

# Kim's Kimchi Recipe

## Ingredients

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| <ul style="list-style-type: none"><li>• 1 1/2 Large Cabbage Shredded</li><li>• 2 Thai Chiles Minced</li><li>• 2 Carrots Shredded</li><li>• 1 Shallot Minced</li><li>• 2 Large Garlic Minced</li><li>• 1 Thumb Size piece of Ginger Minced</li><li>• 5 Slightly Mashed red Juniper Berries</li><li>• 1/4 tsp Coriander Seeds</li></ul> | <ul style="list-style-type: none"><li>• 1/4 tsp Cumin Seeds</li><li>• 5 Slightly Mashed red Juniper Berries</li><li>• 1/4 tsp Coriander Seeds</li><li>• 1/4 tsp Cumin Seeds</li><li>• 1/4 tsp Aji Pepper</li><li>• 1/4 tsp Urfa Biber Pepper</li><li>• 1 tsp Fermented Peppercorns</li><li>• 1/2 tsp Miso</li><li>• 6 tsp Sea Salt</li></ul> |
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Note: All of these spices are sold at Laura's if you cannot find them or do not already have them

## Directions

1. In a large glass bowl (not metal) or a food-grade safe plastic container place all ingredients. Massage the mix with your hands for a few minutes, really pressing on the vegetables to get the liquid from the vegetables to be drawn out.
2. Leave sit for 3 to 4 hours, massaging periodically. Once a good amount of water is in your container, stuff your cabbage mix into your glass vessel and really push on the cabbage mix, to create enough liquid to cover the surface so all the vegetables are under the brine. You can use a ceramic weight or a small plate to keep it submerged. If using mason jars you will have to burp the jar each day to release the gases or the jar could explode. I used the Kilner vessel for mine and I did not have to do this step. The vessel has a pressure release on top that does this for me. You could also use a pickle pipe, see our online store for details.
3. Let sit for approximately 2 weeks. Please feel free to give me a call if you would like more information. There is too much liquid in the photo shown, try to keep it about an inch from the top.

*Additonal Note:* There is too much liquid in the photo shown, try to keep it about an inch from the top.

Stay healthy and feed your gut!