

OC Public Libraries Presents

Cookbook Authors:

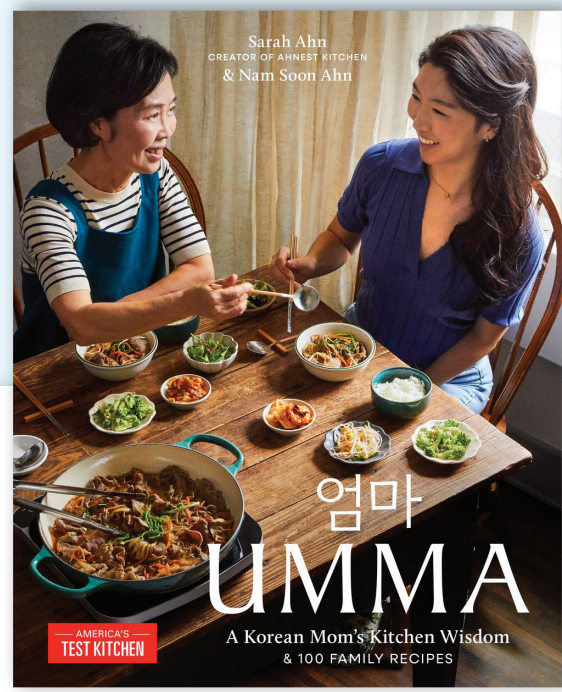
Sarah Ahn & Nam Soon Ahn

Wednesday, May 14, 2025 at 6:00 pm

Cypress Library

5331 Orange Avenue, Cypress, CA 90630

Complimentary books available, while supplies last. Early arrival suggested. No registration required, all ages welcome.



Sarah Ahn's viral food videos of her and her mom have captivated millions of viewers with their behind-the-scenes look at Korean cooking and multigenerational home life. This collaboration is now a must-have cookbook blending the emotional intimacy of Crying in H Mart with practical culinary advice from Nam Soon's lifetime of kitchen experience. The recipes are framed by mother-daughter conversations that are funny, profound, and universally relatable—plus all the food is backed by the recipe-testing power of America's Test Kitchen.

Sarah Ahn is ATK's social media manager and the creator of the Ahnest Kitchen website. She records her experiences on Instagram and TikTok of living with her Korean immigrant parents, chronicling her mother's cooking, grocery shopping trips, and more. Many of Sarah's posts have gone viral with 10+ million views and they have sold grocery stores out of product. She has been featured on NBC News, ABC News, Yahoo News, and Good Morning America.

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.

For more information, call **714-826-0350**
or email ocpl.cypress@occr.ocgov.com

This project is funded in part through a grant from
the California Department of Aging and administered
locally by the Orange County Office on Aging.



Orange County, CA
Public Libraries
Open Doors. Free Access. Community.



OFFICE ON AGING
ORANGE COUNTY

