

Food Babe's Simple Probiotic Kimchi



Prep Time:	Cook Time:	Total Time:	Serves:
15 mins	0 mins	15 mins	8

<https://foodbabe.com/simple-food-can-help-acne-eczema-digestive-issues>

Ingredients:

- 1 head napa cabbage, chopped
- ¼ cup sea salt
- 1 small daikon radish, diced
- 1 ½ tablespoons ginger root, minced
- 3 teaspoons garlic cloves, minced
- 3 ½ tablespoons korean chili powder
- 1 tablespoon coconut sugar
- 5 scallions, chopped

Instructions:

1. Place the cabbage in a large bowl. Mix the sea salt with 2 cups of water and pour over the cabbage. Let sit for at least 2 hours to allow the cabbage to wilt.
2. While the cabbage is sitting, mix together the ginger, garlic, chili powder and coconut sugar. Set aside.
3. When the cabbage is wilted, add the radish and scallions to the bowl along with the spice mix and 1 cup of water. Mix fully to combine. Place the kimchi into mason jars, packing tightly to release any air bubbles trapped in the bottom. Cover the kimchi with the remaining liquid until it is roughly 1" from the top of the jar. Seal tightly.
4. Let the kimchi sit at room temperature for 24 hours. After that, place in the refrigerator and ferment for 1 week. The kimchi will last in the refrigerator for up to 1 month.

Notes:

- Please use all organic ingredients if possible.