

Kimchi

Traditional Korean kimchi recipe with napa cabbage, gochugaru, and fermented vegetables. Probiotic-rich, spicy side dish perfect with rice and Korean meals.

60	60	4	Medium
PREP MIN	TOTAL MIN	SERVINGS	DIFFICULTY

Kimchi

Ingredients

- 1 cabbage
- 1 cup sea salt
- 5 cup water
- 1 lb radish
- 1 pear
- 3 scallion
- 1 cup chili flakes
- 3 tbsp fish sauce
- 4 clove garlic
- 1 tsp fresh root ginger
- 1 tsp sesame

Instructions

- 1 Prepare the cabbage**

Cut 1 napa cabbage lengthwise through the stem, leaving 2 inches connected at the base. Split completely into quarters by pulling apart with your hands.
- 2** Dissolve 1/2 cup salt in 5 cups water in a large bowl. Rinse each cabbage quarter in the salt water and drain briefly.
- 3** Sprinkle the remaining 1/2 cup salt between the leaves of each quarter, concentrating on the thick white parts. Submerge the quarters in the salt water and weigh down with a plate for 6-8 hours, flipping every 2 hours.
- 4** Rinse the cabbage quarters 3 times in cold water until they no longer taste salty. Drain cut-side down for 30 minutes until excess water drips out.
- 5 Make the rice flour paste**

Boil 1 piece dashima in 1 1/2 cups water for 5 minutes. Remove the dashima and reserve the broth.
- 6** Whisk 3 tablespoons rice flour with 1/2 cup of the warm dashima broth in a small saucepan. Simmer over low heat for 3 minutes, stirring constantly until thickened like thin paste. Cool completely.

- 7 Make the kimchi paste**

Combine 1 cup gochugaru, 4 minced garlic cloves, 1 teaspoon minced ginger, 1 teaspoon fish sauce, the cooled rice paste, and 1/2 cup of the reserved broth in a large bowl. Mix until a thick paste forms.
- 8 Prepare the vegetables**

Add the julienned radish, diced pear, and chopped scallions to the chili paste. Mix thoroughly by hand until all vegetables are evenly coated. Let stand 30 minutes to allow flavors to meld.
- 9 Stuff the cabbage**

Spread 1-2 tablespoons of the vegetable mixture between each cabbage leaf, working from the outer leaves toward the center and coating thoroughly.
- 10 Fold each stuffed quarter in half and wrap tightly with the outermost leaf to seal. Pack the quarters cut-side up into a clean glass jar or container.**
- 11 Ferment the kimchi**

Press the kimchi down firmly to eliminate air bubbles. Pour any remaining broth over the top, leaving 1-inch headspace.
- 12 Ferment at room temperature (68-72°F/20-22°C) for 1-2 days, then refrigerate. The kimchi is ready to eat after 3 days and will continue to develop flavor over several weeks.**

Tips

- Use Korean coarse sea salt (or reduce table salt by 25%) for the best texture and mineral content during fermentation.
- Keep kimchi submerged under its liquid at all times to prevent surface mold and ensure even fermentation.
- Wear gloves when handling gochugaru and the kimchi paste to protect your hands from staining and irritation.
- Choose firm, heavy napa cabbage with bright white stems and yellow-green outer leaves for the best results.
- Press down on packed kimchi daily during the first week to release air bubbles and maintain proper fermentation.
- Start tasting your kimchi after 3 days - the flavor will continue developing, so find your preferred level of sourness.
- Save kimchi juice to use as a starter for future batches or as a flavorful addition to soups and marinades.
- Clean all equipment thoroughly before making kimchi to prevent unwanted bacteria from interfering with fermentation.