



The secret to being a good cook is to use great ingredients. The secret to being a great cook is to use your ingredients with love. MH

**KIMCHI** *slightly adapted from thekitchn.com*

2 lb Napa cabbage  
¼ cup sea salt  
Water  
6 cloves of garlic, grated  
2 teaspoons fresh ginger, grated  
1 teaspoon sugar  
3 tablespoons water  
3 tablespoons Korean red pepper flakes (gochugaru) *I used the powder form*  
1 lb daikon, peeled and cut into matchsticks  
4 scallions, trimmed and cut into 1-inch pieces

**THE STEPS:**

- Cut the cabbage lengthwise into quarters then remove the cores.
- Cut each quarter crosswise into 1 inch-wide strips and place in a large mixing bowl.
- Sprinkle the salt over the cabbage.
- Using your hands, massage the salt into the cabbage until it starts to soften.
- Add water to cover the cabbage.
- Put a plate on top and weigh it down with something heavy.
- Let stand for 2 hours.
- Rinse the cabbage under cold water 3 times and drain in a colander for 20 minutes.
- Gently squeeze dry and set aside.
- Mix the garlic, ginger, sugar, and water in a large bowl until it forms a smooth paste.
- Add the gochugaru
- Add the squeeze-dried cabbage, daikon and scallions.
- Using your hands, gently work the paste into the vegetables until they are completely coated.
- Pack the kimchi into a mason jar, pressing down on the vegetables until the brine rises to the top.
- Leave at least 1-inch of headspace. *The space between the top of the brine and the lid.*
- Seal the jar with a tightly fitted lid.
- Let the jar stand at room temperature for 3 days.
- Check the kimchi once a day, pressing down on the vegetables with a clean spoon to keep them submerged under the brine
- You may see bubbles inside the jar and brine may seep out of the lid. This is normal!
- Refrigerate after day three and leave to ripen for 2 weeks

**THE LOVE:** I highly recommend using gloves while you're mixing the kimchi. The salt in the cabbage will dry out your hands and the paste will stain them.