

Gotta Haven Kim chi

배추, 무김치



Ingredients:

1 medium to large Napa Cabbage, roughly 3 lbs.
Salt, preferably coarse sea salt or iodine-free for brining
Salt for seasoning, 2-3 tsp.
1 medium size radish, roughly 1.5 lbs.
Flour paste: 1 cup of water, ½ tsp salt, and 2 Tbsp flour
5 med to large carrots.
Ginger, 2 Tbsp.
Scallion/Green onions, 1 bundle or Chives.
Garlic, 1 Tbsp-roughly 5-6 cloves.
Red pepper powder/flakes, ¾-1 cup.
White granulated sugar, 2-3 tsp (if you prefer sweeter taste, 3 tsp)

Instructions:

- Cut the Napa cabbage lengthwise into quarters and cut them into the bite-sized pieces, roughly 2 inches each. Place them in a large bowl.
- Cut the Radish into bite-sized pieces and place them in a separate bowl.
- Sprinkle salt generously over the radish and the cabbage, mix them.
 - *** I prefer not to add water but rather let the salt work through and bring the water out of them while adding a salty flavor to them.
 - However, if you prefer to add water and soak the cabbage, that is an option.
- Let the bowls sit for 3-4 hours. Cover them if you are putting them outdoor to prevent dust or insects from getting into them.
 - *** Mix/turn them over once or twice during the waiting period.
 - Tip: How to test if the cabbage and the radish are ready? After 3-4 hours, you will see a good amount of water in the bowl. Taste a small piece of cabbage and radish. If they are salty, it is ready.
- Rinse them under cold water 2-3 times. Set them aside to drain in a colander while preparing other ingredients.
- Make a flour paste. Put water into a small saucepan, mix salt and flour until flour is well mixed with the water. Bring it to a boil over low-medium heat while continually stirring the mix until it thickens. Removed from the heat and let it cool.
- Slice Carrots & Scallions into thin 2-3 inch-long pices and put them in a large bowl.
- Put the garlic cloves and the ginger roots in a blender and mince them well.
- Spice Ingredients: Combine blended garlic & ginger, flour paste, red pepper powder into the bowl of sliced vegetables and mix them well.
- Add 1 tsp of salt and 2 tsp of sugar and mix them well again.
- Put the well-drained cabbage and radish into a large bowl and introduce the mixed spice ingredients.
- Mix them thoroughly until they are coated well. Taste and add remaining salt or sugar as needed.

Packing them into glass jars would be the best way to store them.

If you don't have glass jars or containers, you could use freezer gallon size Ziplock bags. Just make sure to have a plastic container under to catch any juice leaking.

NOTE: Dedicated it to Korean Grandma.

