

Kimchi

Bonus

90 Days to
Clean Eating

Ingredients

2 lbs napa cabbage, cored and cut into **1-in pieces** (one large cabbage)
1/4 c sea salt
2 c daikon radish, cut into matchstick strips (optional, or use carrots)
1 bunch scallions, trimmed and cut into 1-inch pieces
1 Tbsp fresh ginger, sliced (**2-3 disks**, peels ok)
6 cloves garlic, whole
1 shallot, quartered
2-6 Tbsp Korean-style red pepper flakes (gochugaru) start low unless you like hot
2 Tbsp coconut aminos
2 tsp honey
food-safe gloves
fermentation weights

Instructions

Reserve 1-2 outer leaves of the napa cabbage and **refrigerate for later use** (wrap in plastic). **Cut** the remaining cabbage and **place** it in a bowl with the salt and **toss**. **Add** enough cool water to **cover** the cabbage and **stir** until salt is dissolved. **Keep the cabbage submerged** with a plate over the bowl and **let stand** at room temperature **6-8 hours** (giving a stir midway through if possible) **or overnight**. **Drain** the cabbage, **saving** the brine. **Rinse** cabbage, **drain, squeeze out** any excess water, and **place** it back in the bowl, **adding** the daikon radish and scallions. **Place** the ginger, garlic, shallot, red pepper flakes, aminos, and sugar in your food processor. **Process** until well combined, **pulsing**, until it becomes a paste. **Scoop** the paste over the cabbage, and using tongs or gloves, **mix** and **massage** the vegetables and the red pepper mixture together really well, until well coated. **Pack** the cabbage into a large, two-quart jar (or two, quart jars) or a crock, leaving **1-2 in** room at the top for juices to release. **Add** a little of the reserved brine to just **cover** the vegetables, pressing them down a bit. **Place** the whole cabbage leaf over top, **pressing down**- this should help keep the kimchi submerged under the brine. You can also use a fermentation weight placed overtop the whole leaf to keep it submerged. **Cover** loosely with a lid (allowing air to escape) and **place** the jar in a baking dish to collect any juices that may escape. **Leave** this on the counter for **3 days**, then **store** in a sealed jar in the refrigerator where it will continue to ferment and develop more flavor slowly. While on the counter, you can **press down** on the kimchi **daily** with the back of a wooden spoon to keep it submerged.

Bonus

Kimchi

90 Days to
Clean Eating

Instructions

After 3 days, the kimchi is ready, but won't achieve its full flavor and complexity, until about **2 weeks** (in the fridge) slowly fermenting. The longer you ferment, the more complex and sour the taste. This will keep for months on end in the fridge (as long as it is submerged in the brine) and will continue to ferment very slowly, getting more and more flavorful. To **serve** it in a bowl as a side dish, **scoop out** using a slotted spoon, **drizzle** with sesame oil, and add toasted sesame seeds and fresh scallions.

Where to buy fermentation weights:

<https://learningandyearning.com/fermentation-weights>