

Raw Salt Free Kimchi

*Chef Deloraine takes Korea's famous traditional national dish and adds her own twist!
She simplifies the recipe so it's easy to make.*

Ingredients

- 1 small Nappa cabbage, chopped
- 6 dates soaked overnight (don't throw out the water!)
- 4 cloves garlic, minced
- fresh ginger, grated (use about the same amount as the garlic)
- 1 apple cut into strips
- ½ Korean Radish or Daikon, matchstick (2 inches long)
(substitute with cucumber for a milder taste)
- ½ white onion, sliced
- ½ medium carrot, matchstick (2 inches long)
- 3-4 tbsp Korean red pepper flakes
- 1-2 sprigs spring onion, chopped
- 1 red chilli, sliced
- 1 small pear, finely chopped (Asian pear if you can get)
- 1 Tbps. Irish Moss gel
- 2 sea kelp cut in strips (optional)



Prep: Soak dates overnight.

Optional prep: Cut up cabbage, radish and carrots into large chunks and leave them, uncovered, in the fridge overnight (this will draw out the water without the salting process that is traditionally used).

Instructions

Chop the spring onions, place in a bowl and set aside.
Slice the onion. Mince the garlic & ginger.

Finely chop the pear and soaked dates. Add the dates-water (the water used to soak the dates) to the pear-date mix. Throw in the sliced onion, minced garlic & ginger, as well as the red pepper flakes and Irish Moss gel. Mix thoroughly into a chunky pepper 'paste'. (Use a blender or food processor if a smoother consistency is preferred.)

Wash and drain the cabbage, radish and carrots. Julienne the carrots and slice the radish into chunky match sticks (or bite size pieces along with the sea kelp). Set aside.

Rub the paste thoroughly into the cabbage-radish-carrot mixture. Add more red pepper flakes (if desired; to taste). Finally, mix in the spring onions.

Pack the kimchi firmly into air-tight jars. Leave in a cool dark place to ferment 2-3 days (may take longer in winter). To avoid an explosion, open the jars once a day and allow the kimchi to 'breathe' briefly, before tightening the lids again. Once fermented, store in the fridge. Enjoy!
