

Recipe from:

The Pickle Lady's Pickle Passion Cook



By Leonora Ching

www.pickle-passion.com

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Won Bok Kim Chee

The key to good kim chee is the right balance of salt. Most people are surprised at the simplicity of this recipe and even some Koreans compliment the flavor. Commercial mixes and bases contain preservatives and monosodium glutamate. The best chili powder is bright red and looks like flakes without the seeds. One pound bags are available at the Korean stores. Keep the excess in the refrigerator or freezer. Do not use American chili powder (contains spices) and pizza chili (contains seeds. Most Koreans don't use ginger in their pickles, but some local Hawaiians like that addition. Koreans may also add baby salted shrimp or salted fish extracts.

- 1 large head won bok (Napa cabbage, 3-4 lbs)
- ½ c Hawaiian salt
- ¼ th bunch green onions, cut into 1" pieces
- 1-4 T Korean chili flakes
- ¼ c minced garlic

Rinse and drain cabbage. Cut into 2" slices and put cabbage and salt alternately into a large stainless steel bowl. Cover with water and sprinkle a little more salt over. Let sit at room temperature for 24 hours, pushing cabbage down into water and turning every few hours. To test for doneness, squeeze white part of cabbage between thumb and forefinger. When depression remains and rinsed cabbage is salty enough, it is ready. If too salty, let sit in fresh water before rinsing again. If not salty enough, let sit longer or add more salt. Drain cabbage and rinse off excess salt. Drain and put cabbage back into bowl. Add onions, chili powder and garlic. Mix well, bottle and refrigerate. May be eaten immediately or 1 or 2 days later.

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