

# HOW TO MAKE KIMCHI

## Ingredients (1 litre mason jar)

- 1 medium-sized napa cabbage.
  - 1/4 cup sea salt or non-iodised salt.
  - 1 bunch shallots.
  - 1 teaspoon sugar.
  - 1 tbsp grated ginger.
  - 2-3 cloves of garlic.
  - 2-5 tbsp Korean red chili flakes (Gochugaru).
- Optional:* Daikon radish, strips of carrot, miso paste.

## Method

**Step 1:** Peel outer leaves off your cabbage. Cut ends off. Keep a few large leaves aside. Cut into quarters and crossways into 2 inch cubes. Place cabbage in mixing bowl, with water and salt.

**Step 2:** Let mixture stand for 4-6 hours. Cover cabbage with a plate to keep submerged. Rinse well and drain for 15 minutes.

**Step 3:** Combine garlic, ginger, sugar and optional miso paste into smooth paste. Add Gochugaru. Set aside.

**Step 3:** Pour spicy mixture and cabbage into mixing bowl. Add shallots and optional daikon radish. Combine well.

**Step 4:** Add mix to mason jar. Push the cabbage into the jar with your hand and/or fermenting tamper. The brine should be a few centimeters about the cabbage mix.

**Step 5:** Place a large cabbage leaf on top of the mix and secure in place with glass weight. Leave 3-5 cms head space.

**Step 6:** Secure your jar with a fermenting lid. Store in cool, dry place for 2-7 days. Keep out of direct sunlight. Taste test your kimchi every few days until you are happy with the taste.

**Step 7:** Store in fridge, with storage cap or canning lid.



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