

Kimchi

Ingredients

1.4kg Chinese Cabbage
8 tbsp or ½ cup fine sea salt
400g Daikon or radish
4 grated carrots
12 Spring onions
12 garlic cloves
4 tsp caster sugar
40g fresh root ginger, peeled, cut in round slices or ginger puree
4 tbsp miso
8 tbsp Gochujang (Korean chilli paste)
10 spring onion, sliced

Method

1. Cut Chinese cabbage in half and slice into about thirds
2. Cover with water and add salt
3. Soak for at least 2 hours or overnight
4. Then remove cabbage from the brine and rinse
5. Squeeze out excess water

Sauce

1. Put garlic, ginger and sugar in the blender/food processor and blend.
2. Add miso and Gochujang and blend again

Mix

1. Add carrot, daikon and spring onion to the cabbage
2. Add the sauce and then, wearing disposable gloves, mix together and massage until the vegetables are limp and the brine is released (8-10 minutes)
3. Transfer to a large sterilised jar or 2 smaller jars and press down so the juices rise up enough to completely cover the surface of the vegetables. You can put a heavy weight on top to help with this. You can buy glass weights on amazon.
4. Make sure there is a gap at the top (or you may find your kimchi overflowing as it ferments) and then close the jar and seal lid.
5. Leave to ferment at room temperature for 2-5 days, checking every day, letting out some gas and pressing the vegetables down into the brine ensuring the surface is covered.
6. Once kimchi is flavoured to taste, store jar in fridge for up to 3 months and use as needed.

To Sterilise Jars

1. Set oven to 160C fan.
2. Wash jar with warm soapy water and rinse.
3. Put jars still wet into the oven for 10 minutes.

4. Simmer rubber seals in water at 82C for 10 minutes.
5. Turn the heat off, cover and leave to cool until you need them.