

Kimchi

Ingredients:

1 head of cabbage - cut into roughly 4 cm or 2 inch squares
1/2 cup plus 1 Tbsp sea salt
5 cloves of garlic, peeled
2 cm or 1 inch ginger, peeled
2 Tbsp fish sauce (optional)
1-3 Tbsp chilli powder or flakes (depending on your tastes)
1 radish, peeled and grated or finely chopped
4 chopped spring onions or similar
1 tsp rice malt syrup for a little sweetness (optional)

Method:

Dissolve 1/2 cup salt in enough water to cover the cabbage. Add the cabbage and allow to soak for 3-6 hours. The longer the saltier the cabbage.

Place the garlic, ginger and fish sauce (or a little water) in a food processor, and blend until finely minced.

Combine onions, radish, chilli powder, remaining salt and optional rice malt syrup in a large bowl.

Remove the cabbage from the salt water, rinse and press into a colander to remove excess liquid.

Add the cabbage to the bowl and thoroughly coat with the seasonings. Can be done with hands, but wear gloves to avoid chilli burns.

Pack the mixture tightly into a jar so that all the cabbage is covered with liquid. Leave about 2 cm or 1 inch at the top.

Seal with a lid and leave on the counter for about 3 days.

Be sure to “burp” the jar every day by unsealing and resealing.

Start to taste after about three days until desired taste is accomplished, then store in the fridge for several weeks.

You can also add julienned carrots as well for variety.