

Whole Cabbage Kimchi Recipe

Ingredients:

2 heads Chinese cabbage, cut lengthwise in half starting from the base
300 g coarse salt
90 g Korean preserved prawns (shrimps)
70 g chili powder
100 g onion, peeled and chopped
2 tablespoons salt
2 tablespoons sugar
7 cloves garlic, peeled and minced
2.5-cm knob ginger, peeled and minced
1 medium white radish, julienned
5 scallions, chopped or 2 stalks leeks, chopped

Method:

Wilt cabbage by sprinkling liberally with coarse salt and letting it sit for 4 hours. Rinse cabbage thoroughly and drain well. Blend (process) preserved prawns with chili powder, onion, salt, sugar, garlic and ginger. Remove from blender and mix in radish and scallions or leeks. Mix well. Pack mixture between leaves of wilted cabbage. Roll the cabbage leaves up from the base towards the frilly part of the leaves. This will ensure that the blended mixture is held tightly between the leaves. Place cabbage into airtight plastic containers or kimchi jars. Store at room temperature for 1-2 days before refrigerating. Use as required.

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