



KIMCHI

Ingredients:

List 1

- 1 large Chinese cabbage
- 1 large Diakon radish
- 2 carrots
- 1 large zucchini
- 3 Pink radishes
- 2 Spring onions

List 2

3 heaped Tbsp salt

List 3 - sauce

- 2 teaspoons miso
- 1 onion quartered
- 2 cloves garlic -skin removed
- 1-2 chillies (seeds removed if you prefer less spicy)
- 4 tsp fish sauce (no preservatives)
- 3 tablespoons of active culture (this could be ACV, kraut juice, kefir, liquid off of yoghurt etc)

*For a smaller batch just halve the ingredients.

1. Set aside some nice clean cabbage leaves to use as a plug/weight for your kimchi.
2. Roughly chop cabbage and shred all vegetables in the first list above into strips or with a mandolin (i use large grating blade in food processor for radishes, carrots, zucchini and chop spring onions).
3. Add 3 large tablespoons salt and massage until all soft and watery.
4. Make sauce in ninja/blender/food processor using ingredients from list 3.
5. Add sauce to cabbage and other veg and stir until well combined. Grab some tissues haha
6. Pack your kimchi into super clean (boiled or really hot dishwasher and totally dry) glass jars, leaving about 3cm at the top.
7. Fold cabbage leaves to create a plug on top to make sure there is no air in the jars (super important, air will make it go weird).
8. Leave on the bench for 3-4 days depending on how hot (if super hot just 3). Burp daily. It might ooze liquid but that's ok.
9. Store in fridge for up to 6 weeks. Once in the fridge liquid will dry up when it's ready to eat.
10. Enjoy!