Kimchi Express
"Healthy Bacteria" Boost to Flavor Foods

1/2 large head Chinese cabbage
1 Tablespoon sea salt
2 garlic cloves, crushed
1 inch piece fresh ginger, peeled; grated
1 Tablespoon fish sauce
1 Tablespoons sriracha chili sauce or Gochujang
1/2 Tablespoon granulated sugar
1-1/2 Tablespoons rice vinegar
4 radishes, coarsely grated
1 carrot, coarsely grated
4 green onions, minced

*Use organic ingredients if available

Slice the cabbage into ½ inch strips. Place in bowl, mix with 1 Tablespoon sea salt; set aside for 1 hour.

Prepare kimchi paste: In small bowl, blend garlic, ginger, fish sauce, chili sauce, sugar, and rice vinegar in small bowl.

Rinse cabbage under cold water; drain; dry thoroughly. Place in large bowl; toss with prepared kimchi paste, radishes, carrots, and onions.

Serve immediately or place in large jar; seal; leave to ferment at room temperature overnight; then chill. This will keep in the refrigerator for up to 2 weeks. The flavor improves the longer it ferments.
Yield: about 3 cups

Recipes Inspired by: Good Food magazine, September, 2014
For More Information See:
https://www.bbcgoodfood.com/recipes/quick-kimchi

About the Recipe: Kimchi is a Korean classic made by fermenting cabbage along with nori or other vegetables in a spicy sauce. This recipe is a quicker version and makes a delicious side dish to serve with scrambled eggs, grilled cheese, deviled eggs, tacos, fried rice, rice bowls, or even pizza. What a perfect add-in!

Why Make Kimchi?
 Kimchi (or kimchee) is loaded with vitamins A, B, and C, but its biggest benefit may be in its "**healthy** bacteria" called lactobacilli, found in fermented foods like **kimchi** and yogurt. The good bacteria help with digestion, plus it seems to help stop and even prevent yeast infections according to a recent study. And more good news: Some studies show fermented cabbage has compounds that may prevent the growth of cancer.

For More Information See:
http://www.health.com/health/article/0,,20410300,00.html