

313 MAIN STREET  
AMES, IA 50010  
515.233.4272

M-W 9:30am-6pm  
TH 9:30am-8pm  
FR 9:30am-6pm  
SA 9:30am-5pm



## **Simple Napa Cabbage Kimchi**

*Makes about 1 quart*

### **BRINE INGREDIENTS:**

1 Napa cabbage (about 2 lbs) cut in half, then cut in 1-2" slices  
1/4 c. kosher salt  
1 c. cold water

### **SEASONING INGREDIENTS:**

2 tbsp freshly minced ginger  
5-6 garlic cloves, minced  
4-6 green onions, cut into 2" lengths  
2 c. daikon radish, cut into matchsticks  
2 tbsp. soy sauce (use fish sauce or shrimp paste for a seafood flavor)  
1 tsp. sugar  
4 tbsp. coarse Korean Chili Flakes (also called kochukaru) Find at a local Asian market, or online.

### **DIRECTIONS:**

**1. BRINE:** MIX cabbage, salt and water in a large bowl and let SIT for about 1 hr (until cabbage softens.) STIR occasionally. Notice how the cabbage begins to wilt. After cabbage is fairly soft, DRAIN in a stainless steel colander and RINSE well with cold water.

**2. SEASON:** While the cabbage is brining, PREPARE the seasoning. MIX all seasoning ingredients together with the brined, rinsed cabbage. To follow Korean tradition, MIX by hand (as legend has you can "taste" through your hands) or use a pair of stainless tongs like we did. Thoroughly mix, then PLACE in a sterilized glass jar. TIGHTLY PACK the kimchi in the jar, leaving 1" of space at the top for the bubbling liquid from fermentation to rise up.

**3. FERMENTATION:** SCREW on lid (but not too tightly), and LEAVE in a dark place for 24-48 hours until you notice FERMENTATION has started (when you open you see small carbonated bubbles and perhaps notice a sour smell). Take care to PLACE JAR in another pan, as the juices can sometimes come out during this process.

**4. STORE:** AFTER 24-48 hours, PLACE the jar in the fridge and eat in the next month. The fermentation process continues as the kimchi is refrigerated, so unscrew lid with care.

*Continued on Page 2*

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*Page 2, continued*

**VARIATION: Simple Daikon Radish & Carrot Kimchi**

*Makes about 1 quart*

**BRINE INGREDIENTS:**

3 c. daikon radish, cut into matchsticks  
3 carrots, peeled and cut into matchsticks  
1/4 c. kosher salt  
1 c. cold water

**SEASONING INGREDIENTS:**

2 tbsp freshly minced ginger  
4 garlic cloves, minced  
6 green onions, diced  
2 tbsp. soy sauce (use fish sauce or shrimp paste for a seafood flavor)  
1 tsp. sugar  
4 tbsp. coarse Korean Chili Flakes (also called kochukaru) Find at a local Asian market, or online.

**DIRECTIONS:**

**1. BRINE:** MIX daikon radish, carrot, salt and water in a large bowl and let SIT for about 1 hr (until veggies begin to soften.) STIR occasionally. Next, DRAIN in a stainless steel colander, and RINSE well with cold water.

**2. SEASON:** While the veggies are brining, PREPARE the seasoning. MIX all seasoning ingredients together with the brined, rinsed veggies. To follow Korean tradition, MIX by hand (as legend has you can “taste” through your hands) or use a pair of stainless tongs like we did. Thoroughly mix, then PLACE in a sterilized glass jar. TIGHTLY PACK the kimchi in the jar leaving 1" of space at the top for the bubbling liquid from fermentation to rise up.

**3. FERMENTATION:** SCREW on lid (but not too tightly), and LEAVE in a dark place for 24-48 hours until you notice FERMENTATION has started (when you open you see small carbonated bubbles and perhaps notice a sour smell). Take care to PLACE JAR in another pan, as the juices can sometimes come out during this process.

**4. STORE:** AFTER 24-48 hours, PLACE the jar in the fridge and eat in the next month. The fermentation process continues as the kimchi is refrigerated, so unscrew lid with care.