

How to Make Cabbage Kimchi

INGREDIENTS

- 1 medium head Napa Cabbage (about 2 pounds)
- 1/4 cup pink salt or kosher salt
- 1 tablespoon grated garlic (5 to 6 cloves)
- 1 teaspoon grated peeled fresh ginger
- 1/2-1 tablespoon brown sugar
- 2 tablespoons fish sauce or salted shrimp paste (optional)
- 1 to 5 tablespoons Korean red pepper flake
- 8 ounces Korean radish or daikon radish (peeled and cut into matchsticks (optional))
- 1/4 Apple (slices or grated)
- 1 bunch green onion (cut 1-2 inches pieces)
- 1/4 Asian pear (slices or grated)
- 1/4 Onion (cut 1-2 inches pieces)

1. Cut the Napa cabbage into 1-inch cubes. Place in a bowl and toss with 1/4 cup of pink salt or kosher salt

2. Fill the bowl with water and stir, and soak cabbage for 3-4 hours.

3. after 3-4 hours, drain and rinse, pressing the liquid out.

4. Put rinse Napa cabbage in a big bowl and put Korean red pepper flake, apple, green onion, Asian pear, ginger, fish sauce, brown sugar, onion, fish sauce and mix well

5. Put Kimchi into Jar and ferment on room temperature about 3-4 days

6. Put fermented Kimchi jar into refrigerator

Enjoy your Kimchi !