitchen. Founded in 1992, the company is the leading multimedia cooking resource serving millions of fans with TV shows (*America’s Test Kitchen*, *Cook’s Country*, and *America’s Test Kitchen: The Next Generation*), magazines (*Cook’s Illustrated* and *Cook’s Country*), cookbooks, a podcast (*Proof*), FAST channels, short-form video series, and the ATK Essential Membership subscription for digital content. Located in a state-of-the-art, 15,000-square-foot test kitchen in Boston’s Seaport District, ATK has earned the trust of home cooks and culinary experts alike thanks to its one-of-a-kind processes and best-in-class techniques. Fifty full-time (admittedly very meticulous) test cooks, editors, and product testers spend their days tweaking every variable to find the very best recipes, equipment, ingredients, and techniques. Learn more at <https://www.americastestkitchen.com/>.

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Questions for the Authors:

1. How did you select the 100 family recipes featured in *Umma*? Were there any dishes that were particularly hard to include or leave out?

2. Your book emphasizes preserving traditions through food. What modern adaptations, if any, do you incorporate into these traditional recipes?
3. The concept of *sonmat* (hand taste) is deeply personal. Can you share an example of how your mom's *sonmat* influenced one of your favorite recipes in the book?
4. The book offers tips on building a Korean pantry. What advice would you give to someone intimidated by sourcing or using unfamiliar ingredients?

Personal Connection and Process:

5. What was the most memorable moment you shared with your mom during the creation of this cookbook?
6. How did your experience as a social media manager for America's Test Kitchen influence the storytelling approach of *Umma*?
7. You talk about your mom's influence and her cooking philosophy. How has this project changed your perspective on your family's culinary heritage?
8. What was the biggest challenge in translating your mom's intuitive cooking style into standardized recipes?

Reader Engagement:

9. Your social media following has been a big part of your journey. How did audience feedback shape the direction of the book?
10. For readers unfamiliar with Korean cuisine, which recipe would you recommend as a starting point and why?

Broader Cultural Themes:

11. Korean cuisine has seen a rise in global popularity. How do you think *Umma* contributes to this culinary conversation?
12. How do you balance sharing intimate family stories while maintaining their sacredness for yourself and your loved ones?

Future Aspirations:

13. Do you see yourself creating more cookbooks or expanding into other types of storytelling in the future?
14. What impact do you hope *Umma* will have on readers and home cooks, especially those exploring Korean cuisine for the first time?

Exploring the Bond Between Mother and Daughter:

1. **Heritage and Connection:** How has your mother's cooking shaped your understanding of your Korean heritage and your relationship with her?
2. **Lessons Beyond the Kitchen:** What life lessons have you learned from your mother while cooking together?
3. **Bridging Generations:** In what ways do the recipes and stories in your book serve as a bridge between your mother's generation and your own?
4. **Defining Moments:** Can you share a particularly memorable moment in the kitchen with your mother that deepened your bond?
5. **Cultural Identity:** How has working on this cookbook influenced your perception of your cultural identity and your role in preserving family traditions?

6. **Challenges and Growth:** Were there any challenging moments or misunderstandings while working together on this cookbook, and how did they impact your relationship?
7. **Love Language:** Your book describes cooking as an expression of love for your mother. How do you reciprocate that love, and what other ways do you share your appreciation?
8. **Future Generations:** How do you envision passing down your mother's cooking wisdom to future generations, and what parts of her teachings do you consider most important to preserve?
9. **Collaboration Experience:** What was it like collaborating so closely with your mother on this project? How did it strengthen your connection?
10. **Mother's Perspective:** If your mother were to describe the bond between you, what do you think she would say?