

# KIMCHI MAKING KIT

*instruction booklet*



Sandy Leaf Farm

# MAKE DELICIOUS KIMCHI



With this kit you will be able to make two big batches of your own authentic homemade kimchi. The whole process takes about a week, but you can have a taste every few days to check how it's going. As well as the ingredients in the kit, you will need some additional fresh ingredients.

*Ben and Hannah*

Sandy Leaf Farm

# LET'S GET STARTED

## INGREDIENTS NEEDED

- 1 'Chinese leaf' Napa Cabbage
- 2 tsp sugar
- 7 cloves of garlic
- 5g ginger
- 1/4 onion
- 2 spring onions
- 50g salt

## EQUIPMENT NEEDED

- Large and small mixing bowls
- Small saucepan
- Chopping board and knife

## STEP 1: BRINING

The first step is to brine the cabbage in salt water. This will soften up the cabbage and get it ready for fermentation into kimchi.

1. Rinse your Chinese leaf cabbage under cold water
2. Cut a one-inch slice down the center of the base of the cabbage. Gently pull the cabbage apart from the base, avoiding breaking too many leaves. Repeat so the cabbage is divided into quarters.
3. Cut the cabbage into bite size pieces. Add them into a large bowl and pour in 50g of salt. Fill with water until the cabbage is just covered and stir.
4. Leave the cabbage to brine for 1.5 hours, mixing the cabbage every half hour. Leave for longer if the cabbage isn't softening.
5. After brining, rinse 3 times to remove any excess salt. Leave it to drain and continue to the next step.



## STEP 2: THE 'PORRIDGE'

The porridge is the glue that will bind your chilli paste together and help it to stick to the cabbage leaves.

1. Add 125ml cold water into a small saucepan.
2. Pour one sachet of sweet rice flour provided as well as two teaspoons of sugar.
3. Stir continuously on medium heat until the porridge has the consistency of natural yoghurt (it should be thick and shiny). If it forms lumps continue stirring and the mixture should even out.
4. Place the pan of porridge into another bowl of cold water and wait for it to cool.

## STEP 3: THE CHILLI PASTE

The chilli paste is the essential component of kimchi and gives it all its flavour. For a less spicy kimchi, add in less hot red pepper.

1. The first step in making your chilli paste is to mince the garlic, ginger and onion. The smaller you can get the better. A mortar and pestle or spice grinder would be ideal.
2. In a small mixing bowl combine the cooled porridge with the minced garlic, onion and ginger.
3. Empty in one sachet of dried seaweed powder and one sachet of dried red pepper.
4. Stir well until combined into a thick red paste.

## STEP 4: BRING IT TOGETHER

The next step is to combine the cabbage with the pepper paste.

1. Cut the spring onion diagonally into thin slices.
2. Add the drained Chinese leaf cabbage, spring onion and chilli paste into your large mixing bowl.
3. Wearing the gloves provided, mix everything together until the chilli paste is evenly distributed over the cabbage.
4. Roll down the sides of the fermentation bag. Carefully add in the cabbage, pressing them all down to the bottom. While closing the bag be sure to squeeze out as much air as you can.





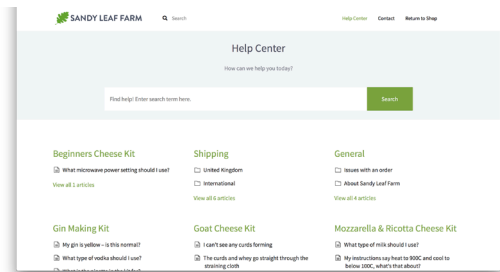
## STEP 5: FERMENTATION

Kimchi is made through a process of fermentation, where *Lactobacillus* bacteria convert the sugars in the cabbage into lactic acid. This is what preserves the cabbage and imparts the deliciously tangy sour flavour.

1. Place the bag of Kimchi into your fridge and leave for 5-7 days. The taste will change over the time, as the flavours blend and the distinctive sour taste emerges. There might be quite a strong smell, but that's nothing to worry about.
2. Air may build up in the bag while it brews, check daily and release any pressure if necessary.
3. After it has finished fermenting, the kimchi should keep for around two to three weeks in the fridge. Over this time it will naturally get more sour.



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