

# NYBG

## EDIBLE ACADEMY FRESH FROM THE GARDEN TASTINGS



### **WATER KIMCHI**

**Prepared for the Edible Academy Pickle Event  
by Suin Park of Forward Roots**

**Makes 2–4 Pints**

#### **Seasoned Liquid Ingredients:**

- 1 cup Water
- ½ tbs Diamond Crystal Kosher Salt.
- ½ tbs Sugar

*\*Make more as needed per kimchi recipe*

#### **Napa Water Kimchi Ingredients:**

- 1 heads Napa cabbage, cut to bite size square approx. 1.5" x 1.5"
- 2 Korean Radishes, cut into squares 1"L x 1"W x ¼"D
- 1 Carrots, matchsticks
- ½ medium onion, sliced thin
- 1 Apples, ½ inch cubes
- ¼ lb of ginger
- 5 garlic cloves, thin slices
- ½ bunch green onions, 1 inch diagonal

#### **Cauliflower Beet Water Kimchi Ingredients:**

- 1 Cauliflower heads, cut into florets, quarter/halve larger florets
- 1 Beets, ½ inch cubes
- ½ medium onion, sliced thin
- 1 Carrots, matchsticks
- 1 inch ginger, thin slice
- 5 garlic cloves, thin slices
- ½ bunch green onions, 1 inch diagonal

### **Instructions**

Brine Napa and Radish separately:

- Napa—sliced 1–2" square pieces: weigh vegetable and use ½ tbs of salt per pound of napa and sprinkle over the napa pieces and toss gently to evenly coat with salt. Let rest 60 mins; toss pieces half way through so that napa pieces have contact with the salty water that collects. After brining is complete, drain the liquid and put aside; can be used to top off jars later.
- Radish—thin square slices, approx. 1" L x 1" W x ¼" D: weigh vegetable and use ½ tbs of salt per pound of radish and sprinkle over the radish pieces and toss gently to evenly coat with salt. Let rest 20–30 mins, tossing half way so that the radish pieces have contact with the salty water that collects. After brining is complete, drain the liquid and put aside; can be used to top off jars later.

In a large bowl, combine the vegetables and fruits—napa, radish, carrots, apples. Fill each jar/container with aromatics—ginger, garlic, green onions, onions—then add the mixed vegetables. Pack vegetables down as you fill the jar leaving 1" headspace. Create seasoned liquid and pour over the contents submerging everything; leave 1" head space (from top of jar to surface of produce). Using back of spoon, press contents downs. (Use the liquid from the napa and radish brining as well to top off jars (optional)). Place lid on jar, turn till it stops without force. Place jar on plate (to catch overflow). Place ferment on counter away from direct sunlight, room temp 65–72 degrees.

### **Napa Water Kimchi Instructions**

In a large bowl, combine the vegetables—cauliflower, beets, carrots, onions. Fill each jar/container with aromatics—ginger, garlic, green onions—then add the mixed vegetables. Pack vegetables down as you fill the jar leaving 1" headspace. Create seasoned liquid and pour over the contents submerging everything; leave 1" head space (from top of jar to surface of produce). Using back of spoon, press contents downs. Place lid on jar, turn till it stops without force. \* Place jar on plate (to catch overflow). Place ferment on counter away from direct sunlight, room temp 65–72 degrees

### **How to Check on Ferment/Kimchi**

Check ferment daily, push content down using back of spoon. Check for signs of fermentation—tiny bubbles, cloudiness, aroma. Once fermentation has started, press down contents below waterline, close lid and tighten, place into the fridge. Once inside the fridge, it will ferment at a slower pace as it ripens (slow ferments have better characteristics).

- salt—do not use iodized salt; salt used in recipe is Diamond Crystal (Redmond, sea salt (if fine use less) are good options)
- important to submerge content below waterline to keep oxygen out (anerobic)—to prevent mold
- to create colorful ferments, add beets, tumeric, but do not combine if visual matters
- containers—use glass, earthenware, bpa-free plastic—DO NOT USE METAL (rusts)