

Kimchi Recipe

Ingredients:

- ☐ 1 head of napa cabbage
- ☐ 1/4 cup coarse sea salt
- ☐ 4-6 cloves garlic, minced
- ☐ 1 thumb-sized piece of ginger, peeled and minced
- ☐ 2 tablespoons fish sauce (or soy sauce for vegetarian/vegan)
- ☐ 2 tablespoons Korean chili powder (gochugaru)
- ☐ 1 tablespoon sugar
- ☐ 4-6 scallions, chopped
- ☐ 1 large carrot, peeled and julienned (optional)
- ☐ 1 daikon radish, peeled and julienned (optional)

Instructions:

Cut the cabbage into quarters lengthwise and remove the core. Cut each quarter into bite-sized pieces and place in a large bowl.

Sprinkle the cabbage with the sea salt and use your hands to massage it into the leaves. Let the cabbage sit for 2 hours at room temperature.

Rinse the cabbage under cold running water to remove the salt. Drain and squeeze out any excess water.

In a separate bowl, mix together the garlic, ginger, fish sauce, chili powder, and sugar to make the seasoning paste.

Add the scallions, carrot, and daikon to the seasoning paste and mix well.

Add the drained cabbage to the seasoning paste and mix well, making sure the cabbage is fully coated.

Pack the kimchi into a clean jar with a tight-fitting lid. Press down on the kimchi to remove any air pockets.

Leave the jar at room temperature for 1-2 days, or until the kimchi begins to ferment and develop a sour taste.

Once the kimchi is fermented to your liking, store it in the refrigerator. The kimchi will keep for several months.

Note: You can adjust the spiciness of the kimchi by adding more or less chili powder. You can also experiment with other vegetables, such as radishes or cucumber, and adjust the seasoning to your liking.