



INDIAN SPICED KIMCHI

ADAPTED FROM SARAH WILSON'S SIMPLICIOUS



INGREDIENTS

SERVES 6

- 1-2 red cabbage
- 2 tbsp fine salt
- 5cm knob ginger, minced
- 1-2 red chillies, deseeded and finely chopped
- 4 cloves of garlic, crushed
- 1 tbsp soft brown sugar
- 2 tsp fenugreek seeds
- 2 tsp mustard seeds
- 8 tbsp water
- 1 tsp sea salt

FROM THE GARDEN

- Red cabbage
- Ginger
- Garlic
- Chillies

EQUIPMENT

- Food processor
- Grater
- Garlic crusher
- Sharp knife
- Chopping board
- Measuring spoons
- Glass bowl
- Sterilised glass jars

INSTRUCTIONS

1. Grate the red cabbage using the grater attachment on a food processor and place in a glass or ceramic bowl with 2 tbsp of salt.
2. Use your hands to massage the salt firmly into the cabbage, bruising the flesh and pressing it all together. Cover loosely with a clean tea towel and leave for 2 hours to allow the salt to draw out the moisture. After 2 hours, tip into a colander, rinse well under cold running water and drain well.
3. Rinse out the mixing bowl, and add the ginger, garlic, water, fresh chilli, sugar, sea salt and a grind of black pepper. Stir well until you have a pungent paste, add the rinsed cabbage back in and mix together thoroughly.
4. Spoon into sterilized glass jars, pressing down on the veggies so the juices rise up to cover them.
5. Put a weight on top to submerge the veggies and put the lid on loosely.
6. Allow to sit at room temperature for 1-2 weeks, depending on external temperature, before sealing tightly and moving to the fridge, where it will last for up to 3 months.

