

Tips For Making Kimchi

Kimchi

- Kimchi is defined as “spicy pickled vegetables” in the dictionary
- Can also be spelled “kimchee”
- It is fairly easy to make
- It is type of cultured vegetable
- Made in a brine
- It is also an anaerobic process

Types

- Most kimchi contains vegetables – napa cabbage, daikon, garlic, ginger, carrots and onions plus dried fish or fish sauce
- Most kimchi has red pepper powder to make it hot
- Kimchi without red pepper powder is called “blond kimchi”
- Vegetarian kimchi is made without the fish

Making Kimchi

- Some traditional recipes add rice flour and/or sugar
- The sugar and flour are used to make a sauce with the red pepper powder, garlic, ginger, fish sauce and extra water
- Not really necessary
- Can be done just with vegetables, seasonings and brine

Equipment Needed:

- Cutting board
- Knife
- Peeler
- 1 Litre glass Mason jar with lid
- Measuring cup and measuring spoons
- Nylon mesh strainer

Making The Kimchi

- Mix the sea salt and water together to make the brine
- Chop the cabbage and peel and slice the other vegetables
- Grate the ginger and chop the garlic
- Place the vegetables and seasonings in the jar and pack it down

Making The Kimchi

- If using dried fish or fish sauce add it.
- Fill the jar with the brine, leaving a inch of space at the top
- Add the red pepper powder (if using the flour and sugar to make a sauce instead, then add the sauce at this time
- Place the lid on tightly and let the kimchi ferment for at least 10 days to 2 weeks

Very Important

- The vegetables will float so be sure to turn the jar upside down every day for the first few days until the gas builds up inside, to keep the vegetables covered in the brine
- When the kimchi is done, store it in the refrigerator
- Use a mesh strain to strain out the kimchi when you are ready to eat it

Kimchi

- Kimchi is very salty and spicy
- Experiment with the flavour to get the kimchi to taste the way you like it
- Feel free to add other vegetables to the mixture – it's your kimchi and you get to decide how you make it
- Enjoy!