

# *Kimchi*

## **Ingredients**

- 1 large Napa cabbage
- 1/4 cup sea salt
- 2 cups water
- 1/2 cup Korean radish, julienned
- 1/2 cup Korean chili flakes (gochugaru)
- 4 cloves garlic, minced
- 1-inch piece of ginger, grated
- 2 tbsp fish sauce
- 2 tbsp sugar
- 2 green onions, chopped
- 1 small carrot, julienned (optional)
- 1 tbsp fermented shrimp (optional)

## **Instructions**

1. Cut the Napa cabbage in half lengthwise and then into quarters. Remove the core and cut each quarter into smaller sections if needed. Dissolve the sea salt in water and soak the cabbage pieces in the saltwater for 1-2 hours, turning occasionally to ensure even salting. After soaking, rinse the cabbage thoroughly and drain.
2. In a large bowl, combine the Korean chili flakes, minced garlic, grated ginger, fish sauce, sugar, and fermented shrimp (if using). Mix well to form a thick paste.
3. Add the julienned radish, chopped green onions, and carrot (if using) to the kimchi paste. Mix thoroughly.
4. Gently separate the cabbage leaves and spread the kimchi paste mixture between the layers. Ensure that each leaf is well coated with the paste.
5. Pack the stuffed cabbage tightly into a clean jar or container. Press down firmly to remove air pockets and ensure the kimchi is submerged in its juices.
6. Leave the jar at room temperature for 1-2 days to ferment, depending on your preference for tanginess. After fermenting, store the kimchi in the refrigerator where it will continue to develop flavor over time.