

KIMCHI (FERMENTED VEGETABLES) RECIPE

Ingredients

- 1100g Carrot (Finely Sliced or Spiralised)
- 350g White cabbage (Finely Sliced)
- 120g Ginger (Grated)
- 17g Himalayan Rock Salt



Method

1. Take your prepared ingredients and mix them by hand with the salt (making sure it's all coated well). Leave for 30 mins, mixing occasionally. Add a little water if the vegetables don't produce enough brine. Use a super large container enabling you to mix easily and mulch.
2. After 30 minutes the vegetables should be much softer and wetter. Decant into kilner fermentation jar* making sure ALL vegetables are under the water level. THIS IS CRITICAL otherwise it will go mouldy. Press the vegetables down firmly and make sure – without fail – that the water comes above the top of the vegetables. Use a weight if necessary.
3. Leave for three weeks at room temperature (checking regularly that vegetables are fully submerged) then decant into smaller kilner jars removing the very top layer. Decant all contents, including brine. Refrigerate and ENJOY! If this is your first time, expect a clean, sour and tangy taste - similar to sauerkraut.

Extra Info

The cabbage in this recipe is used purely for the beneficial bacteria found on the cabbage rather than the flavour of the cabbage. You don't have to use the quantities above. You can even add other vegetables or spices. Turmeric is one of our faves. After a couple of days the beneficial bacteria will start to produce carbon dioxide. You may get a hissing noise from the kilner jar as the gas escapes. This is normal.

Eating foods packed with probiotics - **good bacteria** - is a good way to boost your gut **health**. **Fermented foods**, like kimchi, are rich in probiotics. The **good bacteria** grow during the **fermentation** process. The good bacteria may improve digestion, boost immunity, promote a **healthy** weight and more.

* In terms of sterilising your fermenting jars, you can either use a dishwasher. The bleach in the dishwasher detergent, coupled with the extra hot water, will kill anything. Or if you do not have a dishwasher, we suggest simply a good wash with soap and hot water. The key to a safe ferment is that you keep the food submerged beneath the level of the brine and then cover it with a lid. That is why we place a glass weight on the vegetables and for added safety you can add an airlock to the lid – we do this.