

# Kimchi

**Prep time:**

15 minutes plus fermentation time: 3-7 days

**Yields:**

1 gallon

**Ingredients:**

1 medium head (2 pounds) napa cabbage  
1/4 cup plus 1 teaspoon sea salt or kosher salt, separated  
2 cups water  
2-3 cloves garlic  
1 teaspoon grated ginger  
1 to 5 tablespoons Korean red pepper flakes (gochugaru)  
8 ounces Korean radish or daikon, peeled and cut into matchsticks  
4 scallions, trimmed and cut into 1-inch pieces

**Directions:**

1. Slice the cabbage: Cut the cabbage lengthwise into quarters and remove the cores. Cut each quarter crosswise into 2-inch-wide strips.
2. Salt the cabbage: Place the cabbage and salt in a large bowl. Using your hands (gloves optional), massage the salt into the cabbage until it starts to soften a bit, then add water to cover the cabbage. Put a plate on top and weigh it down with something heavy, like a jar or can of beans. Let stand for 1 to 2 hours.
3. Rinse and drain the cabbage: Rinse the cabbage under cold water 3 times and drain in a colander.
4. Make the brine: Meanwhile, in a blender, combine the garlic, ginger, water and gochugaru, using 1 tablespoon for mild and up to 5 tablespoons for spicy).
5. Combine the vegetables and brine in a bowl and mix thoroughly.
6. Pack the kimchi into a jar, pressing down on it until the brine rises to cover the vegetables. Leave at least 1 inch of headspace. Seal the jar with the lid.
7. Let it ferment: Let the jar stand at room temperature for 3 to 5 days. You will see bubbles inside the jar.
8. Check it daily and refrigerate when ready: Check the kimchi once a day, pressing down on the vegetables with a clean finger or spoon to keep them submerged under the brine. (This also releases gases produced during fermentation.) Taste a little at this point, too! When the kimchi tastes ripe enough for your liking, transfer the jar to the refrigerator. You may eat it right away, but it's best after another 2 or 3 days.

