



KIMCHI

Korean in origin, using lacto-fermentation process it has Vitamins, minerals, probiotics and anti-oxidants. Can aid digestion and elimination. Have it as a side with all types of dishes hot or cold.

Ingredients:

- 1 Chinese Cabbage
- ¼ cup sea salt
- 1 tbsp garlic grated or finely chopped
- 1 tsp ginger grated or finely chopped
- 1 teaspoon sugar
- 3 tablespoons Korean Red Chilli Flakes (adjust to taste)
- 6 Daikon Radish (sliced thinly)
- 4 Spring Onions chopped to 1 inch pieces

Instructions:

Quarter the cabbage lengthways, remove core and cut into 2 inch pieces.

Put in a large bowl, add salt and massage well.

Cover with water - weight down with a plate - leave for 1-2 hours

Rinse thoroughly and drain

Add Garlic, Ginger, Sugar and 3 spoons water to form a paste, then add the pepper flakes, mix together

Squeeze cabbage again, add to the bowl then add rest of the ingredients

Pack into a jar - press well down so that liquid covers the mixture

Leave an inch at the top as liquid will rise over first couple days (you can stand in a bowl if you prefer)

Allow to ferment at room temperature for 1-5 days then transfer to the fridge - leave another week if you can!

Notes:

Don't use plastic, glass jars work best – I made just over a 500ml jar.

I wasn't able to get daikon radish and used normal ones

I also didn't have the Korean Red Pepper flakes and used a mixture of chilli and chipotle.

Have fun with it, once you've made a batch or two, try different veggies that you like.