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How to Make Kimchi

Kim chi (pronounced kim'-chee) is a Korean spicy fermented side dish that may boost immune function. The key ingredient is a natural organic acid called lactic acid, that's also found in sauerkraut, milk, yogurt, kefir (a yogurt-like beverage), meat, probiotic supplements, and beer.

INGREDIENTS:

- 1 head of Napa cabbage
- 4 teaspoons non-iodized (kosher or pickling) salt per 2 ½ cups water
- 2 garlic clove, diced
- 1 teaspoon fresh ginger root, chopped
- dried chili flakes to taste
- daikon radish (optional)
- green onions (optional)

PREPARATION:

1. Wash the cabbage and remove any wilted outer leaves. Split the cabbage in half, then cut it into 1 inch pieces. Put into large stainless steel pot or 10 gallon crock.
2. Put enough the water/salt mixture to cover the cabbage. Making sure to use 4 tsp salt/2 ½ cups of water. Place a plate or another weight to keep the cabbage pieces submerged in the water. Leave it to soak overnight.
3. Drain the salt water, but save it in a separate container.
4. Mix the cabbage thoroughly with the remaining ingredients and put it into clean glass jar (or other large jar or crock). Press down the mixture in the jar until salt water rises. The cabbage should be submerged. If not, add some of the brine you saved.
5. Add a weight to keep the cabbage submerged. You can use anything that fits into the jar, but it must be sterile and be suitable for food preparation. Ideally it would be a plate that is just slightly small than diameter of crock/jar so that all cabbage is kept submerged under water.
6. Check on the cabbage daily. If it's not submerged, open the jar and use a spoon to push down the cabbage.
7. The jar should be left in a warm place, such as on the kitchen counter for 4 – 7 days, depending on the room temperature and the strength of kimchi that you prefer. After that it's ready to eat, and can be stored in the fridge and will keep for months.