



## Easy Kimchi

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Kimchi made with Chinese cabbage, daikon, carrots and green onions, mixed with a homemade spicy paste and left to ferment.

### Ingredients

- **Chinese cabbage:** 3 lbs 5 oz, chopped into 1 to 2-inch pieces
- **Coarse pickling salt:**  $\frac{3}{4}$  cup (12 tablespoons)
- **Gochugaru (Korean chili flakes):** 1 cup
- **Carrots:** 4½ medium, cut into thin matchsticks

- **Daikon radish:** 12 oz (340 g), cut into matchsticks
- **Asian pears:** 1½ medium, peeled, cored and pureed
- **Fish sauce:** 4½ tablespoons
- **Granulated sugar:** 2¼ teaspoons
- **Green onions:** 9 to 12, cut into 1-inch pieces
- **Garlic:** 9 cloves, minced
- **Fresh ginger:** 2¼ tablespoons, grated

## Instructions

### Salt the Cabbage

Put the chopped cabbage into a large glass or stainless steel bowl. Sprinkle the pickling salt evenly over the cabbage and toss it thoroughly with your hands so the salt is well distributed.

Leave the cabbage at room temperature for 2 hours. Give it a good stir every 30 minutes while it is salting.

### Rinse the Cabbage

Drain the cabbage in a colander, then rinse it thoroughly under cold running water three times to remove the excess salt.

Let the cabbage drain for about 15 minutes, then gently press it down with your hands to remove any excess water.

### Make the Kimchi Paste

In a large bowl, combine the pureed Asian pears, fish sauce, sugar, minced garlic, grated ginger and Gochugaru. Mix everything together until you have a thick red paste.

### Add the Vegetables

Add the carrots, daikon and green onions to the paste and mix until the vegetables are evenly coated.

Add the drained cabbage and mix everything together thoroughly until the cabbage and vegetables are evenly covered with the red paste.

### Pack and Ferment

Pack the kimchi tightly into a 1-gallon jar, pressing it down as you go. Loosely secure the lid so that gas produced during fermentation can escape.

Leave the jar at approximately 18°C to ferment. Taste it after about 40 hours. If the flavour is where you want it, it can be moved to the refrigerator. If you want a little more fermentation, leave it for another day before refrigerating.

## **Notes**

Once fermentation is finished, the kimchi can be transferred to smaller jars for easier storage in the refrigerator.

If you don't have Asian pears, you can substitute apples. I used two apples in place of the pears in this batch and pureed them before adding them to the kimchi paste.

[How I Made This From Start to Finish](#)