| RECIPE Kimchi BY **Matt McPherson** READY IN **30 minutes**  FERMENTATION **4 days - 12 weeks** Ingredients KIMCHI   * 2 Napa cabbage * ¼ cup salt * 1 bunch scallions * 2 onions   PURÉE   * 4 Tbsp salt * 1 head garlic - root cut off * ⅓ cup chili flake * 2 in ginger - peeled, chopped * ¼ cup fish sauce * ¼ - ½ cup water   OPTIONAL   * 2 carrots - cut into sticks * 1 Daikon radish - cut into sticks   EQUIPMENT   * Food processor * Jar | Preparation  1. **Cut** cabbageinto quarters, rinse to remove all dirt. 2. **Salt** the cabbage and set aside for up to 4 hours. 3. **Rinse** off all salt well and let cabbage drain, and add onions, scallions, and optional vegetables to cabbage. 4. While cabbage drains, prepare the purée. **Combine** all ingredients in the food processor and pulse into a smooth paste. 5. **Massage** paste into vegetable mix until evenly coated. 6. **Pack** kimchi into a clean jar, and pack down as tightly as possible. 7. **Put the lid on** the jar loosely to let the air escape. 8. **Keep at room temp** for 4-6 days, for the first 4 make sure to mix and push down kimchi. 9. On day 4, **taste the kimchi** and decide whether to keep fermenting or put it in the fridge. It can ferment for up to 3 months. Recommended - 2 weeks. 10. Once, at a desired flavor, **put in the fridge** to stop fermentation.  Links  * [Korean red pepper flakes](https://www.amazon.com/Korean-Chile-Flakes-Gochugaru-8oz/dp/B00BIR8HCW/ref=as_li_ss_tl?ie=UTF8&qid=1542328185&sr=8-4&keywords=gochugaru&th=1&linkCode=sl1&tag=slipal-20&linkId=81b9fbf580d738415238ff3cdfb6f059&language=en_US) * [Spicer red pepper flakes](https://www.amazon.com/Tae-kyung-Korean-Pepper-Flakes-Gochugaru/dp/B005G8IDTQ/ref=as_li_ss_tl?ie=UTF8&qid=1542328211&sr=8-3&keywords=korean+red+pepper+flakes&th=1&linkCode=sl1&tag=slipal-20&linkId=5155a44f8243dcc6ab56f2d3774056d2&language=en_US) * [Fish sauce](https://www.amazon.com/Red-Boat-Vietnamese-Virgin-Bottle/dp/B005J8DT0Q/ref=as_li_ss_tl?s=grocery&ie=UTF8&qid=1542328508&sr=1-4&keywords=fish+sauce&th=1&linkCode=sl1&tag=slipal-20&linkId=3039af829c67b69bb2a0d9a0f1ed7adc&language=en_US) * [Reference](https://www.youtube.com/watch?v=aXhJcdXPyYI) |
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GUIDELINES  
Jar Sterilization

## Sterilization of empty jars

All jams, jellies, and pickled products processed less than 10 minutes should be filled into sterile empty jars. To sterilize empty jars after washing in detergent and rinsing thoroughly, submerge them, right side up, in a boiling-water canner with the rack in the bottom. Fill the canner with enough warm water so it is 1 inch above the tops of the jars. Bring the water to a boil, and boil 10 minutes at altitudes of less than 1,000 ft. At higher elevations, boil 1 additional minute for each additional 1,000 ft elevation. Reduce the heat under the canner, and keep the jars in the hot water until it is time to fill them. Remove and drain hot sterilized jars one at a time, saving the hot water in the canner for processing filled jars. Fill the sterilized jars with food, add lids, and tighten screw bands.

Empty jars used for vegetables, meats, and fruits to be processed in a pressure canner need not be pre-sterilized. It is also unnecessary to pre-sterilize jars for fruits, tomatoes, and pickled or fermented foods that will be processed 10 minutes or longer in a boiling-water canner.