

New Asian Cuisine – Quick-Fix Kimchi

Bulk recipe; analysis for 4 oz.

<i>Item Name</i>	<i>Quantity</i>	<i>Measure</i>
Napa cabbage, fresh, small head	1	Each
Sea salt	1/4	Cup
Ginger root, fresh, 4" piece, minced or grated	1	Piece
Garlic, cloves, fresh, minced	1	Each
Sambal Oelek Ground Chili Paste	1/4	Cup
Crushed red chili flakes	1	Teaspoon
Sesame oil	1	Tablespoon
Rice wine vinegar	1/3	Cup
Fish sauce	1	Teaspoon
Honey	1	Tablespoon
Green onion, whole, thinly sliced	4	Each
Escarole, fresh, small head, torn or chopped	1	Each

Nutrients

Calories	35 kcal	Cholesterol	0 mg	Fiber	2 g
Total Fat	1 g	Sodium	150* mg	Sugars	2 g
Saturated Fat	0 g	Carbohydrate	5 g	Protein	1 g
Trans Fat	0 g	<i>1 cup fruits/vegetables per serving</i>			

**Analysis does not include sea salt, which is added to extract the water from the cabbage. The salt is then rinsed off.*

Directions:

Remove outer leaves of cabbage, quarter lengthwise, core bottoms, and cut across into 1" pieces. Place in a colander in the sink and sprinkle with salt. Let sit for 45-60 minutes. Rinse and dry cabbage thoroughly, preferably using a salad spinner (otherwise the kimchi will be watery). Whisk together ginger and next 8 ingredients in a large bowl. Add cabbage and escarole and toss until combined. Pack kimchi in a glass jar or bowl. Cover and refrigerate for 2 hours and up to 2 weeks. Serve with steamed brown rice or grilled fish, lean chicken or meat. Or, put kimchi in sandwiches or stir into soups.

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