

Jim's Home-made Kimchi

Yield: Two quarts of fresh, raw kimchi, teeming with natural probiotics

Ingredients: 3 ½ pounds napa cabbage and / or dicon radish.
3 ½ tsp Redmond salt OR 4 heaping tsp salted shrimp (sometimes called shrimp sauce)

Optional ingredients:

2 cloves of garlic (finely chopped or shredded)

1" of fresh ginger root (finely chopped or shredded)

4 heaping TBS Korean kimchi spice (more or less to taste)

Materials Needed:

kitchen knife

large stainless-steel or glass bowl

funnel

one 2-quart wide-mouth mason jar with its lid and ring

Jim's Jar-Top Fermentor

Preparation:

1. Prepare radish by peeling, and cutting into large julienne shaped pieces about 1" long
2. Prepare Napa cabbage by cutting the base of the head off. Each time you cut off a slice, it frees additional leaves. Rinse leaves, and cut them into bite-sized pieces.
3. Add garlic, ginger, kimchi spice, and salt OR salted shrimp (not both).
4. Massage the mixture with your hands or a potato masher until there is enough juice to cover the vegetables after they have been packed into the jar.
5. Fill the jar to the shoulder, leaving about 1 ½ inches of head space..
6. Place the stainless steel cup upright on top of the vegetables.
7. Dampen the inside of the black rubber grommet in the plastic disk lid. Carefully but firmly seat the narrow end of the stem of the air-lock device into the grommet so that air and/or liquid will not leak past the stem. Place the clear plastic cup-shaped float upside down over the stem inside of the air-lock. Fill the air-lock with water to the mark a little more than half-way with tap water. Snap the small plastic cap onto the top of the air-lock. Dampen the red rubber ring to create a good seal, and place it between the lid and the jar.
8. Screw the assembled air-lock onto the jar using the metal ring that comes with the jar.
9. Place the jar in a cool (68° to 72°F) place. Try a step on the stairs going into your basement, or a cooler with some ice in it. The refrigerator will be too cold.
10. When the juices overflow into the air-lock device (about the second or third day), discard the brine from the stainless steel cup, refill the air-lock with fresh water, and replace the device onto the jar.
11. After 4 days, test the kimchi. When they are just the way you like them, remove the fermentor top, replace it with a regular lid and store in the refrigerator. Enjoy! Then, start another batch so you never run out!

Questions? Contact Jim Sumsion at jes1952@gmail.com