

Easy Kimchi By Shannon Grady on Tuesday, September 3, 2013 at 11:13am

(makes 2 quarts)

- 1 head Napa cabbage, cored and shredded
- 1 bunch of green onions, chopped
- 1 cup carrots, grated
- 1/2 cup daikon radish, grated
- 1 tablespoon fresh grated ginger
- 3 cloves garlic, peeled and minced
- 1/2 teaspoon dried chili flakes
- 1 tablespoon sea salt
- 4 tablespoons whey* (or use additional 1 T salt instead)

Place vegetables, ginger, red chili flakes, salt and whey in a bowl and pound it with a wooden pounder or a meat hammer to release juices. Place them in two quart sized glass jars and press down firmly until all the juices come up to the top and cover the vegetables. The top of the vegetables should be at least an inch from the top of the jar. Cover tightly and keep at room temperature for about 3 days at which time you can put it in the fridge or cold storage.

*You can get whey by draining a quart of yogurt (make sure it contains the good bacteria-we use Pavels) through a clean dishtowel for a few hours. If you do this overnight you'll end up with more than 4 tablespoons, but it will keep in the fridge for up to 6 months. And you'll also end up with yogurt cheese as a by product, which is delicious and makes a great alternative to cream cheese.