

Recipe – Kim Chee

The following is a basic recipe for lacto-fermenting vegetables. “Kim Chee” is like the Korean version of sauerkraut.

Ingredients:

- 1 head *organic* green cabbage, NOT WASHED. Reserve outer leaves and finely slice or shred the rest in the food processor
- 3 carrots, shredded
- 2 red peppers, sliced thin
- 1 bunch of scallions, roots nipped off, green parts chopped, and an inch of white end set aside
- 1 fresh Serrano or other hot pepper
- two pieces of kombu seaweed, soaked in a few ounces of water
- 2 inch piece of ginger, peeled and chopped
- 3 ounces of kombu soaking water
- 1 apple, cut in half and seeded
- 4 cloves garlic

Directions:

Do not wash the organic cabbage. You want the organisms found naturally on the outer leaves to assist fermentation. Mix the cabbage, carrots, peppers, and green part of the scallions in a large bowl.

Place the white end of the scallions, the hot pepper, ginger, garlic and kombu soaking water in the food processor and liquefy.

Mix with the cabbage mixture.

Place half of the cabbage mixture in a ceramic or glass container. The ceramic liner of a crock pot works well. Pound down and press it firmly to compact the contents.

Place the apple halves in the cabbage.

Place the rest of the cabbage mixture on top and again pound and press it down firmly.

Place the kombu on top of the cabbage.

Place a layer of outer cabbage leaves on top of the kombu.

With every layer, press down firmly.

Place a heavy weight on top of the cabbage leaves, like a flat plate weighted down. Cover the pot, making sure no foreign matter can get in.

Leave out at room temperature. The vegetables will begin to foam.

Let stand for 3 to 5 days.

Discard the cabbage leaves, kombu and apple.

Transfer the vegetables to clean glass containers and store in the refrigerator. The fermented vegetables should stay crispy and delicious for a few weeks in the frig.