



**Seasonal Eating Demo with Hanh Tran
Open Farm Day – October 19th, 2024**

Homemade Fermented Kimchi

INGREDIENTS

- 500g cabbage, cut into pieces
- 1 carrot (shredded, or thinly cut into sticks or strings)
- 2 tbsp salt (sea salt, pickling or kosher salt)
- red radishes (4-5 thinly sliced)
- 1/2-1 cup chopped chives or green onions
- 4 tbsp Korean chili paste

Kimchi sauce:

- 1 garlic clove peeled
- Fresh ginger hand
- 1/2 medium red onion
- 1 1/2 tsp pink salt (or sea salt, pickling or kosher)
- 1 apple, remove core
- 2- 4 tbsp cooked rice
- 1 tbsp sugar
- 1/2 cup filtered water
- 3-5 tbsp apple cider vinegar/ginger starter
- 2 tbsp fish sauce

Instructions:

- Puree the kimchi sauce ingredients to create a paste
- Prepare the cabbage and carrot, sprinkle evenly with the salt, mix well. Leave for 30 minutes, water will be pulled from the vegetables. Drain and rinse well to remove salt residue.
- Mix with red radish, chives, Korean chili paste with the cabbage and carrot.
- Add the kimchi sauce and mix well. Put in a clean jar with loose lid and leave at room temperature for 3-5 days, then put in the refrigerator to continue fermenting for 1-2 months.