

Kimchi Recipe



5 from 4 votes

Vibrant and lively, this easy recipe is packed with chili, green onions, garlic, and ginger. Sprinkle it with julienned green onions and brown sesame seeds and serve it over steamed rice or with lightly grilled fish or meat.

Prep Time 4 hrs 15 mins	Fermentation 21 d	Total Time 21 d 4 hrs 15 mins
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Course: Ferment Cuisine: Korean Keyword: fermentation, kimchi Servings: 8 servings (1 quart)
Calories: 41kcal Author: Jenny McGruther

Equipment

- [Fermentation Jar](#)
- [Glass Weights](#)

Ingredients

Main Ingredients

- 2 pounds Napa cabbage (chopped into 1-inch pieces)
- 1/4 cup [finely ground real salt](#)

Kimchi Paste

- 8 cloves garlic
- 1 ounce ginger (peeled and chopped)
- 1/2 cup [Gochugaru](#)
- 2 tablespoons [fish sauce](#)
- 1 tablespoon [coconut palm sugar](#)
- 1 tablespoon brown rice flour

To Finish

- 1/2 pound Daikon radish julienned
- 6 medium green onions (sliced thin)

Instructions

1. Place the cabbage in a large bowl, sprinkle the salt over the cabbage and toss it well to coat. Pour in just enough water to cover the cabbage by about 1-inch. Place a plate over the cabbage to keep it submerged, and let it soak in brine at least 4 and up to 8 hours, or until the leaves are limp.
2. Drain the cabbage in a colander, reserving 1/4 cup brine.
3. Place the reserved brine, garlic, ginger, gochugaru, fish sauce, sugar, and rice flour together into a food processor or high-speed blender, and blend until smooth and uniform. Transfer to a small bowl.
4. Toss the cabbage, radish and green onions together in a bowl and then spoon the chili paste over them. Toss the vegetables together with the seasoning until well coated.

5. Transfer the cabbage to a quart-sized mason jar or other kimchi container and press it firmly down to remove all air bubbles. Place a glass weight inside the container, and then seal tightly.
6. Allow it to ferment at room temperature for 3 days at room temperature away from direct sunlight. Then transfer it to the fridge and allow it to age for 3 weeks before tasting. Consume within 6 months.

Nutrition

Calories: 41kcal | Carbohydrates: 9g | Protein: 2g | Fat: 1g | Saturated Fat: 1g | Sodium: 1788mg | Potassium: 374mg | Fiber: 2g | Sugar: 4g | Vitamin A: 360IU | Vitamin C: 38mg | Calcium: 102mg | Iron: 0.6mg

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