



## Kimchi - fermented cabbage

**A Korean classic made by fermenting cabbage, using a simple fermentation process.**



Time to prepare: 20 minutes



Time to cook: 0 minutes



Serves 8



Suitable for vegetarians

### Ingredients

- 1 Chinese cabbage, chopped into 3cm slices
- 1/4 cup salt

- water, to cover
- 1 tablespoon sugar
- 4 cloves garlic, crushed
- 2 tablespoon fresh ginger, crushed
- 1-5 tablespoons Korean chilli powder (to your taste)
- 2 tablespoons nori flakes (optional)
- 2 tablespoons fish sauce (optional)
- 1/2 daikon radish, sliced into matchsticks
- 4 spring onions, sliced

## Method

1. In a large bowl sprinkle the salt over the cabbage and gently massage.
2. Allow to sit until the cabbage has softened.
3. Press down into the bowl and cover with water.
4. Allow to sit for 30 minutes to 2 hours.
5. Drain and rinse under cold water, then drain thoroughly, squeezing out excess liquid.
6. Make a paste out of the sugar, garlic, ginger, chilli flakes, nori and fish sauce (if not using fish sauce add 2 tablespoons of water).
7. Mix together the drained cabbage, paste, daikon and spring onions so the cabbage is well coated.
8. Press the mixture into a clean 4L plastic container until the brine covers the cabbage.
9. Using a piece of plastic (ice cream container lid), place on top of the cabbage.
10. Weigh the piece of plastic down with something heavy.
11. Place the lid on the container loosely so air can escape during the fermenting process.
12. Place in a cool dark place and check daily.
13. It will ferment and bubble for a week or two, press down gently every now and again to expel the bubbles.
14. Once it has stopped bubbling, place in smaller containers with airtight lids and keep in the refrigerator or in a cool, dark place.

Notes

You might also like...



## Grated beetroot, carrot and apple salad

**Grating all of the ingredients for this Moroccan-style salad is a great time saver!**

**Try serving it at your next barbeque or in homemade burgers.**

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## Crunchy coleslaw

**Coleslaw makes a nice change from green salad and can be made in less than 10 minutes. Give this recipe a go at your next family barbeque.**

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