

# Cabbage and Carrot Kimchi

Adapted from a recipe by Changing Habits at [www.changinghabits.com.au](http://www.changinghabits.com.au)

chopping board and knife  
very large non-plastic mixing bowl  
measuring cups  
tea towel  
colander for draining  
food processor or blender  
2 x 4-cup sterilised glass storage jars

## Do this

with these **ingredients**

1. **Remove** the core from and coarsely **chop**

1 **green cabbage**

2. **Add** to the large mixing bowl with

¼ cup **unrefined salt**

3. **Massage** the salt into the cabbage until it starts to soften, then cover with the tea towel and let stand for 1 to 2 hours.

4. **Rinse** the cabbage and **drain** well, then return to the bowl with

1 large **onion**, diced

4 **carrots**, peeled and coarsely grated

5. **Blitz** in the blender or food processor

4 **red chillies of choice**, deseeded

4 large **garlic cloves**

¼ cup **fish or tamari sauce**

¼ cup **filtered water**

2.5 cm (1 inch) cube **ginger**, peeled

6. Thoroughly **massage** the blitzed liquid into the cabbage mixture.

7. **Transfer** vegetables and liquid to the storage jars leaving at least a 2.5 cm (1 inch) space at the top, pack down the vegetables until the liquid rises to the top, then seal.

8. **Place** in the cupboard to ferment for 7 to 10 days depending on how sour you want it.

9. **Store** in the refrigerator and once opened consume within 6 months.

