

Kimchi: FAQs + 3 Recipes

a. What makes it healthy?

Good gut health is directly linked to immunity. Amongst all healthy bacterias found in fermented foods, the one present in kimchi is known for its ability to endure the digestion process resulting in a greater presence reaching the intestine. It is also low GI, gluten-free, fat-free, high in fibers, 100% natural and raw.

b. How do I know if kimchi is authentic?

Three things to check:

- Must be crunchy no matter how long it's been fermented. This is ensured by a brine solution made from aged mineral-free pure sea salt, not table salt.
- No Vinegar. Confusion often arises between fermented and pickled foods. Pickling relies on vinegar for the sour taste and preservation. Gut healthy bacteria will perish in vinegar due to its high acidity.
- Must use sweet and smoky Korean chilli powder: one of the key ingredients without substitution.

c. How to store?

Store your kimchi in the fridge (2-3°C). Kimchi goes through lacto-fermentation that requires no air exposure. So after helping yourself, pack it tightly, press down into the container and keep it submerged in kimchi liquid to minimize air exposure.

d. When can I start to eat? How long will it last?

If you prefer fresh kimchi, there's no need to wait. If you prefer fermented kimchi, give it 3-4 days in summer and 7-8 days in winter or until you see air bubbles in the juice as gas builds up. The taste changes dramatically as it matures so try kimchi daily to find your sweet spot. Our customers typically like 1-2 weeks old kimchi with gentle fermentation. Your kimchi will continue to ripen and will be delicious for up to 1 month.

e. Is it okay to drain kimchi juice from a jar?

No. Kimchi will denature upon exposure to oxygen, the liquid keeps it fresh. The kimchi juice can also be used in making various dishes including kimchi pancakes, fried rice, stews, etc.

f. Why does my Kimchi taste bitter/salty?

Your Kimchi has probably not fermented enough. Give it a few days in the fridge to mature.

g. Is fresh or fermented Kimchi better?

Your call. Some people like the fresh underdeveloped flavours and others like it strong and pungent. One thing to note though - if you want the probiotic goodness for your gut, then fermented Kimchi is the way to go.

h. My kimchi is too sour and pungent. What now?



Perfect kimchi to cook with. [Click on the links below \(on softcopy*\) to access our favourite recipes.](#)

**available from our website or ask Rany to forward you.*

[Best Kimchi Tofu Soup Recipe - How to Make Korean Tofu Soup](#)



[Grilled Cheese With Kimchi Recipe Ratings](#)



[Kimchi Fried Rice Recipe](#)