

**How To Make Kim Chi**

**Recipes: Chili Garlic Paste, Basic Brine and Kim Chi**

**Chili Garlic Paste/Sauce\***

1 oz dried chili, stem cut off, roughly chopped

Hot water

8 cloves of garlic, coarsely chopped

2 tsps. raw unrefined cane sugar (I omit this)

1 tbsp fine unrefined sea salt

3 tbsp raw unfiltered apple cider vinegar

2 tbsp fish sauce (sometimes I use, sometimes I forget)

3 tbsp liquid reserved from hydrating the chili

**Directions:**

Put chili in a bowl and cover with 1 cup of hot water. Allow them rehydrate until soft – about 20 minutes. Drain and reserve the liquid to thin the paste.

Place the hydrated chili, garlic, sugar (if using), salt, vinegar and fish sauce in a blender and puree into a chunky paste. (I use a hand blender).

Add the reserved liquid and puree until smooth. (I actually use all the liquid and it turns the paste more into a sauce).

Place in a wide mouth jar, cover tightly and leave at room temperature for 3 days.

Transfer to refrigerator and leave for 3 days.

Best used within in 2 months but will last longer. I have had the sauce in my refrigerator for 6 months without any problem.

(I double the recipe to have handy and ready for the next batch)

**Basic Brine\***

6 tbsp fine sea salt

8 cups of filtered water

Whisk together to dissolve the salt.

Use immediately or cover and place in refrigerator.

\*recipes from Mastering Fermentation, Mary Karlin

**Kim Chi\*\***

Vegetables

1 Napa cabbage (savoy cabbage can be used if Napa not available)

5 baby bok choy (optional)

1/4 jicama (optional)

3 or 4 Jerusalem artichokes (Sunchokes) (and optional as well – you can add more)

3 small valentine radishes (any radish will do – classic is daikon)

5 carrots (more or less), peeled

6 green onions, chopped

3 inches of ginger, peeled and grated

10 garlic cloves (I love garlic so you definitely can use less…or more)

Sea salt – approx.. 2 tablespoons

¾ cup of chili garlic sauce

2 batches of brine (all depends, make 1 batch and decide if more is needed)

Approx. 8 large mason jars, thoroughly cleaned (I dunk them in boiling water for 30 seconds)

Directions:

Quarter the cabbage and sprinkle salt between the leaves.

Add baby bok choy and lightly sprinkle (if using).

They can be in the same bowl.

Set aside and leave for at least 3 hours.

When ready rinse off the salt in filtered water.

In the meantime, chop the vegetables in any way you like. In a bowl add:

Carrots: sliced or roughly cut or grated. I prefer thinly sliced

If using Jerusalem artichokes and jicama – they can be sliced or grated

Radishes, sliced

Green onions, chopped

Ginger, grated and thinly slice the garlic (or finely chopped).

Toss together and add the chili garlic sauce.

Add half of the brine.

Chop the cabbage and baby bok choy into bite size pieces and add to mixture.

Pack the mixture in mason jars.

Add more brine so the mixture is submerged.

You can use a weight to hold the mixture down. I just open the jars daily and push it down.

Keep in a cool place for at least 3 days. The actually recipe states to leave it for 3 days and then put into refrigerator. Somewhere along the way I have been leaving them on the kitchen counter for up to 6 days with great results. The kimchi is actually ready in 6 days. It will continue to ferment and can last several months if not more.

\*\* recipe adapted from Mastering Fermentation