Recipe For Making Kimchi

Equipment Needed:

Cutting board Knife Vegetable peeler
Measuring cup and measuring spoons
Wooden spoon
1 litre or 1quart Mason jar with lid
Mesh Strainer (for draining kimchi when it's ready)

To Make The Recipe:

1/3 head of Chinese cabbage (Napa), chopped
1/3 medium daikon radish, thinly sliced
1 carrot, peeled and sliced*
1 1/2 tbsp chopped white onion or 4 green onions, chopped
2 small cloves garlic, chopped
1 tbsp grated fresh ginger
1 tbsp fresh grated horseradish (peel first), (optional)
1 1/2 tsp hot red pepper powder (optional)
Brine – made from 2-3 cups spring or filtered water and 2 tbsp sea salt

1-2 tbsp dried Bonito flakes, dried anchovy or dried shrimp (optional)**

Put the cabbage, daikon radish, carrots and onions in a bowl. Add the ginger, garlic and horseradish (if using). Mix. Put the vegetables in the jar and use a wooden spoon to pack the vegetables in the jar. Add the fish, if using. Pour the brine mixture in the 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, 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. **See important note below.**

*Peeling the carrots is a personal choice. In fermentation circles, it is considered better to not peel the carrots as the skin often contains trace amounts of beneficial elements from the soil.

**Different types of dried fish are often added to kimchi. Make sure it is just a dried fish with nothing added. For example, some recipes call for Hondashi fish powder which contains MSG and it should not be used. Adding dried fish is optional. Dried anchovies would be good as this would add beneficial Omega 3 to the kimchi. Some recipes call for fish sauce which may contain preservative so read the label.

Important Note: For the first 4 days, turn the jar upside down for a few minutes and then right-side up again. This ensures any vegetables that poke above the liquid, are cover 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. This creates a vacuum inside the empty space inside the jar. At this point, mold can't grow nor bad bacteria.