



There are probably a million Kimchi recipes and most will be family versions which are not written down as such. There is a tale behind this one. We bought a bag of Bean Sprouts for a stir-fry three weeks ago and as usual there were far too many for the two of us. So in a jar they went!

There's a lot of 'Witchcraft' spouted about the health benefits of Lacto-fermented vegetables. I'm sure it's probably better for us than industrially made pickles. But we make it more because it's fun, it tastes good and it's a way of preserving bits and bobs which would otherwise die in the bottom of the fridge?.

Ingredients:-

¾ of a bag of Bean Sprouts
2 small Onions
1/8 of a Red Cabbage
4 dried red Chilli pods
2 tsp Chilli Powder
Salt for brine
2 500ml Kilner type clip top jars

Method:-

- (1) Make a 2% brine. That's about 4 heaped table spoons of Salt to 1 litre of water. Allow this to cool to room temperature.
- (2) Slice the larger items.
- (3) Add the mixed ingredients to the jars and allow 1cm space at the top.
- (4) Pour the brine over the veg and make sure everything is covered.
- (5) Clip the lids and pop in a cupboard for 3+ weeks.

(6) Give the jams a swirl once in a while.

Once the fermentation has finished the gas production will settle down and your Kimchi will last for Months. Well not here it wont!