

Everyday Healthy! Everyday Delicious!

From the Kitchen of Janice Feuer Haugen

White Kimchi – Step-by-Step

Inspired by and adapted from a recipe from [Rebekah Mocerino](#).

This milder, fresher, easier version of spicy Korean Kimchi (pickled cabbage) is prepared without the red chile paste. Make this recipe as hot and spicy or mild as you like by increasing or decreasing the amounts of ginger, garlic and pepper to taste.

Kimchi has long been touted as a health superfood that can reduce the risk of cancer, lower cholesterol, aid digestion and fight infection. How much kimchi to eat is individual —start with 1-2 tablespoons and increase as desired.

Makes approximately 1 gallon

Active time: 45 minutes

Total time: 1¼ hours plus 3-4 days for fermentation

3½ pounds Napa cabbage

1½ pounds daikon radish

1¼ pounds carrots

2 bunches green onions

4-6 cloves garlic, peeled

3-inch piece fresh ginger, peeled, cut into chunks

1 large *jalapeño* or Serrano pepper, halved, seeded, quartered

¼ teaspoon [Aleppo pepper](#) or other red pepper flakes

2½ tablespoons high quality sea salt

½ cup [whey](#) OR 1 additional tablespoon salt

1. Quarter the Napa cabbage lengthwise. Remove the core. Cut each quarter lengthwise in half again. Then slice crosswise into approximately 1-inch pieces. Measure the cabbage. You want 16-20 cups of cabbage. Place the cabbage into your largest bowl or large soup pot and sprinkle with 1 tablespoon of the salt.
2. Wash the carrots and daikon. No need to peel them if they are organic. Trim off the root end. Slice in a food processor using the #12 disc. You want 6-7 cups of sliced daikon and an equal amount of sliced carrot. If you prefer the carrot softer, you can grate it instead of slicing it. Place the sliced carrots and daikon on top of the cabbage and sprinkle them with 1 tablespoon of the salt.
3. Wash and thinly slice the green onions, using both the white and dark green parts. Add them to the rest of the vegetables.
4. With the food processor running (with the “S” blade), drop the garlic, ginger and chile pepper through the feed tube. Process till minced. Add this mixture along with the pepper flakes and remaining ½ tablespoon salt to the vegetables. Mix everything together. Let the mixture sit for 30 minutes. The salt will begin drawing out liquid from the vegetables.
5. Use your hands, a kraut pounder or a wooden pestle to mash the vegetables and draw out more

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of their liquid. This will take about 5-10 minutes. There will be a thin layer of liquid in the bottom of your container.

6. Stir in the whey.
7. Transfer the vegetables and all the liquid into 2 clean half-gallon, wide-mouth canning jars. Press down on the vegetables until the juices rise to the top completely submerging the vegetables.
8. Leave 1½ - 2 inches of space between the top of the liquid and the top of the jar.
9. Place a glass weight on top of the vegetables. Fill a small glass jar (that can fit inside the canning jar) with water and tighten its lid. Use this jar as a weight on top of the glass weight. Together they will keep the vegetables submerged in the liquid. I also like to put a plastic bag upside down over the jars. I then tighten the bag in place using a rubber band. Note that the plastic is not in contact with the food.
10. Store the jars in a dark cupboard for 3-4 days (4 days during the colder months, 3 days perhaps during the summer—experiment according to your taste).
11. Remove the weights, put a lid on the jars and transfer them to the refrigerator.
12. Enjoy!

