

Kimchi

Ingredients & Equipment List:

1 Wongbok Cabbage
1.5 Cups + 1TBS Korean Kimchi Salt (or Flakey Salt)
1/4 Cups Fish Sauce (Coconut Aminos for vegan)
1 Tbs Salted Shrimp (Saewoo-jeot) (miso for vegan - I use the Urban Hippie 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
2 Spring Onions
1 Bunch of Chinese Chives
1 Sheet Dried Kelp (Konbu or Nori)
1/2 Cup Dried Shrimp or Anchovy or Pollack (1 Onion vegan)
2 Dried Shitake Mushrooms
1/4 Cup Glutinous Sweet Rice Flour
Pair of food safety gloves
1 Sharp large knife and 1 smaller vege knife
Grater
Food processor if available - if not then a mortar and pestle.
1 medium size stainless steel pot
1 large stainless steel pot
1 large glass jar (minimum 1 litre)
1 lipped plate
Chopping board
Wide funnel - not necessary, but very helpful
Whisk