



# JERSEY TASTES!

## RECIPES

### *Kimchi*



## Fermentation Food Science Lesson Plans! Grades 9-12

Teacher's Guide



## INGREDIENTS

### FAMILY-SIZE SERVES 4-6 OR CLASSROOM TASTING

- 2 1/2 pounds Chinese (Napa) Cabbage
- 1/2 cup kosher salt
- A walnut-sized knob of ginger, grated
- 4 cloves garlic, crushed
- 1 bunch scallions, minced
- 2 tablespoons sugar
- 2 tablespoons crushed red chili pepper
- 2 jalapeños, minced fine
- A glass or plastic bowl
- 2 to 3 1-pint glass canning jars
- Plastic wrap
- Rubber bands

## DIRECTIONS

- 1** Wash the cabbage, then chop it coarsely. Toss it in a glass bowl with the salt and let it sit overnight.
- 2** Drain the water off the cabbage and rinse it very well to remove the excess salt
- 3** In a large glass or plastic bowl (don't use metal), mix together the ginger, chili peppers, and jalapeños, and then add the well-drained cabbage. Toss the ingredients thoroughly to coat the vegetables. Save the juice that accumulates in the bottom of the bowl.
- 4** Pack the mixture tightly in sterile glass jars and cover with the juice. Add water if necessary to achieve 3/4-inch headroom. Cover the tops of the jars with plastic wrap, secured with a rubber band. Keep the kimchi in the refrigerator for 3 days before eating.