

# EASY *Vegan Kimchi*

50¢

*per serving*

30 MINUTES  
OR LESS

10 INGREDIENTS

*Buy Local!*

## CABBAGE

1 head napa or savoy cabbage, outermost leaves removed, well rinsed • Sea salt

## VEGAN FISH SAUCE (from Vegan Miam)

2 Tbsp tamari • 2 Tbsp coconut sugar, • 1/4 cup pineapple juice (from a can) • 1/4 cup warm water

## SAUCE

3 Tbsp fresh ginger, peeled and chopped

1 head garlic • 1 small white onion • 1/2 cup chili flake

## VEGETABLES

2 whole carrots, finely chopped or grated into matchsticks • optional: 6 green onions, roughly chopped



\*highlighted ingredients can be bought at the market!



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# HOW TO: EASY VEGAN KIMCHI

1. Make sure that you are using clean surfaces and utensils, and are washing your hands throughout the process of preparing your kimchi in order to prevent introducing bad bacteria and disrupting the fermentation process.
2. Start by quartering your well-rinsed and dried cabbage and carefully removing the bottom core with a sharp knife. Discard.
3. Next place your cabbage in a large mixing bowl and begin packing a generous amount of sea salt in between each of the leaves. Do so by lifting each individual leaf and sprinkling with sea salt. Repeat until all leaves have been salted. Then press down and let rest for 30 minutes. This breaks down the cabbage, drawing out moisture, priming it to be coated in the sauce.
4. While your cabbage rests, prepare your vegan fish sauce by adding all ingredients to a small mixing bowl, whisk to combine.
5. Next prepare your chili sauce by adding fresh ginger, garlic, onion and red chili flake to a food processor or blender.
6. Add vegan fish sauce to this mixture and pulse to combine. Set aside.
7. At this time, your cabbage should be ready to flip. Wash your hands and turn each section of cabbage over so it's facing the opposite direction. Then pack down with hands to compress. You'll repeat this process 3 more times (for a total of 4 times), waiting 30 minutes in between, and washing hands before touching cabbage.
8. In the meantime, add your chopped carrots and green onion (optional) to a medium mixing bowl, along with the sauce. Stir to combine.
9. While waiting, this is a good time to sterilize your storage containers. Bring a pot of water to a boil and place your containers (I used 1 large mason jar, and 1 small glass container), in a clean sink and pour the boiling water over top. Let containers cool slightly, then dry with a clean towel.
10. Once you have flipped your cabbage 4 times (it should be tender and shrunken down quite a bit), it's time to rinse. In very cold water, rinse each section of cabbage to remove excess salt, then place on 2-3 absorbent clean towels and pat dry. Separate the cabbage leaves at this time.
11. Rinse and dry the mixing bowl the cabbage was in, then return the dried cabbage to the bowl. Get your sauce with carrots and green onions and begin coating each leaf with the sauce. If you have gloves (disposable or rubber), use them at this time as the sauce can irritate sensitive hands.
12. Be generous when coating, but also keep in mind you need enough sauce to coat all of the cabbage. Once the cabbage is thoroughly coated with sauce, wash hands and get your sterilized storage container(s).
13. With clean hands, begin placing the coated cabbage leaves in the container, packing down to ensure there is as little air as possible between leaves. Continue until all cabbage is packed in, then press down very firmly to remove air. Top with clean, sterilized lid, and set in a cool dark place (such as a cabinet, not the refrigerator) to ferment. How long to ferment is up to you. I suggest 36 hours minimum, then transfer to the refrigerator for 1 week to ferment longer. The longer you ferment the kimchi, the tangier and intense the flavor will be, and the more tender the cabbage will become. - but do not go more than 21 days. Each day it ferments, open up and press down with a clean utensil, such as a spoon, to press out air bubbles and ensure the kimchi is immersed in liquid. A good sign of proper fermentation is seeing little bubbles in the sauce when you press down. If it smells pleasant to the nose and tangy, like the kimchi you're used to trying, it's probably ready to transfer to the refrigerator.

## why is it healthy?

### CABBAGE

Cabbage is a great source of fiber and folates, vitamins, and because it's so mostly water it's very low in calories.

### GINGER

Ginger is great for smoothing upset stomachs, nausea, reducing pain and muscle soreness, and a fantastic anti-inflammatory.

### GARLIC

Garlic is nature's antibiotic. Garlic strengthens the immune system, helps prevent infection, and reduce blood pressure, lowering risk of heart disease!

This recipe is from Minimalist Baker

Go to [minimalistbaker.com](http://minimalistbaker.com) to see more recipes!

<http://minimalistbaker.com/easy-vegan-kimchi/>

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