

Kimchi

Korean Fermented Food

1 Wong Bok (Chinese Cabbage) Quartered and washed

3 litres of Water 2 ½ Cups Water

1 Cup Korean Kimchi Salt (or Flakey Salt) and a further 1/2 cup, and 1 TBS Korean Kimchi Salt

1/4 Cups Fish Sauce (Coconut Aminos for vegan)

1 Tbs Salted Shrimp (Saewoo-jeot) (miso for vegan - I use the Urban Hippy brand)

1 Tbs Sugar (coconut sugar for vegan)

1 Chilli – Seeded (optional)

1 Apple – cored and sliced (peel optional - I leave mine on)

5 Cloves of Garlic

1 Carrot

1 medium Piece of Ginger - Sliced

1 Cup of Korean Chilli Flakes (Gochugaru)

1/2 Large Daikon Radish - Julienned

2 Spring Onions – Cut into 2 cm Pieces

1 Bunch of Chinese Chives – cut into 2 cm Pieces

For the Stock

2 ½ Cups Water

1 Sheet Dried Kelp (Konbu or Nori)

½ Cup Dried Shrimp or Anchovy or Pollack (1 Onion peeled and sliced for vegan)

2 Dried Shitake Mushrooms

¼ Cup Glutinous Sweet Rice Flour

Carefully wash the WongBok.

In a large basin dissolve 1 cup of Salt in Water - until it's as salty as the sea.

Cut the Wongbok into Quarters. Evenly place the remaining salt onto the inner and outer leaves of the WongBok.

Put the salted WongBok into the water for several hours or overnight.

After soaking, wash the WongBok thoroughly,.

STOCK

In a medium saucepan:

2 and 1/2 Cups Water

Dried Kelp (Konbu or any other seaweed you like)

Dried Shrimp or Anchovy

Shitake Mushrooms

Bring to the boil then simmer for 5 minutes.

Strain the liquid and return to the pot, retaining only 2 and 1/2 cups of the stock

Add the Sweet Rice Flour and whisk until thick

Take off the heat and allow to cool.

BLEND

Into a blender put the cold stock, Fish Sauce, Salted Shrimp, Salt, Sugar, Chilli, Apple, Garlic and Ginger and blend until smooth.

MIX

In a large bowl Put in the Daikon Radish, Spring Onions and Chives and Gochugaru.

Add the Stock Blend and mix well.

Rub this mix evenly onto the front and back of each Wongbok leaf, wrap and Place each finished quarter into a kimchi crock, jar or container.

Leave out in room temperature for 2-3 days.