

# KIMCHI (KOREAN SAUERKRAUT)



Recipe Credit: Nourishing Traditions

## MAKES 2 QUARTS

### INGREDIENTS

- 1 head napa cabbage, cored and shredded
- 1 bunch green onions, chopped
- 1 cup carrots, grated
- 1/2 cup daikon radish, grated (optional)
- 1 tablespoon freshly grated ginger
- 3 cloves garlic, peeled and minced
- 1/2 teaspoon dried chile flakes
- 1 tablespoon sea salt
- 4 tablespoons whey (if not available, use an additional 1 tablespoon salt)

### DIRECTIONS

1. 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.
2. Place in a quart-sized, wide-mouth mason jar and press down firmly with a pounder or meat hammer until juices come to the top of the cabbage.
3. The top of the vegetables should be at least 1 inch below the top of the jar.
4. Cover tightly and keep at room temperature for about 3 days before transferring to cold storage.