

# Kimchi

**Makes approx 1kg**

**Hands-on Time 20 minutes (plus overnight to brine)**

**Fermentation time 1-2 weeks**

## Ingredients

1 Chinese cabbage  
1.5L Filtered or bottle water  
125g Coarse sea salt  
6 Garlic cloves  
Root ginger, thumb-sized amount  
200g Radishes  
4 Spring onions  
60g Gochugaru  
40ml Fish sauce  
1 tbsp Caster sugar

## Equipment

Knife  
Chopping board  
2 Large mixing bowls  
Spoon  
Plate  
Kitchen paper  
Food processor  
Spatula  
Disposable gloves (optional but recommended)  
1.5L Jar or container  
Sealable food bag  
2x500ml Jars with lids

Remove an outer leaf from the cabbage and set aside.

Cut the cabbage in half length-ways.

Pour the water into a large mixing bowl and add the salt. Stir with a spoon until dissolved.

Add the cabbage including the leaf you set aside to the salt water and submerge ensuring any trapped air is released.

Place a plate on top of the cabbage to stop it popping back out of the water.

Leave the cabbage to sit in the brine overnight. Do not sit the bowl in direct sunlight.

When you're ready to make the kimchi, remove the cabbage from the brine and leave to dry on kitchen paper. Do not discard the brine.

Add the garlic, ginger, and radishes to the food processor and pulse until you have a coarse mixture.

Transfer the mixture to a large mixing bowl.

Finely slice the spring onion and add to the bowl along with the gochugaru, fish sauce, and sugar.

Combine using a spatula.

Set the individual cabbage leaf aside. You have two options as to how you handle the cabbage halves. You can keep them intact or chop up into large chunks. If you prefer to go with the first option, I really do recommend disposable gloves for the next part.

You need to coat every part of the cabbage with the paste. If you have chopped the cabbage up add it all to the bowl and combine using the spatula. If you have kept the cabbage whole it's best to spread some of the paste over each leaf by hand.

Transfer the contents of the bowl to the large jar. Using a spoon, press the mixture down ensuring there is no trapped air or too much liquid on the bottom.

Place the leaf you set aside on top and press down. Try and cover everything using it like a lid.

If the mixture is a little dry, pour half a cup or so of the brine on top.

Fill a food bag with water, removing any trapped air before sealing it.

Place this into the jar to act as a weight.

Put the jar away into a cupboard for at least 1 week to ferment.

After the first week is up, carefully remove the bag and try some of the cabbage. If you are happy with the taste, you can transfer the kimchi to smaller jars for use, otherwise return the bag and leave to ferment for up to another week.

When you're happy with the taste of the kimchi, prepare your jars.

Transfer the mix to the jars. Again press down with a spoon to remove and trapped air from the bottom before sealing.

Store the sealed jars in the fridge where they should keep for at least 6 months. I'll be surprised if you can make them last that long.

Enjoy!