

GBS Health & Wellness: Food Demo Recording

# Homemade Kimchi



## Nutrition

Interested in trying something new? Learn how to make homemade Korean kimchi, a delicious side dish packed with veggies and probiotics, alongside Registered Dietitian, Sara!

Learning new recipes can be both exciting and challenging. It may seem overwhelming to try something new but rest assured that the benefits are well-worth the effort. Home cooking allows for dishes to be tailored to personal preferences, is cost-effective, and serves as a fun way to bring friends or family together. [Click Here](#) to view “Kickin’ Kimchi,” a food demo recording on how to make your own homemade Korean kimchi.

Follow the video demo along with the recipe included to add this delicious dish to your cooking repertoire!

Video Link: <https://vimeo.com/gbsbenefits/review/453777465/aef0004dfb>



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Adapted from [simple-veganista.com](http://simple-veganista.com) & [zerowastechef.com](http://zerowastechef.com)

Total Time: ~40 Hours | Yields 6-8 Cups



## ► Ingredients

- 2 lbs. Napa cabbage, cut into 2-inch pieces
- 1 daikon radish, peeled and cut into 2-inch matchsticks or ½ cup grated
- 3 medium carrots, cut into 1-inch matchsticks or ½ cup grated
- 4 green onions, cut into 1-inch pieces
- ¼ cup pink Himalayan salt
- 6 cups of water
- 6 cloves of garlic, minced
- 1-inch fresh ginger, peeled and minced
- 2 tsp crushed red pepper **OR** 1 TBSP of each- cayenne pepper & smoked paprika

## ► Directions

- 1. Prep the Veggies:** In a very large bowl or pot add the cabbage. Combine the salt with 2 cups of lukewarm water in a medium bowl and stir to dissolve. Pour the salt water over the cabbage and add the remaining 4 cups of water. Mix everything together thoroughly. Place a heavier plate or circular baking dish over the cabbage to hold it down and keep it completely submerged. Cover the bowl with a towel and let the cabbage sit for 2-4 hours.
- 2. Stir up the Seasonings:** In a separate bowl, combine the garlic, ginger and crushed red pepper **OR** cayenne pepper and paprika.
- 3. Mix it Up:** Once the cabbage has soaked, drain the saltwater brine and reserve it in a separate bowl. Rinse the cabbage well and place back in the original large bowl. Combine the seasonings mixture, daikon radish, carrots and green onions into this bowl. Mix well to coat everything evenly using hands or tongs.
- 4. Packing:** Pack the kimchi into glass jars or airtight containers with lids. Pack down tightly to close any air pockets using a wooden spoon/pounder or pestle. Leave about an inch at the top for air and gases to collect. Top the jars with the remaining juices or add the reserve brine if needed to cover the veggies.



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### » Directions [*continued*]

- 5. Fermenting:** Place the jars on a plate to catch any liquid that may escape. Then allow the kimchi to sit at room temperature in a cool place like the pantry for 24-36 hours. After 24 hours open the kimchi and pack the mixture down with a spoon. Bubbling may be occurring, which is normal as the kimchi is at work fermenting. As the kimchi ferments its flavor will strengthen. Taste every 24 hours and put the kimchi in the fridge once this meets one's taste bud preferences to stop the fermentation process. A suggestion is allowing it to ferment in the pantry for up to 3 days maximum, typically it will be ready after 36-48 hours. The kimchi should be tangy and a bit spicy once it is ready.
- 6. Store:** Move the kimchi to the fridge and use within a month. Enjoy!

### » Notes

**Salt:** Use salt that is free of iodine and anti-caking agents, as this can prevent the fermentation process from occurring. A suggestion is using Celtic Sea Salt, Pink Himalayan Salt, or other unrefined mineral salts.

**Water:** Water with high levels of chlorine may inhibit fermentation. When possible, use spring, distilled or filtered water.

**Optional add ins:**  $\frac{3}{4}$  of a fuji apple for added sweetness, 1-2 TBSP sesame seeds for added texture.

#### **Other considerations:**

- The weather can influence how fast or slow the mixture will ferment. Warmer temperatures can cause the fermentation process to speed up, while cooler weather will slow it down. Simply be mindful that this may shorten or delay the time needed to ferment.
- When glass jars are not available, plastic containers with airtight lids work just as well. If the container has too much room or more than an inch from the top of the kimchi to the lid, place a piece of plastic wrap over the top sinking into the kimchi to remove air and then cover with the lid. Excess air will not allow fermentation to result.

