

Kimchi (Kore Tur?usu)

Authentic homemade Korean kimchi recipe with napa cabbage. Learn to make this fermented, probiotic-rich side dish with traditional flavors.

60	60	4	Medium
HAZIRLIK DK	TOPLAM DK	PORSİYON	ZORLUK

Kimchi (Kore Tur?usu)

Malzemeler

- 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

Yapılı???

- 1 Prepare the Cabbage**

Cut the 1 pound napa cabbage lengthwise through the core, leaving enough stem intact to hold leaves together. Gently pull the halves apart by hand, then cut each half lengthwise again to create 4 quarters.
- 2 Make Salt Brine**

Dissolve 1/2 cup coarse sea salt in 5 cups water in a large bowl, stirring until completely dissolved. Rinse each cabbage quarter thoroughly in this brine, shaking off excess water.
- 3 Salt the Cabbage**

Sprinkle the remaining 1/2 cup salt generously between the leaves of each quarter, focusing on the thick white parts. Use your hands to work salt into all layers, adding more if needed to coat thoroughly.
- 4 Brine the Cabbage**

Submerge the salted cabbage quarters in the salt brine and weigh down with a plate. Let sit for 6-8 hours at room temperature, turning pieces every 2 hours so all parts brine evenly.
- 5 Test and Rinse**

Test if cabbage is ready by bending a thick white part - it should bend without breaking. Rinse each quarter 3 times under cold running water, separating leaves to remove all salt. Drain cut-side down for 30 minutes.

- 6 Make Rice Paste**

Mix 3 tablespoons rice flour with 1 cup water in a small saucepan. Cook over medium heat, stirring constantly, until mixture thickens to a thin paste consistency, about 3-4 minutes. Cool completely.
- 7 Make Kimchi Paste**

Mince 4 garlic cloves and combine with cooled rice paste, 1 teaspoon grated ginger, and 1 teaspoon fish sauce in a large bowl. Mix well and let stand 10 minutes until flavors meld.
- 8 Prepare Vegetables**

Cut 1 Asian pear and any remaining vegetables into thin matchsticks, about 2 inches long. Add to the kimchi paste and mix thoroughly with clean hands until all pieces are well coated.
- 9 Stuff the Cabbage**

Pat cabbage quarters dry with paper towels. Spread 1-2 tablespoons of the vegetable mixture between each leaf, using more for larger outer leaves and less for inner ones.
- 10 Wrap and Pack**

Fold the stuffed leaves toward the core, then wrap tightly with the outermost leaf to enclose filling. Pack cut-side up in a clean glass jar or airtight container, pressing down to eliminate air pockets.
- 11 Add Liquid**

Pour any remaining kimchi paste liquid over the packed cabbage, adding clean water if needed to just cover the vegetables. Press down once more to remove air bubbles.
- 12 Ferment**

Cover tightly and ferment at room temperature (65-75°F/18-24°C) for 1-3 days, tasting daily until it reaches desired sourness. Refrigerate once fermented to your liking - it will keep for several weeks.

?puçlar?

Choose napa cabbage that feels heavy for its size with crisp, unblemished leaves. The cabbage should be 4-5 pounds and have bright yellow inner leaves when cut.

Use Korean coarse sea salt for best results. If unavailable, substitute with kosher salt using 25% less than the recipe calls for, as table salt is much finer.

Quality gochugaru (Korean chili flakes) makes a significant difference in flavor. Look for Korean brands at Asian markets or online for authentic taste and color.

When salting the cabbage, only cut through the thick white stem partially, then tear the leaves apart by hand to prevent unnecessary damage to the delicate leaves.

Salt the cabbage like you would cure meat - generously and evenly. Every piece should be well-coated for proper dehydration and flavor penetration.

Divide the filling mixture into quarters and use one portion per cabbage quarter to ensure even distribution of flavors throughout the kimchi.

Ferment at room temperature for 1-2 days first to develop flavor, then refrigerate. This initial fermentation is crucial for developing the characteristic tangy taste.

Keep kimchi submerged under its juices to prevent surface mold. Press down occasionally and add a bit of salt water if needed to keep vegetables covered.