Happy~Healthy~Blessed

Kimchi

Recipe originally from Nourishing Traditions By Sally Fallon

Ingredients:

1 head of Napa cabbage, cored and shredded
1 bunch of green onions, chopped
1 cup of carrots grated
½ cup daikon radish, grated
1 Tablespoon freshly grated ginger
3 cloves garlic, peeled and minced
½ t. dried chile flakes
1 T. Real Salt
4 T. whey (if not available use and additional 1 T. salt)

Place vegetables, ginger, garlic, red chile flakes, sea salt and whey in a bowl and pound with a wooden pounder or a meat hammer to release juices. Place in a quart sized wide mouthed mason jar and press down firmly with a pounder until juices come to the top of the cabbage. The top of the vegetables should be at least 1 inch below the top of the jar. Cove tightly and keep at room temperature for about 3 days before transferring to the fridge. The kimchi will continue to ferment the longer it sits in the fridge.

Rejuvenate Refresh Relax