What is kimchi?

- traditional Korea ferment
- vegetable based
- often spicy
- heavy umami element
What is umami?

- fifth taste (not sweet, sour, salt, bitter)
- Umami in MSG, mushrooms, fish sauce
How to make kimchi?

- select vegetables+
- select flavorings+
- select recipe+
Which vegetables?

- Most US kimchi, nappa cabbage+
- Daikon often added
- Green onions
Nappa cabbage

- Tall, leafy head
- Not dense like spherical cabbage
- Split, then core
Which flavorings?

- Salt, sugar
- Garlic
- Ginger
- Ground red pepper powder
- Salted shrimp
- Fish sauce
Which recipe?

- Many on Internet
- I stumbled on mine
- Mine has worked well every time
- Consistent

http://www.maangchi.com/recipe/tongbaechu-kimchi
What are the steps?

- Prepare dechloraminated water
- Cut up cabbage
- Salt it, water it, cover it
- For 12-24 hours
- This is a ferment starter
What then?

- Make porridge+
- Drain cabbage of water
- Rinse cabbage & dry
Porridge

- Mix water, rice, sugar
- Boil till mushy
- Cool
Chopping

- Green onions
- Garlic
- Ginger
- Daikon--julienne
Mixing

- Add porridge to a bowl
- Add spices and condiments
- Mix well
Assembly

- Add cabbage to bowl
- Mix thoroughly
- Pack into fermenter--NOT TOO FULL
Fermentation

- Cover kimchi with air seal
- Can be ceramic or plastic
- Be sure gasses can escape
- Open and discharge gas every 2 days
When done?

- When little more gas produced
- Pack into storage container
- Traditional is kimchi crock
- Modern is glass jars
- Refrigerate a week or more
Which recipe?

- Mine is at http://tinyurl.com/p7vs2kl
- http://www.maangchi.com/recipe/tongbaechu-kimchi
What next?

- Try it, you'll love it
First Korean Market
4625 Geary Blvd   nr 11th Ave, SF
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