

Kimchi

2 head nappa cabbage
1 lg daikon radish, peeled and chopped bite size (optional)
2 bunch scallion, chopped into 1" pieces
coarse sea salt – a lot
½ c crushed red pepper
¼-1/2 c fish sauce
½ onion
1 head garlic (not clove!) peeled
1 apple peeled
blender
fermenting crock or jars
Rubber kitchen gloves dedicated for food use
Large dish pan/tub or bucket (plastic) dedicated for food use

Boil 4-5 T salt in 8 cups water and let cool.

Remove outer damaged leaves of cabbage and discard.

Remove about 3-4 leaves, rinse and set

Chop remaining cabbage into bite size pieces. Salt thoroughly all the way through, and place into large tub with the outer leaves on top (this makes it easier for the weight to hold the pieces down and you'll use these for the same thing when putting into crock to ferment). Cover with water and weigh down the cabbage with a bowl or plate. Let sit for at least two hours.

Drain water and rinse cabbage well. Keep large leaves aside again.

Blend onion, garlic, apple and fish sauce.

Add chopped daikon and scallion to cabbage. Add red pepper powder and 2 T salt. Put on rubber gloves and mix and massage until well coated and some juice starts to form in the bottom of your tub. You can use more or less red pepper powder.

Put this mixture into your crock or container where you be fermenting. Using your gloved hand, if it will fit, press down repeatedly with your fist and compress as much as you can. The more air you can work out, the better. If your hand cannot fit, or your crock is too deep, use the end of a rolling pin or something else (not metal) to compress. It also helps to release some of the vegetables' water.

Spread the large leaves over the top and your weights to keep the mixture under the liquid. Pour the salt water on top of the weights until they are just submerged; you might not need that much. Place lid on your crock and fill the reservoir with water so the holes on the side are adequately covered. If using a jar and air lock, fill the lock with water to the fill line. Make sure the water in the reservoir and air lock stays filled to where it should be the entire time fermenting is occurring. Don't open until complete!

You may hear bubbles and that means it's fermenting. Wait at least 4 days but you can do shorter or longer. I've never done shorter and have gone up to about 5 weeks. Don't open it until you plan to take the kimchi out.

Once opened, transfer to jars and refrigerate with a tight lid (not the air lock lid). Discard the large leaves. The jars shouldn't be completely air tight, and don't overfill them as it will still continue to ferment and bubble some. Plastic lids on canning jars are the best if you have them and just as a precaution I put mine on plates in the refrigerator until I'm sure they won't bubble over.

When you open the crock, check for floating mold or slime (you probably won't see any). If you do, scrape it off and discard.

Kimchi in jars in the refrigerator can last for weeks or months. It may start to taste more sour but at that point it's still good and great for a kimchi stew or soup.

It always turns out differently so don't be surprised next time you make it if it tastes a little different.

Good luck!