



Easy Healthy Kimchi

One of the healthiest dishes to include in your diet.

- 1 medium head napa cabbage (about 1-1/2 to 2 pounds)
- 3 Tablespoons Sea salt or as needed
- 4 cloves garlic, minced or grated
- 2 teaspoons peeled fresh ginger, minced or grated
- 1 teaspoon granulated sugar
- 2 Tablespoons fish sauce or water
- 3-1/2 Tablespoons Korean Gochujang paste
- 1 cup daikon radish, peeled; cut into matchsticks
- 4 medium scallions, trimmed; cut into 1-inch pieces

1. Cut the cabbage lengthwise through the stem into quarters. Cut the cores from each piece. Slice each quarter crosswise into 1-1/2 to 2-inch strips.
2. Place the cabbage in large bowl; sprinkle with salt. Using your hands, massage the salt into the cabbage until it starts to soften a bit. Add enough water to cover the cabbage. Put a plate on top of the cabbage; weight it down with a heavy jar or can. Let stand for 1 to 2 hours.

3. Rinse the cabbage under cold water 3 times. Set aside to drain in a colander for 15 to 20 minutes.
4. Rinse and dry the cabbage bowl. Place garlic, ginger, sugar, and fish sauce or water into the bowl; stir into a smooth paste. Stir in the Gochujang paste; set aside.
5. Gently squeeze any remaining water from the well-drained cabbage; toss it with the spice paste; mix thoroughly using your hands, gently work the paste into the cabbage to coat. Add the radishes and scallions; mix thoroughly.
6. Pack the kimchi into 2 (12 oz.) Mason jars. Press down on the kimchi until the brine rises to cover the vegetables, leaving an inch of space at the top. Clean the inside rim of the jar with a paper towel; loosely close the jar to allow the gas to escape.
7. Place on the counter away from the hot sun for a week or two. When kimchi tastes are blended, place jar in the refrigerator. Yield: 2 (12 ounce) Mason jars

Recipe by: Chef Natasha Ford from "*Fermentation for Beginners*" Class.

Chef's Note: You may eat it right away, but it will not have the fermented flavor. Do not use salt that has iodine and anti-caking agents as it will inhibit fermentation. Use spring, distilled, or filtered water for this recipe

About the Recipe: Kimchi is one of the healthiest dishes to include in your diet. It is usually made with cabbage and adds radishes, which are easy to find at your local supermarket. It's quick to make, especially if you slice/chop with a food processor. Just mix the ingredients and let them ferment. Kimchi has an Asian flavor, but once you have it several times, you will probably find that the flavor is quite addictive.