

INGREDIENTS



1 Gallon
Fermentation Jar

Lid with Airlock

Fermentation Weight

Adhesive Thermometer

4 oz Packet of Sea Salt

3 oz packet of Gochugaru
(Korean Chili Powder)

YOU WILL NEED:

2 Napa Cabbage

1 bunch of Scallions
(8 bulbs), cut small

6 minced Garlic Cloves

1 tablespoon of Sugar

Filtered Water



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KIMCHI MAKING KIT



Fermenting Instructions

Plus Tips for Best Results



PREPARATION



CLEANING EQUIPMENT AND PREPPING INGREDIENTS

To create a sterile environment to ferment, you'll want to make sure you thoroughly clean all of your equipment prior to first use.

For best results, use organic produce. When using organic vegetables, give them a light rinse, no need to thoroughly wash unless there is visible dirt on the surface, as the natural bacteria on them will aid in the fermentation process.

DIRECTIONS

- 1 Peel and throw away the outer layer of the cabbage, along with any additional harmed leaves. Cut cabbage into quarters and remove the core from each. Slice cabbage into roughly 2 inch strips. Place into a large bowl.
- 2 Add the entire packet of salt to the bowl of cabbage. Firmly massage the cabbage for about 10 minutes with your hands. The salt will help to break down the cabbage which will bring out a surprising amount of natural liquid. Add enough water to the bowl to cover the cabbage. You can place a plate on top of the cabbage to help keep it submerged. Let the cabbage sit in the salty brine for 1-2 hours.
- 3 Add the entire packet of gochugaru to a separate small bowl. If you would like the kimchi to be less spicy, add half instead. Add the minced garlic, sugar, and 2 tablespoons of water to the bowl and mix to form a simple kimchi paste.
- 4 Once the cabbage has finished brining, transfer to a colander and rinse with cold water for about 3-5 minutes. Taste the cabbage to make sure it is salty, but not unbearably salty. If it tastes too salty, continue to rinse the cabbage.

- 5 Transfer the cabbage back to a bowl, and add the scallions. Add the kimchi paste you made and mix until evenly coated. We recommend using gloves here!
- 6 Transfer the kimchi to your fermentation jar, using your hands to firmly press it and pack it down. Add all of the released liquid from the bowl into the jar.
- 7 Add the fermentation weight atop the kimchi. The cabbage should be completely submerged in liquid. If needed, top with a brine made by dissolving 1 teaspoon of salt to 1 cup of fresh, non-chlorinated water. Make sure all of the cabbage is submerged.
- 8 Cover the jar with the lid and assemble your airlock. Make sure you've filled the airlock with water up to the fill line before affixing it to the lid. Place the stick-on thermometer onto the side of the jar to monitor the temperature during fermentation.
- 9 Let ferment at room temperature and out of direct sunlight for 3-5 days. Taste your kimchi to determine if you like the flavor, or if it needs more time. If you decide to give it more time, check it every day until the desired flavor is reached.
- 10 Once finished, transfer the kimchi to clean jars and move into your refrigerator. The kimchi is now ready to eat and will keep in the refrigerator for up to 2 months.

STORAGE TIPS

- Keep your fermentation jar in a low activity place, away from food prep, trash and plants.
- Always keep your fermentation jar at room temperature, between 68-85 degrees fahrenheit.
- If the fermentation jar is sitting on a surface that can get cold, like a countertop, put a towel or cutting board down for insulation.

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