

BETTER WAY TO WELLNESS

- Get Nourished... Be Well

Napa Cabbage Kimchi Recipe

3 lb Napa Cabbage, cut into approx 1 ½" x 2 ½" pieces
½ lb (1 small) daikon radish, cut into approx 1 ¼" matchsticks
¾ oz of Redmond Real Salt (4 teaspoon)
1 bunch of scallions, cut into 1" lengths
4-5 cloves of garlic, minced
1-2 Tb ginger, minced
2-4 Tb Korean red chili powder (gochugaru) – more or less to taste
1 – ½ gallon jar or 2 – 1 quart jars, washed well

Prepare cabbage and daikon and put into a large mixing bowl. Sprinkle with salt and toss to mix.

Cut the scallions and mince the garlic and ginger. Add to the bowl with the cabbage along with the chili powder. Mix well to evenly coat the cabbage and daikon. Let sit for at least a half hour.

Put the vegetable mixture into the clean jar(s). Press firmly so the vegetables are well packed.

If needed, add brine (2 cups water + 1 ¼ tsp Redmond salt) so the vegetables are completely immersed. Weigh down vegetables with a pickle weights™, a small plate or a clean rock.

Cover with the lid applied loosely or you may use a tightly woven cloth (not cheese cloth) secured with a rubber band. Place jar(s) on a dish or tray to catch brine overflow.

Let the kimchi ferment in a cool (less than 68F) dark place for 2 to 6 days - taste beginning the 2nd day for tartness.

When the kimchi has fermented to the desired tartness, remove the weights, seal the jar tightly and refrigerate. Kimchi is best if eaten within 1 month. Kimchi older than 1 month can be used in soups, noodle dishes, omelets, sandwiches, wraps or fried rice.

Notes:

After trimming the vegetables you will have approximately 3 pounds of vegetables.

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Variations, a few ideas:

Add a few large leaves of mustard greens

Add roots cut into matchsticks: carrot, beets, black radish, watermelon radish
rutabaga, burdock

Add other vegetables: fennel, winter squash

Add some fruit: apple, crisp pear, watermelon rind

You can also use all radish or cucumbers in place of the cabbage – just be sure to make enough brine to cover the vegetables

Brine Recipe

2 cups of filtered water

1 ¼ tsp of Redmond Real Salt

Ratio of Salt to Vegetable: ¼ ounce of salt per pound of prepared vegetable.

Conversion factor Weight to Volume for various types of salt

1 oz Table salt = 1 Tb + 1 ¾ tsp

1 oz Redmond Real salt, fine = 1 Tb + 2 ¼ tsp

1 oz Morton Kosher salt = 2 Tb + 1 ¼ tsp

1 oz Diamond Crystal Kosher salt = 3 Tb + ¾ tsp

1 Tablespoon = 3 teaspoons