

## Broccoli Sweet Pepper Kimchi Recipe

### Equipment Needed:

Cutting board Knife Vegetable peeler  
Measuring cup and measuring spoons  
Wooden spoon  
1 litre or 1 quart Mason jar with lid  
Mesh Strainer (will be used to strain kimchi when ready to use)

### To Make The Recipe:

1/3 head of broccoli, cut into small pieces  
1/2 - 1 sweet red pepper, seeded and cut into small 2-inch thin slices  
1 1/2 tbsp chopped white onion, chopped or 4 green onions, chopped  
2 small cloves garlic, chopped  
1 tbsp grated fresh ginger  
1 tbsp grated fresh horseradish (peel first) (optional)  
1 1/2 tsp hot red pepper powder or 1/2 red chili (seeds removed and chopped) (optional)  
Brine – made from 2-3 cups spring or filtered water and 2 tbsp sea salt

Place the broccoli, sweet red pepper and onions in a bowl. Add the garlic, ginger and horseradish (if using). Mix. Put the vegetables in the jar and use a wooden spoon to pack the vegetables in the jar. Pour the brine mixture in a jar and make sure the water covers all the vegetables. Leave at least one inch of space between the top of the liquid and the top of the jar. If you need more liquid then make more brine. Add the red pepper powder, if using. Put the lid on the jar and let ferment for 10 days to 2 weeks.

**Important Note:** For the first 4 days, turn the jar upside down for a few minutes and then right-side up again. This ensures that any vegetables that poke above the liquid are covered in brine. This helps prevent any potential for mold build-up. After four days, specific beneficial bacteria have been produced to create carbon dioxide inside the jar. This creates a vacuum inside the empty space inside the jar. At this point mold can't grow nor can bad bacteria.