

There are probably a million Kimchi recipes and most will be family versions which are not written down as such. There is a tale behind this one. We bought a bag of Bean Sprouts for a stir-fry three weeks ago and as usual there were far too many for the two of us. So in a jar they went!

There?s a lot of ?Witchcraft? spouted about the health benefits of Lacto-fermented vegetables. I?m sure it?s probably better for us than industrially made pickles. But we make it more because it?s fun, it tastes good and it?s a way of preserving bits and bobs which would otherwise die in the bottom of the fridge?.

Ingredients:-

¾ of a bag of Bean Sprouts
2 small Onions
1/8 of a Red Cabbage
4 dried red Chilli pods
2 tsp Chilli Powder
Salt for brine
2 500ml Kilner type clip top jars

Method:-

(1) Make a 2% brine. That?s about 4 heaped table spoons of Salt to 1 litre of water. Allow this to cool to room temperature.
(2) Slice the larger items.
(3) Add the mixed ingredients to the jars and allow 1cm space at the top.
(4) Pour the brine over the veg and make sure everything is covered.
(5) Clip the lids and pop in a cupboard for 3+ weeks.

(6) Give the jams a swirl once in a while.

Once the fermentation has finished the gas production will settle down and your Kimchi will last for Months. Well not here it wont!