

Kimchi

Ingredients

- 1kg napa cabbage
- salt
- spring onions cut into 2" pieces, greens and whites separated
- 2 inches fresh ginger finely sliced
- 1 medium apple, peeled, cored and roughly chopped
- 2 teaspoons fish sauce
- 2 tablespoons korean chili flakes
- 1 carrot cut into 5mm slices
- small red pepper, cut into matchsticks
- garlic cloves, peeled and thinly sliced

Method

1. Wash the cabbage.
2. In a large bowl toss the cabbage with 2 tablespoons salt.
3. Set aside to brine for 1 hour.
4. Rinse the cabbage in a colander.
5. Leave the cabbage to drain until dry.
6. Put the spring onion whites, ginger, apple, fish sauce and 2 teaspoons salt in a blender.
7. Blitz until smooth.
8. Stir in the Korean chili flakes.
9. In a large bowl, combine the drained cabbage with the scallion greens, carrot, pepper and garlic.
10. Pour in the paste and mix well with your hands.
11. Pack the Kimchi tightly into two 1 litre containers leaving a 1" space at the top.
12. Leave them on a rimmed baking sheet at room temperature in a shady spot for 7 days.
13. On the seventh day move it into the fridge.