

Handout for Janelle Lucido-Conate Kimchi Kraut and easy broth soups

Resources list includes:

The Art of Fermentation by Sandor Katz

Nourishing Traditions by Sally Fallon

My website is: janellelucido.com

Kimchi Ingredients

1 head of napa cabbage, cored and cut into 1- to 2-inch lengths (think bite size)

2 carrots, sliced thin on the diagonal

1 bunch green onions, sliced on the diagonal in 1- to 2-inch lengths

1 T. sea salt

3- to 4-inches of fresh ginger

2 heads of garlic

Filtered water for blending paste

1-3 T. Korean chili powder, according to your taste

Mason jars with lids

Kraut ration 1TBS salt to one medium head of cabbage add more salt as needed