Kimchi

Ingredients

1 large Chinese leaf cabbage (approx. 700g–1kg)

50g fine or coarse sea salt (iodine-free)

1 medium apple or pear, peeled and roughly chopped

4–6 garlic cloves, peeled

20g fresh root ginger, peeled

2 tbsp miso paste (to replace fish sauce for a great vegan alternative)

20g–50g chilli flakes

1 large carrot, cut into thin matchsticks

5 spring onions, sliced



Method

1) Chop the Chinese leaf cabbage into 3–4cm pieces. Place into a large bowl and massage in the sea salt until the leaves begin to soften. Cover with cold water and leave to sit for 1.5 to 2 hours, stirring occasionally.

2. Rinse the cabbage thoroughly in cold water to remove excess salt, then place in a colander and let it drain well.

3. In a food processor or blender, blend the apple, garlic, ginger, and miso paste until smooth. Stir in your chilli flakes to form a thick, vibrant red paste.

4. In a large bowl, combine the well-drained cabbage, carrot matchsticks, and spring onions. Pour the kimchi paste over the top and, wearing rubber gloves, massage the paste into the vegetables until evenly coated.

5. Pack the mixture firmly into a 1-litre or 2-litre airtight glass jar (like a Kilner jar). Press the vegetables down until the juices (brine) rise to completely submerge the cabbage. Leave about 2 cm of space at the top.

6. Close the lid and leave the jar at room temperature for 1 to 5 days. Open the lid daily to release built-up gas. Taste it on day 1 to monitor the sourness. Once it reaches the desired flavour, transfer it to the fridge to slow down the fermentation.