

KIMCHI RECIPE

Yield: 1 quart

Prep Time: 45 minutes

Fermentation Time: 1-3 weeks

This recipe for kimchi is inspired by the timeless techniques of Sandor Katz but with a unique Wylder Space twist. It's versatile, flavorful, and perfect for adding a probiotic punch to your meals.

INGREDIENTS

- 1 medium Napa cabbage (about 2-3 pounds)
- 1/4 cup kosher salt (non-iodized, for fermentation)
- 1 small daikon radish, peeled and cut into matchsticks
- 4 scallions, trimmed and cut into 1-inch pieces
- 1 medium carrot, peeled and grated
- 3 tablespoons gochugaru (Korean red pepper powder)
- 5 cloves garlic, minced
- 1-inch piece fresh ginger, grated
- 2 tablespoons fish sauce (or soy sauce for vegetarian)
- 1 teaspoon sugar (optional)

DIRECTIONS

- Prepare the Cabbage:
- Remove any outer leaves from the Napa cabbage. Cut the cabbage lengthwise into quarters and remove the core. Slice each quarter into 2-inch pieces.
- Place the cabbage in a large mixing bowl and sprinkle it with the kosher salt. Toss well to coat evenly.
- Salt and Soak:
- Let the cabbage sit for 1-2 hours, tossing every 30 minutes. The salt will draw water out of the cabbage, softening it.
- Rinse the cabbage thoroughly under cold water 2-3 times to remove excess salt. Let it drain in a colander.



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DIRECTIONS CONTINUED

- Prepare the Kimchi Paste:
- In a separate bowl, mix the gochugaru, garlic, ginger, fish sauce (or soy sauce), and sugar (if using). Stir until it forms a thick paste.
- Combine the Vegetables:
- Add the drained cabbage, daikon radish, carrot, and scallions to the bowl with the paste. Using clean hands (gloves recommended), massage the paste into the vegetables until they're thoroughly coated.
- Pack the Jar:
- Tightly pack the kimchi into the jar, pressing it down as you go to remove air pockets. Ensure the vegetables are fully submerged in their own brine.
- Leave about 1-2 inches of headspace at the top of the jar for expansion during fermentation. Place a fermentation weight or smaller jar on top to keep the vegetables submerged.
- Cover and Ferment:
- Cover the jar with a clean kitchen towel or paper towel, secured with a rubber band or jar ring. This allows airflow while protecting the ferment.
- Place the jar in a cool, dark place (65-75°F) and let it ferment for 1-3 weeks. Check daily to ensure the vegetables stay submerged and taste-test after 1 week.
- Store:
- When the kimchi reaches your desired level of tanginess, transfer it to the refrigerator. This will slow the fermentation process. Kimchi will keep for several months and continue to develop flavor.
- Wylder Space Flavor Variations
- Citrus Ginger Kimchi:
- Add the zest of 1 orange or lemon and a squeeze of juice for a bright, citrusy kick.
- Turmeric Kimchi:
- Add 1/2 teaspoon ground turmeric and a pinch of black pepper for an anti-inflammatory boost.
- Spicy Garlic Kimchi:
- Double the garlic and add 1-2 teaspoons red chili flakes for extra heat and depth.
- Herbed Kimchi:
- Add 1 tablespoon finely chopped fresh cilantro or Thai basil for a unique herbal twist.
- Beet Kimchi:
- Replace the daikon radish with 1 medium beet, julienned, for a vibrant color and earthy flavor.