

Make Kimchi at home



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



Stay connected

- Sign up for our list
- Keep checking sfferment.com