



Kimchi

Active Time: 20 minutes | **Total Time:** 48 hours | **Serves:** 12

Nutrition Information Per Serving

45.4 calories, 10.31 g carbohydrate, 4.27 g fiber, 6.04 g NET carbs, 2.22 g protein, 0.34 g fat

Ingredients

- 1 packet Body Ecology Culture Starter
- 2 tsp(s) EcoBloom
- 2 head(s), medium organic Napa cabbage, shredded
- 3 clove(s) organic garlic, crushed
- 1 tsp fresh organic ginger
- 1/2 medium(s) organic onion
- 2 whole(s) organic jalapeño peppers, minced
- 10 medium(s) organic scallions, finely chopped
- 2 Tbsp(s) red chili pepper flakes

Preparation

1. Combine all ingredients in a large bowl.
2. Remove several cups of the veggies and transfer to a blender or VitaMix. Blend, adding filtered water to make a thick juice or "brine" the consistency. Add the EcoBloom and Culture Starter, mixing well.
3. Add brine back into vegetable mixture. Stir well.
4. In a sterilized 1 $\frac{1}{2}$ quart glass or stainless steel container, pack veggie mixture, using a potato masher to pack veggies tightly.
5. Fill container almost full, leaving 2 inches of room at the top for veggies to expand.
6. Roll up a few cabbage leaves into a tight "log" and place them on top to fill the remaining space. Clamp jar closed or screw on the air tight lid.
7. Let veggies ferment at a 70-degree room temperature for at least three days or a week.

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