

Kim Chi

4 cups of Chopped fresh local, seasonal vegetables or you can grate things like carrots, peppers and cabbage, kale, chard, cauliflower, broccoli. Root vegetables like dock and turnips, carrots, burdock root, ... all are good.

2 cups of Sliced peppers, onions, daikon radish
Some herbs such as cayenne and chili peppers are excellent. They add the heat and flavor.

Note: I save the outer layers of the cabbage to later place on top of the fermenting Kim Chi.

Place all the chopped, sliced and grated vegetables into a very large bowl that you will be able to pound in easily.

3 Tablespoons of grated ginger into the bowl. (use more if you like)
4-6 medium sized minced garlic cloves and add to the bowl.
Add sea salt, at least 3-4 tablespoons and mix it into the vegetables.

Start pounding the vegetables with your hands. I like to use a fist to start and then I knead the vegetable like bread dough, but with pressure. You can also use the end of a mallet or a broken rolling pin.

When the juice extracted from the Kim Chi vegetables is over the top of the vegetables you can stop pounding.

Move the Kim Chi into a crock or large glass jar firmly pressing down so that there are NO air bubbles. Press down until all the vegetables are covered with the juice. This is an anaerobic ferment. If air gets to the vegetables they will spoil or mold could form.

Place the Cabbage leaves over the Kim Chi and you can place a plate over the leaves with a heavy bottle of water to help keep the vegetables under the juices.

Cover with a cloth and let set for 4 days, and then taste it for the sour flavor. If it is to your liking it is done!

Refrigerate when done.