
FERMENTED FOOD WORKSHOP HANDOUT

How to - KIMCHI

Easy to follow, step by step Kimchi recipe



INGREDIENTS

Napa Cabbage - 2 kilos (normally 1 kg a piece)
Coarse Sea Salt (granulated and pure)
Red Pepper Powder - cannot be substituted (Buy in Asian stores)
1 whole garlic bulb
1 or 2 Sweet Brown Onions (size dependent)
1 bundle of Spring Onions
Water

UTENSILS

Glass Jars with Lid
Big Kitchen Bowls

MEASUREMENTS & TROUBLESHOOTING

120g of salt

Hot & Spicy = 120g of Red Pepper Powder

Medium Spicy = 80g of Red Pepper Powder

The temperature in the room will make the initial fermentation process begin, it has to at least sit covered in the jar for 8 hours. Taste it before leaving it out for longer.

If you put too much salt or it tastes too salty for you, peel and slice some radishes and place them in the jars, this will absorb some of the salt solution. If you do not have radishes, use carrots.



RECIPE STEPS

1. Clean your Cabbage well and chop it up
2. Place the Cabbage into a big bowl
3. Mix 120g of salt in 120ml of water and dissolve as much as possible by stirring
4. Pour the salt water over your cabbage evenly
5. Set the cabbage aside for 2 hours
6. Prepare the spicy mix now
7. Peel and chop the garlic cloves and the onion and place into a blender with a small amount of water, puree it
8. Chop the Spring onions in julienne or small pieces
9. In a clean bowl add the garlic & onion puree , the chopped spring onions and 120g of Red Pepper powder if spicy is not an issue, else go for 80g. Mix well
10. Once the 2 hours have passed, rinse the cabbage under water very thoroughly to get rid of as much salt as possible
11. Using your hands, mix the cabbage with the red pepper paste by tossing it all well
12. Fill up your jars with the kimchi and compress it all, more like shoving it in. Leave a small gap at the top, wipe the jars and cover them with their lids
13. Leave the jars at room temperature over night, up to 18 hours maximum
14. Place the jars in the fridge and enjoy your Homemade Kimchi! Lasts up to 9 months kept refrigerated.



SCAN ME