

Kimchi Recipe for Living Tree members from Chris Edwards, April 2020

Kimchi is like a Korean version of sauerkraut, but with the addition of garlic, ginger and chilli. It is a fermented food which is a great source of probiotics for the health of your gut flora and a great source of vitamin c.

It can be eaten with salad, on crackers with cheese or as a side, the options are endless.

The basic recipe below is a great place to start. I've added some extra ingredients which I will highlight in **blue** which are optional.

If you enjoy making the Kimchi you can experiment by adding veg you like, I'll add a list at the end of things I've tried that have worked well!



You will need;

1 white cabbage

1 celeriac (Can be replaced with more cabbage)

4 carrots

1 small onion

2 inches of ginger (**less if you prefer**)

2 cloves of garlic (**less if you prefer**)

2 red chilli (**less if you prefer**)

1.5 tbsp fine sea or rock salt.

1 flat bottomed pan e.g. jam pan

Kilner jars or any wide topped jars
(sterilise in the oven)

rolling pin with flat end

plastic freezer bags

non-reactive weights - glass or ceramic

1. Finely slice the cabbage discarding the woody core.
2. Peel carrots, (unpeeled carrot goes bitter). Chop into fine 'chip sticks' using a mandolin or by hand, (grating is too fine). Do the same with the celeriac
3. Chop onion into fine slices.
4. Finely chop the ginger, garlic and chilli - wear rubber gloves or oil hands for the chilli.
5. Put all the ingredients, except the chilli, into your pan and add the salt.
I've also added ground elder leaves from the garden, turmeric powder and black pepper.
6. Pound with the end of your rolling pin for 2-3 minutes. This bruises and softens the veg and starts to draw the juices out.



7. Test your chilli for heat and add half the amount you think you need, adding a little more until you get the required spiciness.
At this point I've added wild garlic flowers and leaves, they don't need pounding as they are delicate.

8. Pile the mix into your sterilised jars and press down hard using the end of the rolling pin or clean fingers until the juices come to the top of the veg. When compressed the jar should be half to 2/3 full to allow space for weights.
9. Place a square piece of greased proof paper over the veg big enough to fold up the sides of the jar.
10. If you have non-reactive weights – glass or ceramic, place on top of the paper over the veg making sure to keep all the veg pressed down under the juice.



If you don't have weights open up a freezer bag inside the jar and fill with water to near the top of the jar. Tie off the bag, this will give enough weight. The aim is to seal out the air.



11. Close the lids and leave the jars at room temperature, out of direct sunlight for 3 weeks.
12. Check occasionally and release the lid as bubbles will rise out of the veg, press down again and close lid.
13. Leave to ferment for a minimum of 3 weeks, the longer the better as fermenting improves with time.
14. Jars can store for months and once started can be kept in the fridge, but in my experience the Kimchi is eaten every day and doesn't last that long.
15. When you open the jar to eat it, there will be a strong 'cabbagey' smell. This is normal, and it won't taste like it smells.... I promise!



Other things I've tried:

- Raw beetroot added to basic recipe
- Spring onions to basic recipe
- Red cabbage apple and juniper berry kimchi, the recipe was online.

Explore and experiment at will and have fun.
Love Chris x