

Kimchi

Ingredients

- 1kg chinese leaf
- salt
- spring onions cut into 2" pieces, greens and whites separated
- 2 inches fresh ginger finely sliced
- 1 medium apple (250g), peeled, cored and roughly chopped
- 60ml fish sauce
- 2 tablespoons korean chili flakes
- 1 carrot cut into 5mm slices
- small red pepper, cut into matchsticks
- 6 cloves garlic, peeled and thinly sliced

Method

1. Chop chinese leaf in half top to bottom.
2. And again... repeat until it is in 8 pieces.
3. Now chop each of these sections into 1" pieces.
4. Wash the chinese leaf.
5. In a large bowl toss the chinese leaf with at least 2 tablespoons salt... be very generous with the salt.
6. Set aside to brine for 1 hour.
7. Rinse the chinese leaf in a colander cleaning as much salt as possible off then leave to drain until dry.
8. Put the spring onion whites, ginger, apple, fish sauce and 2 teaspoons salt in a blender.
9. Blitz until smooth.
10. Stir in the Korean chili flakes.
11. In a large bowl, combine the drained chinese leaf with the scallion greens, carrot, pepper and garlic.
12. Pour in the paste and mix well with your hands.
13. Pack the Kimchi tightly into two 1 litre containers leaving a 1" space at the top.
14. Leave them on a rimmed baking sheet at room temperature in a shady spot for 7 days.
15. On the seventh day move it into the fridge.