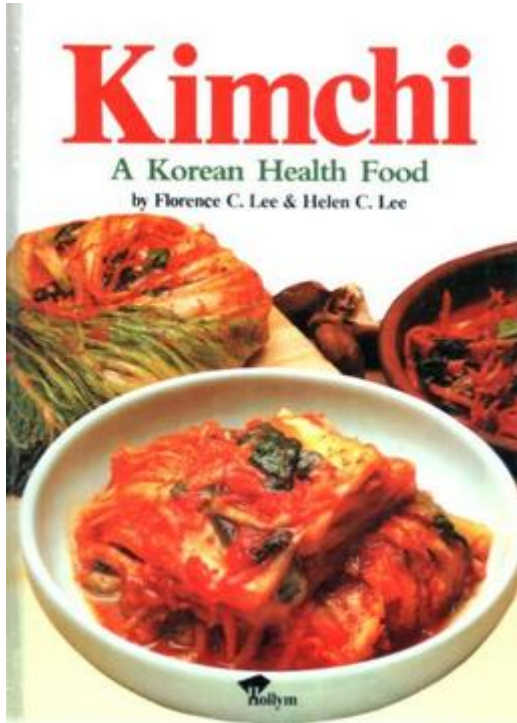


Description



Kimchi

Ingredients:

- 1 Head Chinese cabbage (regular cabbage will do if you cannot find Chinese cabbage)
- 6 Green onions (Scallions)
- 4 Cloves Garlic
- Salt
- 1 Inch of fresh Ginger
- 2 Tablespoons Korean Red Pepper (found at Asian Markets)
- 2 Tablespoons Paprika (for added traditional red color without the spicy heat)
- 1 TBS Sugar

(Optional: 1 Daikon Radish, diced ½ inch or sliced into ¼ inch pieces)

(Optional: 2 teaspoons Fish Sauce - found at Asian Markets)

(To adjust the spiciness of Kimchi: If you like less spice, use more paprika and less Cayenne or Korean Red Pepper. Adjust to your own taste. If you like lots of spice, omit the Paprika and use 4 tablespoons of Korean Red Pepper).

Procedure:

Cut each cabbage lengthwise into four halves. Core each section of cabbage and slice crosswise diagonally in about one or two inch strips. Put cut cabbage and optional Daikon radish in large bowl and add 3 tablespoons of salt for each 5 pounds of cabbage/radish mixture, making sure to stir the salt in well with your hands. Let the cut, salted cabbage stand for three hours turning occasionally (every half hour or so) to disperse the salt further.

In another large bowl mix together: Korean Red Pepper flakes; Sugar; Grate or mince garlic; Peel the ginger root with a potato peeler (or knife) and grate or mince ginger into the mixture. (If you have a food processor, you can just dump all these ingredients into the processor and process until smooth).

Rinse the cabbage well after 3 hours (3 cold water baths) and drain it, add pepper and garlic mixture, chopped green onions, and mix well.

1. Pack the Kimchi tightly into a container, cover loosely and allow it to sit at room temperature for two days. Or,
2. Pack into a straight edged container such as a crock pot. Press down until the cabbage juice covers the surface. Place a small plate (just a little smaller than the container the vegetables are packed in) on top of the Kimchi to give constant pressure and to keep the cabbage under the surface of the liquid, a weight like a quart-sized mason jar filled with water should be placed on top of the small plate to help keep constant pressure and the Kimchi juice above the cabbage. Within 24 hours, Kimchi juice will completely cover your veggie mixture and you will not need to worry about spoilage. Cover Kimchi with a kitchen towel or a loose fitting plastic grocery bag draped over top of the crock pot to keep out dust, etc.

After two days at room temperature, store in refrigerator for up to 5 months. The texture should be crunchy and the flavor will be very addicting.

Note* You don't have to wait for the Kimchi to ferment to eat it. Some folks enjoy eating some of it right after it's mixed up. The flavors evolve over days and weeks. The longer it ferments, the more "zingy" and sour it becomes.