

Kimchi

A traditional spicy Korean side dish with a few twists. This fermented dish can be stored in the refrigerator for several weeks if in a sealed container.

<u>U.S.</u>		<u>Metric</u>
5 lbs	Radishes, large, with tops	2.3 kg
3 lbs	Mustard Greens	1.3 kg
1/4 cup	Salt, Kosher	73 g
1 cup	Sugar	198 g
1/2 cup	Water	120 mL
1/2 cup	Red Miso Paste	130 g
1/4 cup	Korean Chili Powder (Gochukaru)	32 g
1/2 cup	Soy Sauce, preferably Usukuchi (light style, no sugar)	120 mL
2 bunches	Green Onion, sliced	2 bunches
1/2 lb	Carrots, julienned	227 g

Preparation:

1. Gather all ingredients and equipment.
2. Wash radishes and remove greens.
3. Slice radishes on a mandoline to about 1/8" thick.
4. Chop radish and mustard greens and mix with sliced radishes. Add salt and set aside at room temp for least 2 hours and up to 10.
5. Drain the greens and radishes in a colander.
6. In a large bowl mix sugar, water, miso, chili powder, and soy sauce. Dress the radishes and greens with the dressing.
7. Fold in the greens onions and carrots and leave at room temp to ferment for at least 6 hours but preferably 12.

****Nutrition Facts on Reverse**

Nutrition Facts	
Serving size	1/2 cup
Servings	24
Calories	90
Calories from Fat	0
Total Fat	0 g
Saturated Fat	0 g
Trans Fat	0 g
Monounsaturated Fat	0 g
Cholesterol	0 mg
Sodium	1400 mg
Carbohydrates	20 g
Dietary Fiber	6 g
Sugars	13 g
Protein	3 g
Vitamin A	220 %
Calcium	10 %
Vitamin C	90 %
Iron	10 %
Phosphorus	66 mg
