

Pogi Kimchi 포기김치

This classic type of kimchi is made with whole cabbage.

This recipe will yield about 5 to 6 lbs of kimchi.

Ingredients

1	Whole Napa Cabbage (Baechu) (about 5 lb in weight)
1	Yellow or Sweet Onion
1 bunch	Chives
3 cloves	Garlic
1 Tbsp.	Ginger
1	Green Apple
1/4 cup	Fermented, Salted Baby Shrimp (Saeujeot)
2 cups	Red Pepper Flakes (Gochugaru)
1-2 cups	Coarse Sea Salt
4 Tbsp.	Rice Flour
2 Tbsp	Sugar
2 cups	Water (not counting as an ingredient ;)

Kitchen Tools

1	Food Processor or Blender
1	X-tra Large container/tub
1	X-tra Large colander
1	Medium pot
1 pair	Kitchen or disposable gloves
1	Large Container w/lid that seals

Instructions

Before you begin, make sure all your kitchen tools are clean, sanitized (to prevent bacterial growth and contamination) and are dry

I. Prep the Cabbage

1. Cut cabbage in half and rinse it well, removing any dirt and debris
2. Soak the two halves of the cabbage into a tub of cold, salted water for about one hour. About a quarter cup of salt per gallon of water.
3. After an hour, remove the cabbage from the tub. Discard the water.
4. Place the cabbage halves in a large colander and generously sprinkle about a cup of the coarse sea salt between all the leaves of the cabbage. You will need to gently lift each leaf to ensure the salt is evenly distributed throughout. Water will drip from the colander as water leaves the cabbage, so place it inside of your sink or over a large bowl/tub. Let it sit for 2-3 hours.

II. Make the Kimchi Seasoning

1. Peel the green apple and cut into quarters, removing the seeds.
2. Cut half of the onion into thin slices and roughly chop the other half
3. Cut off the root end of the chive bunch and wash well. Cut into 1.5 inch pieces
4. Peel the garlic and ginger
5. Set all produce aside
6. In a medium pot, simmer the water. Add rice flour and mix well.
7. Once the mixture reaches a thick, porridge-like consistency, remove from heat and let it cool down for 10-15 minutes.
8. Next, place the sliced onion, apple, garlic, ginger, fermented baby shrimp, sugar, salt (to taste) and about two tablespoons of water into the food processor and puree until all the ingredients are smooth.
9. Pour the pureed mixture into the pot of cooled down rice flour porridge and stir. Adjust with salt as needed to your taste preference.
10. Now, add in the red pepper flakes and mix with your gloved hands until all ingredients are incorporated.
11. Add the sliced onions and chives to the sauce. Salt more as needed. This seasoning mixture should be like a spreadable paste. It should taste fresh with a hint of spice and be slightly salty. Now you're ready for the final part!

III. Finish Prepping the Cabbage

1. After 2-3 hours have passed, rinse off the cabbage in cold, running water to remove any remaining salt or debris.
2. Now, cut a few inches into the middle of the hard core of one of the cabbage halves. From this slit, carefully pull the cabbage apart with both hands, to create two more halves. Do the same with the other half.
3. Rinse the four quarters of the cabbage and lay them again in the colander to air dry a bit before adding the seasoning.

IV. Assemble the kimchi

1. Lay out the quartered cabbage in your large container or tub.
2. Scoop up the seasoning mixture a large handful at a time and spread it over all the leaves of the four cabbage quarters. Gently lift up each individual leaf and slather the mixture evenly over all the leaves, making sure to cover and coat them all until all the seasoning has been used. You now have kimchi!

Note: this is part when the person making the kimchi would call a loved one over to taste the fresh kimchi, pulling off a small leaf, wrapping it nicely and putting it directly into their mouth. Kimchi has a particular firmness and taste at this stage (which only lasts a few minutes) The kimchi at this stage is called “gut jeori”

3. Now, you will pack the kimchi into your container. Pack and press it firmly in there with your hands. Leave at least two inches of space from the top of the container; this will allow the gas produced through fermentation to gather and prevent a break in the seal of the container.
4. Before closing the container shut, wipe the outside of the container clean, and cover the top with plastic wrap, pulling it nice and taut.
5. Place the container in a cool area for at least 24 hours. If you plan to ferment longer than a couple of days, make sure to open it to release some of the gas and push down the cabbage again—this will allow the fermented juices to cover the cabbage. If stored properly and refrigerated, kimchi can last for months. It’s really up to you on how fermented or sour you like your kimchi. Old kimchi is great for kimchi stew!

Kimchi is traditionally eaten at every Korean meal, however, kimchi can be served in many ways, surprisingly complementing many different cuisines—discover your favorite mash up! Adapt this recipe and make it your own, and enjoy with those you love!