







Adelaide's finest supermarkets
 FREWVILLE | PASADENA **FOODLAND**

Image for illustration purposes only.



with Mandy Hall Masterchef 2019

-  **Prep Time:** 30 mins plus brining time
-  **Total Time:** 4 days to 3 weeks ferment time
-  **Ferment:** 4 days - 10 days
-  **Yield:** 1 x 1 or 1.5-litre jar

KIMCHI

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KIMCHI

METHOD:

Make sure all your jars and equipment are sterilised – that is washed in very hot soapy water, rinsed in very hot water or run through the dishwasher. Wash your cabbage and discard any damaged leaves, do not throw them out, they can be used later on in the recipe. Cut the cabbage in half lengthways then, into quarters lengthways again, pop the cabbage into a large bowl or on a tray, sprinkle cabbage, evenly (get into all the leaves) with salt and let sit for a few hours. Chop your spring onion, grate or julienne your carrot and daikon, chop your garlic chives into very small pieces and set all aside. Now you can make your paste, place all ingredients into a food processor and blend to a smooth paste.

Once your cabbage has been sitting for at least two hours, drain off some of the liquid and keep aside (it may be used later), chop the cabbage into large bite sized pieces and place into a large clean bowl. Add all other vegetables to the bowl, now add your paste, add a spoonful at a time as this recipe may yield more than you need, you can keep any leftovers in a jar in the fridge and use on many things, meats, veggies, in sauces etc. Mix all ingredients well ensuring that everything is covered in the paste, it's time to pack into your jar. Pack everything tightly and push down firmly as you go, leave approx. 1 "headroom gap from the top and use your leftover cabbage leaves, folded as wedges to push everything down and keep your ingredients underneath the brine.

Wipe the inside and externals of the jar with a clean piece of absorbent paper, we want to keep any surfaces that are exposed to air very clean to prevent any unwanted bacterial growth or mould. Leave the jar to ferment out of direct sunlight in a cooler spot. Kimchi is a very short ferment – you will see activity quite quickly, after day 1 or 2, it will be important for you to burp your jar each day, if you see a lot of activity, do this twice per day. After day 4, taste your kimchi with a very clean spoon or fork, if you are happy with the flavour, place your jar into the fridge for consuming straight away. If the Kimchi is not sour enough, leave for longer, up to another 3-4 days but remember to keep burping.

Once refrigerated, Kimchi will last at least 2 months in the fridge.

INGREDIENTS:

- ½ large or 1 small to medium Wombok cabbage
- 2% salt – if your cabbage weighs 500g, you will need 10g sea salt (500 x 2% = 10g)
- 3 x spring onions – washed and chopped
- 1 x Small daikon radish – grated
- 1 carrot grated
- ½ bunch garlic chives chopped

KIMCHI PASTE:

- 10 cloves of garlic peeled
- ¼ cup of gochugaru - Korean chilli flakes
- 1TB fish sauce
- 150g fresh ginger
- 3 spring onions
- 3 TB soy sauce or tamari
- 2 TB sugar

Pantry Items: sugar



Find this recipe and more on line at afsfoodland.com.au

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