

Kimchi (Korean Sauerkraut)

1 large head Napa cabbage: this type of cabbage will give the traditional look and taste of kimchi
1 bunch of green onions, about 6 – chopped on the diagonal
1 1/2 cup grated carrots
3 – 8 cloves minced garlic*
1 – 3 Tbsp. grated ginger*
1/2 – 1 tsp. dried chili flakes*
4 Tbsp acidic juice, i.e. pineapple, lemon
1 Tbsp. sea salt

Cut each Napa cabbage leaf in half lengthwise and cut into 1-inch, bite-sized pieces.

Chop the green onions using the white and green parts.

Combine all of the ingredients in a large bowl.

Massage the veggies with your hands until juices are released. Usually about 5-10 minutes.

Pack the kimchi into quart jars, making sure that there is some liquid above the kimchi and leave a 1-inch air space on top.

Put lids on the jars – not too tight – and let sit on the counter at room temp for 5 – 9 days. I let mine sit out for about a week. When the veggies rise to the top in the jar be sure to push them down with a spoon to keep them covered by the brine.

Taste the kimchi after 5 days for fermentation and judge accordingly how many more days to leave it.

Store in the refrigerator.

Note: The fermentation factor is what makes this such a healthy condiment. *Amounts of garlic, ginger and chili flakes is dependent on how much zing (spicy-ness!) you like.

Questions? Contact me at ketoews@gmail.com

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