

Step by step...

valve - R'o'la'ow - silicone stopper



Step 1

Pack the jar tightly with required ingredients.



Step 2

Insert a weight (we recommend a clean ramekin filled with baking beans in a clingfilm wrap).



Step 3

Screw on the lid with the silicone stopper pushed DOWN, so excess gas can escape through the valve, but no oxygen gets in.



Step 4

Once the desired length of fermentation has been reached, remove weight and place in fridge.

Step 5

Pull silicone stopper UP to release for opening jar. Use contents as needed.



Kimchi

Makes 1.2kg | Prep time 2hrs

A pungent cabbage pickle from Korea that has a real kick and is very addictive.

Ingredients

- 1kg Chinese cabbage (also known as Chinese leaves)
- 35g sea salt
- 6 cloves garlic, finely chopped
- 3cm piece of root ginger, grated
- 1 tsp granulated sugar
- 3 tbsp chilli flakes
- 250g white radish/ daikon, peeled & finely sliced
- 100g spring onions, peeled & finely sliced

Equipment

- Large bowl
- Colander
- Pestle & mortar or spice grinder
- 2 x 1 litre glass jars

Chop the cabbage into strips 2cm wide. Place in a large bowl and scatter over the salt. Use your hands to rub the salt into the cabbage until it begins to wilt. Cover the cabbage with cold water and leave for an hour or two to soak up some of the salt. Drain and rinse well in a colander.

Grind the garlic, ginger, sugar and chilli flakes in a pestle and mortar – or mix in a spice grinder – to form a paste. Squeeze most of the liquid from the cabbage and place it in a large bowl with the radish and spring onions. Add the spice paste and rub it in well.

Pack the mixture into a clean, dry fermenting jar, pressing down so that the

juices fill all the air spaces. Insert your weight on top of the Kimchi. Screw on the lid with the silicone stopper pushed down, leave at room temperature to ferment. This can take 2–6 days, but check the Kimchi each day and press down the cabbage to keep it moist.

Then store the Kimchi in the fridge for a couple of weeks before using, with the silicone stopper pushed down. The taste will be strong and fiery.

Use within 2 months.