

NAPA CABBAGE KIMCHI

Yield: 12 Portions

Ingredients	Amount
Napa cabbage, cut into 3" chunks	2 lb.
Salt	1 Tbsp.
Garlic, finely minced	2 Tbsp.
Ginger, peeled, finely minced,	1 tsp.
Green onion, greens only, 2" logs	½ cup
Korean chili powder, Gochugaru	1 cup
Fish sauce*	1 tsp.
Sugar	1 tsp.
Carrots, julienne	½ cup
Daikon, julienne (optional, if not using then increase carrots to 1 cup)	½ cup

Method

1. Rinse, strain, and then lightly salt cabbage in a mixing bowl. Toss to combine every 15-20 minutes until cabbage begins to look translucent. This process may take up to 1 hour, but to expedite this process place heavy object on top of salted cabbage.
2. Once cabbage is translucent and pliable, set aside.
3. Combine the remaining ingredients and toss with cabbage.
4. Pack in sterilized jar* and allow to ferment at room temperature until desired taste and then refrigerate.
5. Serve as is or with a bowl of steamed rice. Kimchi can also be chopped and eaten with tacos, sandwiches, and salads or cooked in soups and stews.

Variation: *substitute with salt or coconut aminos for vegetarian.

Note: To sterilize jar, bring a pot of water to a boil. Place jar and lid into the boiling water making sure that items are submerged for 10 minutes. Alternatively, the jar can be sterilized in a 350°F oven, but lid should be boiled. Place jar on a sheet pan and then into the oven for 10 minutes. After 10 minutes, remove jar and lid. Allow to cool before filling with kimchi.

Nutrition Information (per portion/serving)

Calories: 62/Protein: 1 g/Carbohydrate: 12 g/Fiber: 1.5 g/Carbohydrate to fiber ratio: 8
Saturated fat: 0 g/Polyunsaturated fat: 0 g/Monounsaturated fat: 0 g
Trans fat: 0 g/Sodium: 175 mg / Potassium: 50 mg / Added sugar: .5 g

Source: Uyen Pham as presented at the 2020 Healthy Kitchens, Healthy Lives® conference.
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