

Kimchi

INGREDIENTS

1 large Chinese or Napa Cabbage
1 gallon (4l) water
1/2 cup (100g) coarse salt
1 small head of garlic, peeled and finely minced
one 2-inch (6cm) piece of fresh ginger, peeled and minced
1/4 cup (60ml) fish sauce
1/3 cup (80ml) chili paste or 1/2 cup Korean chili powder
1 bunch green onions, cut into 1-inch (3cm) lengths (use the dark green part, too, except for the tough ends)
1 medium daikon radish, peeled and grated
1 teaspoon sugar or honey

PREPARATION

1. Slice the cabbage lengthwise in half, then slice each half lengthwise into 3 sections. Cut away the tough stem chunks.
2. Dissolve the salt in the water in a very large container, then submerge the cabbage under the water. Put a plate on top to make sure they stay under water, then let stand for 2 hours.
3. Mix the other ingredients in a very large metal or glass bowl.
4. Drain the cabbage, rinse it, and squeeze it dry.
5. Here's the scary part: mix it all up.
6. Pack the kimchi in a clean glass jar large enough to hold it all and cover it tightly. Let stand for one to two days in a cool place, around room temperature.
7. Check the kimchi after 1-2 days. If it's bubbling a bit, it's ready and should be refrigerated. If not, let it stand another day, when it should be ready.
8. Once it's fermenting, serve or store in the refrigerator. If you want, add a sprinkle of toasted sesame seeds over the kimchi for serving.