



Kimchi

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KIMCHI 김치

gluten free | dairy free | nut free | plant-based | raw

READY IN
10-14 days

A traditional Korean staple, Kimchi is a super-spicy fermented vegetable side dish loaded with Vitamins A, B, and C and beneficial 'Lactobacilli' bacteria' which helps to maintain a healthy gut



YOU'LL NEED...

700g
24.6oz



Fermenting jar with seal/lid <i>sterilized</i>	1	litre jar	33oz
Weight <i>glass, optional</i>	1	weight	
*Cabbage, Chinese/Napa/Lombok <i>organic</i>	450	g	16oz
Carrot <i>organic</i>	1	whole	
Spring (green) onions <i>organic</i>	2-4	sprigs	
Water, filtered	3	cups	
Salt, Pink Himalayan <i>ground</i>	100	g	3.5oz
Garlic <i>organic</i>	4	cloves	
Chilli pepper – Red 10cm (4") <i>organic</i>	3	whole	
Ginger	50	g	1.8oz

* One medium sized Chinese Cabbage, with the core removed, weighs approx. 580g (20oz).

VARIATIONS (SERVES 1)

- **DAIKON** – Add 100g (3.5oz) of Fresh sliced Daikon (Chinese radish).
- **TURMERIC** – Add, in addition to Ginger, 20g (0.7oz) of fresh Turmeric.
- **RADISH** – Spiralize 4 radishes and mix with Cabbage.

RECOMMENDED SERVING SIZE

From Phase 2 on, depending on your gut health, start slowly and work your way up. If you experience any bloating or gastrointestinal disturbances cut back.

Week 1:	Approx. 1 tbsp. once every second or third day with meals.
Week 2:	Approx. 1 tbsp. every second day with meals.
Week 3 on:	Approx. 1-2 tbsp. as desired, with meals, or on its own.

Despite the brine being washed off, Kimchi can still retain some of the salt. While not exact, it is thought that the final salt concentration ranges from 2-5%, which equates to approx. 5g per jar which is approx. equivalent to 40mg of Sodium per 1 tbsp. An adequate daily intake of Sodium is approx. 460-920mg.

A 2014 study, done in Korea (where Kimchi is consumed daily) revealed that "High consumption of kimchi was NOT associated with an increased prevalence of hypertension in humans"^[1]

[1] 2014. Consumption of kimchi, a salt fermented vegetable, is not associated with hypertension prevalence

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LET'S GET STARTED...

STEP 1

Wash and dry hands.

Ensure jar is clean and dry.

Get all equipment & ingredients ready.



STEP 2

Boil kettle with filtered water, pour half the quantity listed into a large bowl, add ground salt and whisk with a fork until dissolved (or blitz in your blender – but be careful as it will scald if it splashes). Add the remaining water, cool from the tap filter.

This is your brine. Set aside.



STEP 3

Remove core of cabbage and tough outer leaves (*retain one to use later*) and coarsely cut into strips or chunks.

Using a mandolin, spiraliser or knife thinly slice spring onions and carrot and *optional* variations.



STEP 4

Put cabbage, spring onions and carrot in a large bowl and pour over brine.

Put a plate on top to keep vegetables under the water line and let soak overnight, or approx. 8 hrs in a cool dark place.



STEP 5

The next day, after the vegetables have been soaking for a minimum of 8-hrs, rinse a few times in a colander/sieve under running water, let drain and shake off excess water.

Peel garlic and ginger, take off chilli pepper ends and put in a food processor/blender and process until a slightly chunky paste.

Add drained cabbage mix to a large bowl, add the Chilli paste and mix well. *You can make this paste the day before, if you wish, and keep in fridge until needed.*



STEP 6

Pack fermenting jar with the kimchi mix, pushing down after each handful to remove any air pockets. As you push, liquid will be released from the cabbage, this is fine, you want this liquid to cover the kimchi mix by at least 1.5cm (0.6") and allowing at least 2-3cm (2") of headspace between the top of the liquid and the rim of the jar.

Use a leftover outer cabbage leaf to lay on top so that if the water level rises it will not affect your kimchi. If you have a glass weight place on top of mix to submerge. Seal jar with rubber band and lid. Leave on the kitchen counter, out of direct sunlight.

Label the jar with the MADE-ON-DATE and READY date which will be...

- Summer – 10 to 14 days when kept at a temperature around 32°C (90°C).
- Spring/Autumn/Winter – 14 to 21 days when kept at a temperature around 21°C (70°C).

During the fermentation time -- if the cabbage rises above the water level -- then remove the lid, press down under the water level with the back of a spoon and re-seal.

When ready, transfer to a jar with a screw top lid and store in fridge and label with expiry date (up to 6mths).

