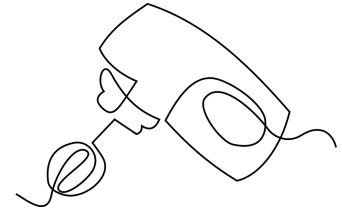


SEEDS KITCHEN



Kimchi (vegan)

INGREDIENTS

- 2 medium napa cabbage
- Sea salt
- 1/2 roughly chopped capsicum
- 6 cloves garlic
- 20g ginger
- 1 roughly diced white onion
- 1/2 large nashi pear or 1 Australian pear
- 100g Korean red pepper flakes
- 2 tablespoon sesame seeds

PROCESSING

1. Cut the cabbages in quarter lengthwise, removing the stem and cutting the rest into bit sized pieces.
2. Separate the leafy pieces and the hard stem pieces into two large mixing bowls.
3. Wash the separated cabbages thoroughly and drain.
4. In a separate bowl, add enough cabbage leaves (hard pieces first) to cover the large bowl and sprinkle a handful of salt evenly.
5. Repeat as you continue this step forming layers of cabbage and salt. Finish with the leafy part of the cabbages on top of the bowl.
6. Let the cabbage and salt mixture sit for at least 4 hours, mixing once or twice in between to evenly coat the cabbage with the salt.
7. After 4 hours, you should see water drawn out from the cabbage leaves. Check to see if the cabbage has been salted enough by bending the thick stem. It is not ready if it snaps and should soak for a little longer. If the thick stem portion of the cabbage is bendable, it is ready to rinse.
8. Rinse thoroughly at least 3 times under running water and place the cabbage into a large strainer and drain completely.
9. In a blender add the capsicum, garlic, ginger, onion and pear. Blend until it has combined well and has formed a smooth consistency.
10. In a large mixing bowl, pour the kimchi paste, Korean red pepper flakes. Mix well until it has formed a runny paste.
11. Add the drained cabbage and mix well with your hands (wear gloves to protect your hands from getting red and smelly!)
12. Add sesame seeds and give a final toss. Taste for salt and transfer into a air tight container, making sure to give the container about 1 inch room on top (this gives the kimchi room to ferment). Pack down the kimchi with your hands.
13. Close the lid and place the container on your kitchen counter for 24-48 hours (24 hours for a warm day and 48 hours for a cooler day) and then place into the refrigerator.
14. Enjoy as a side dish or incorporate into a recipe!



SEEDS
NEWCASTLE