



CSA Recipes - Week of October 8th

Kimchi

Adapted from Korean Bapsang <https://www.koreanbapsang.com/mak-kimchi-simple-kimchi/>

Ingredients:

1 large napa cabbage
3/4 cups coarse sea salt less if using finer salt
3 cups water
1 Korean radish mu (about 3/4 pounds)*
2 teaspoons coarse sea salt
2-3 scallions roughly chopped

1/2 cup gochugaru Korean red chili pepper flakes*
2 tablespoons saeujeot salted shrimp, finely minced*
2 tablespoons myulchiaekjeot fish sauce*
2 tablespoons minced garlic
1 teaspoon finely grated ginger
2 teaspoons sugar

Directions:

Cut the cabbage head into quarters and remove the core from each quarter. Cut each quarter crosswise into bite sizes (about 1-1/2-inches).

Place the cabbage pieces in a large bowl(s). In a smaller bowl, dissolve 3/4 cups of salt in 3 cups of water. Pour over the cabbage. Toss well to wet the cabbage pieces evenly with the salt water. Let stand until the white parts are bendable, about 1 hour, turning the cabbage pieces over occasionally.

Cut the radish into bite sizes (about 1-1/2-inch square, about 1/4-inch thick). Sprinkle with 2 teaspoons of salt. Toss well. Let it sit for about 30 minutes. Drain. Do not wash.

Mix the chili pepper flakes with the remaining seasoning ingredients along with 1 cup of water.

Rinse the salted cabbage three times and drain to remove excess water.

In a large bowl, add the radish, scallions and seasoning to the salted cabbage. Using a kitchen glove, mix everything well by hand until the cabbage pieces are well coated with the seasoning mix. Place the kimchi in an airtight container(s) or a jar(s).

Rinse the bowl with 1/4 cup of water by swirling around, and pour over the kimchi.



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Leave the kimchi out at room temperature for half a day to a day, depending on how quickly you want your kimchi to ferment. Then, refrigerate.

Notes: You can dress this kimchi up by adding other ingredients like Korean pear, oysters, garlic chives, etc.

If you like lighter tasting kimchi, simply reduce the amounts of red chili pepper flakes, salted shrimp, fish sauce, and/or garlic. If you don't have salted shrimp, just add more fish sauce (and salt if needed) to achieve the desired salt level.

*These ingredients can be found in the Asian aisle at large grocery stores, or in specific Asian grocery stores. Mu radish is a large cylindrical radish and can be substituted with daikon radish. To make vegetarian, omit fish and shrimp and adjust salt to taste with soy sauce or more salt.