



Kimchi-Style Sauerkraut

An Easy Way to Enjoy the Flavors of Kimchi

INGREDIENTS

Makes 1 quart of sauerkraut teeming with trillions of mighty microbes.

1-2 carrots, peeled and grated

1 large radish or bunch of small radishes, peeled if necessary & grated
(You want about 1/2 cup grated radish.)

1 bunch green onions, sliced

1-2 inch piece fresh ginger root, peeled and finely grated

2-3 garlic cloves, finely minced

1/2-1 teaspoon red pepper flakes

1 medium head fresh cabbage

1 tablespoon salt

DIRECTIONS

- 1. SET UP.** Place your bowl on the scale. Either zero out the scale or write down the Tare weight of your bowl.
- 2. CHOP.** Prep your carrots, radish, green onions, ginger and garlic and add to your bowl along with the red pepper flakes. Set aside a clean cabbage leaf for use in Step 5. Quarter the cabbage, leaving the core in, and finely slice. Add sliced cabbage to your bowl until the weight of the vegetables and cabbage is **1 3/4 pounds (28 ounces, 800 grams)**.
- 3. SALT.** Sprinkle with 1 tablespoon salt. Mix until salt is well dispersed. Now's a good time to let the salt do its magic while you sip a cup of tea and tidy up the kitchen. Then, massage the cabbage with strong hands until moist, thus creating your brine.
- 4. PACK** into a quart-sized (liter-sized), wide-mouth mason jar, pressing cabbage down tightly with your fist or a large spoon. The salty brine will rise to the top. Leave 1-2 inches of space between the top of your cabbage and the top of the jar.
- 5. SUBMERGE.** Take the cabbage leaf saved in Step 1, tear it to just fit inside the jar and place it on top of the cabbage mixture in the jar. Then, add a 4-ounce (125 ml) jar (no lid) or other weight to hold the cabbage below the brine. Lightly screw on lid. Write the date and flavor on the lid.
- 6. FERMENT.** Place in a shallow bowl on your kitchen counter, out of direct sunlight to ferment for 1-4 weeks.
- 7. STORE.** Open the jar, remove the little jar or weight and enjoy a tasty morsel. Firmly screw on lid. Add the fermentation length to the lid and put in your refrigerator. The sauerkraut may be eaten immediately, but will increase in flavor with time. Sauerkraut can be kept in your refrigerator for up to a year.
ENJOY as a simple condiment or try one of the suggested Gourmet Pairing Options.





Similarities Between Kimchi and Wine. Kimchi is perfectly captured in time—very much like wine. Kimchi and wine are living products, and therefore always changing. When you pour a glass of wine, the wine reacts to its exposure to oxygen and changes over time. In the same way, kimchi’s colors, texture, flavors, and acidity are also affected by oxygen and aging. Its uniqueness is that it is a natural process, much like fermentation of wines and cheeses. It is not a stable, manufactured process, so each batch of kimchi will not taste exactly the same. Kimchi’s individuality lies in the time, soil, climate, seasons, and even the location where the vegetables are grown. Each of these elements plays a role in fermentation and the final result.

- Lauryn Chun in [The Kimchi Cookbook: 60 Traditional and Modern Ways to Make and Eat Kimchi](#)

Traditional Kimchi vs. Kimchi-Style Sauerkraut



There are over 187 varieties of Kimchi, as documented by the Kimchi museum in Seoul. Wow!

Traditionally, Kimchi is made with Napa (Chinese) cabbage which is soaked overnight in a brine solution, then rinsed off and cut into bit-sized chunks. This brined cabbage is then mixed with green onions, julienned Daikon radish, and a paste made with garlic, ginger, sugar, fish sauce and



gochugara, (Korean red pepper flakes), packed into a jar and fermented.

For my *Kimchi-Style* Sauerkraut, I’ve adapted one of the more common Kimchi recipes, using somewhat the same ingredients, but mixing, brining and fermenting in the same fashion as my other sauerkraut recipes. Much easier.

Gochugara vs. Red Pepper Flakes



Gochugaru, or Korean red pepper powder, is made from sun-dried chile peppers coarsely ground to a texture between powder and flakes. Contrary to popular belief, gochugaru is less spicy than varieties of pepper used in Thai or Mexican cuisine.

It is a key ingredient in many Kimchi recipes.

Since most grocery stores do not stock gochugaru, my recipe calls for red pepper flakes instead, though it is worth seeking out traditional gochugaru (Korean grocery store, Amazon) which will impart an entirely different flavor to your sauerkraut.

Gourmet Pairing Options: Kimchi Style Sauerkraut

Grilled KimCheese Sandwich

Butter some sliced sourdough bread and place in a heated skillet. Add cheese and a nice portion of Kimchi-Style Sauerkraut and cook until cheese is melted and bread is golden brown.



Or, top your morning eggs with Kimchi-Style Sauerkraut, sour cream and diced avocado.