

Kimchi Recipes

Traditional Kimchi

Ingredients:

6 lbs. Napa Cabbage

1/2 c. Kosher Salt

2 c. water

2 T. Sweet Rice Flour

2 T. Brown Sugar

2 c. Korean or Daikon Radish, julienned

1 c. Carrot, julienned

1 c. Scallion, chopped

1/2 c. garlic

2 t. ginger, skinned

1 c, onion

1/2 c. Fish Sauce

1 to 2 1/2 c. Korean Hot Pepper Flakes

Toasted Sesame Seeds

Supplies: Disposable gloves, large containers for mixing and storing

Method:

1. Cut and rinse cabbage.
2. Salt cabbage. Turn cabbage every 30 minutes.
3. Combine rice flour and water in pot and bring to boil.
4. Stir in brown sugar and remove from heat.
5. Puree garlic, ginger, and onion.
6. Mix GGO puree with rice flour mixture, then add fish sauce and red pepper flakes.
7. Rinse cabbage at least three times and drain.
8. Mix cut vegetables with kimchi paste.
9. Put on disposable gloves.
10. Coat cabbage with kimchi paste and pack tightly into storage containers.
11. Make rice and set aside some kimchi to eat, sprinkle with toasted sesame seeds before serving.

Sweet and Tangy Kimchi

Ingredients:

3 lbs. Napa Cabbage

1/4 c. Kosher Salt

1 c. water

1 T. Sweet Rice Flour

1 T. Brown Sugar

1 c. Korean or Daikon Radish, julienned

1/2 c. Carrot, julienned

1/2 c. Scallion, chopped

1/4 c. garlic

1 t. ginger, skinned

1/2 c. onion

1/4 c. Fish Sauce

1/4 to 1/2 c. Korean Hot Pepper Flakes (Taeyangcho 2.82 oz./c.)

1/2 c. Apricot Preserves or Jam

Toasted Sesame Seeds

Supplies: Disposable gloves, large containers for mixing and storing

Method:

1. Cut and rinse cabbage.
2. Salt cabbage. Turn cabbage every 30 minutes.
3. Combine rice flour and water in pot and bring to boil.
4. Stir in brown sugar and remove from heat.
5. Puree garlic, ginger, and onion.
6. Mix GGO puree with rice flour mixture, then add fish sauce, apricot jam, and red pepper flakes.
7. Rinse cabbage at least three times and drain.
8. Mix cut vegetables with kimchi paste.
9. Put on disposable gloves.
10. Coat cabbage with kimchi paste and pack tightly into storage containers.
11. Make rice and set aside some kimchi to eat, sprinkle with toasted sesame seeds before serving.

Kimchi Basics

Ingredients:

Main vegetable(s)

Salt

Water

Optional Ingredients:

Binding starch (rice flour, wheat flour, tapioca flour, corn starch, potato starch, etc.)

Sweetener (brown sugar, white sugar, honey, agave syrup, flavored jam, etc.)

Additional vegetables (Korean or Daikon radish, carrots, scallions, onions, garlic, etc.)

Umami/salt flavor (fish sauce, anchovy, salted shrimp, Bragg liquid aminos, soy sauce, etc.)

Spicy flavor (Korean hot pepper flakes, gochujang, chili peppers, Sriracha, etc.)

Toasted sesame seeds when serving over steamed rice.

Method:

1. Cut and rinse main vegetable(s).
2. Salt main vegetable(s). Turn or stir main vegetable(s) every 30 minutes.
3. If making binding paste, combine flour or starch and water in pot and bring to boil.
4. If sweetening, stir in sweetener and remove from heat.
5. If using other vegetables to make colorful, cut them up (julienne, dice, chop, etc.)
6. If using allium vegetables (onion, garlic, etc) puree them and mix puree with binding, umami/salt, and spicy ingredients.
7. Rinse main vegetable(s) at least three times and drain.
8. Mix cut vegetables with binding paste.
9. Put on disposable gloves.
10. Coat main vegetable(s) with binding paste and pack tightly into storage containers.