

# QUICK KIMCHI

CREDIT: THE STOP COMMUNITY FOOD CENTRE

## INGREDIENTS

3 tbsp fine sea salt  
3 lbs napa cabbage (1 head) or bok choy (or 20 baby bok choy)  
1 large carrot and/or  
½ a daikon radish  
3 cloves garlic, chopped

1" piece peeled ginger, chopped  
2 tbsp Asian fish sauce  
2 tsp rice vinegar  
4 green onions, chopped  
½ apple or Asian pear, grated

2 – 3 tbsp coarse Korean hot red-pepper powder or chili powder  
3 tbsp sesame seeds, toasted and crushed

## DIRECTIONS

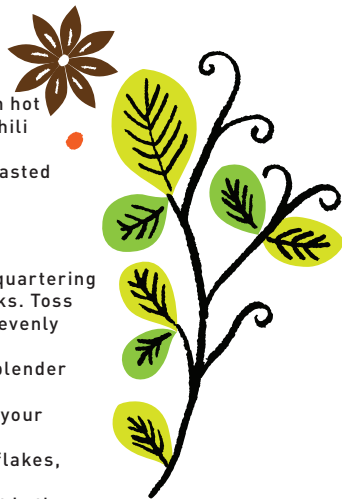
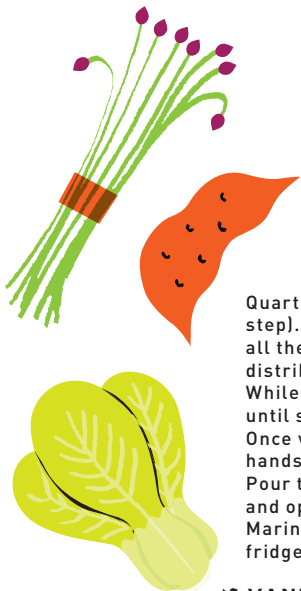
Quarter napa cabbage lengthwise, then cut crosswise into 2-3 inch pieces. (For bok choy, skip the quartering step). For the root vegetables, peel, cut lengthwise, and thinly slice or julienne into thin matchsticks. Toss all the vegetables with the salt in a large bowl and let stand for two hours, tossing occasionally to evenly distribute the salt.

While the vegetables are soaking, puree the garlic and ginger with the fish sauce and vinegar in a blender until smooth.

Once vegetables are finished soaking, rinse them well, then drain. Squeeze out excess water with your hands and transfer to a large bowl.

Pour the blended mixture over the vegetables. Add scallions, the apple or Asian pear, red pepper flakes, and optional sesame and seaweed, tossing to evenly coat.

Marinate at least 1 hour. You can eat it fresh like that or pack the kimchi into glass jars and store it in the fridge for up to one month. The flavour will get stronger with time just like fermented kimchi.



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