

# Kimchi



*Keeps for 3 months in fridge*



*30 minute, preparations, plus soaking & fermentation*



*Autumn/ winter*



*Wombok, spring onions*

## INGREDIENTS:

- 1 large wombok
- ¼ cup coarse salt
- 6 spring onions
- 4 small spring onions, cut into 2-4cm thick pieces
- 1 tablespoon fresh ginger
- 4 garlic cloves
- 1 shallot, quartered (optional)
- 2-6 tablespoons Korean chilli flakes
- 2 tablespoons fish sauce (or use miso paste for vegan alternative)

**Health tip:** including fermented foods in your dietary intake a few days per week is beneficial to your gut microbiota or gut health.

## METHOD:

1. Keep one outer cabbage leaf aside. Half the wombok lengthways, remove the firm core and quarter. Roughly 5cm cut in to 5cm pieces.
2. Place cabbage in large bowl, sprinkle with salt and toss.
3. Cover cabbage with cold water and soak for 4-8 hours.
4. Once soaking is complete, drain (keep some of the brine), rinse well and gently press excess liquid out.
5. In a food processor, make the paste by combining garlic, ginger, Korean chilli flakes and optional shallot and fish sauce (or miso).
6. Using gloves - toss through cabbage in bowl and massage gently.
7. Pack mixture tightly into a mason jar (leave 1-2 inches of space at the top)
8. Pour enough brine into the jar to cover the cabbage.
9. Cover with the cabbage with the leaf you saved, and press down. The leaf will help keep the cabbage submerged.
10. Cover with a lid (placed on loosely) and place on a bowl (to collect any overflow)
11. Leave in a cool and dark place to ferment for 3-5 days.
12. After 3 days, place in fridge. It will continue fermenting but at a much slower rate.

## TIPS:

- You can adjust the amount of chilli flakes to your taste/tolerance
- Kimchi makes a great addition to salads, poke bowls or Buddha bowls
- It can also be added to toasted sandwiches instead of tomato

Share it with us!

@foodfromh0me

