

Vegan Harmony 和風(Wa)- Kimchi

Dancing with homemade probiotics, this gentle kimchi is your daily friend for boosting gut health. Its bright orange color invites smiles and happiness to your table and your microbiome 😊

Ingredients: Makes 32oz 3 jars

3 pounds Napa cabbage (hakusai), cut into 2-inch pieces

1/3 cup fine sea salt

B: Sauce

1 cup unsweetened apple sauce

5 tablespoons soy sauce

1/3 -1/2 cup gochugaru (Korean hot pepper flakes)**

¼ cup rice porridge (optional for smooth texture)

10g katsuo flake** (dried bonito flake)-skip for vegan version

2x2 inch Kombu(optional for umami)

4 tablespoons roasted ground brown sesame seeds

6 cloves garlic, chopped

3 tablespoons ginger, chopped

C: Additional Vegetables

(modify what you have in your fridge!)

1 carrot, cut into 2-inch julienne

½ onion, finely diced

5 scallions, chopped (substitute with ½ leek, slice)

1 cup daikon, julienned



**Look for this on Amazon or your local Asian supermarket

Direction

Preparation for Napa cabbage

1. Cut the cabbage lengthwise into quarters and chop into 2 inches. remove the core and slice thinly. Place into a large bowl and sprinkle with salt.
2. Let the salted cabbage sit for 2 hours to drain the water (so much nutrition in the water! Save it and use it in soup, if you'd like).
3. Wash off the salt.

Making the sauce

4. Place A into large bowl and mix and combine well. Then add B into the sauce, mix until all ingredients combine thoroughly



5. Add cabbage to the mixture and thoroughly coat with the items listed in 4).
6. Place your freshly made kimchi into the storage containers of your choice. Let sit for 3-4 days at room temperature until it ferments. I recommend checking daily for bubbles and refrigerating when the taste is to your liking.

You've done the hard part! Enjoy your kimchi! love serving this kimchi with salad, natto, and tofu. Be creative!

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