KOREAN · SIDE · SAUCE

Baek-kimchi (Non-Spicy White Kimchi)

130 min · plus 1½–3 days fermenting Makes 26 × ¼ cup (50 g) 21 kcal a portion

Video 8:51 · Maangchi

Vegan Gluten-free ingredients

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A mild, chilli-free kimchi with no fish sauce or added sugar (the sweetness is from pear and jujube), at about 20 kcal a quarter-cup serve. Like all kimchi it is salty, about 450 mg sodium a serve, so keep portions small.

Diet notes: Low carb (2.9 g net carbs) but not keto: 27% of the energy is from fat, and keto meals get about 60% or more.

Ingredients

14 · MAKES 26 × ¼ CUP (50 G)

- [ ] 1 large **napa cabbage** (1.4 kg)
- [ ] 80 ml **kosher salt**, for salting the cabbage (rinsed off; about 12 g ends up in the kimchi)
- [ ] **Salt**: 2 tbsp + 2 tsp kosher salt for the brine, plus about 1 tsp for the filling (about 18 g ends up in the kimchi)
- [ ] 30 g **carrot matchsticks**
- [ ] 30 g **buchu** (Asian chives), cut into 2.5 cm pieces
- [ ] ½ **red bell pepper** (about 30 g), cut into thin strips
- [ ] 4 **fresh chestnuts**, peeled and cut into thin strips (about 40 g; optional)
- [ ] 3 large **dried jujubes** (Korean dates), seeded and cut into thin strips (about 15 g)
- [ ] 2 tbsp **pine nuts**
- [ ] **silgochu** (dried shredded red chilli), a few strands
- [ ] ½ large **Korean pear** (about 320 g), peeled and cored, blended and squeezed into the brine (pulp discarded)
- [ ] 120 g **onion**, blended with the pear
- [ ] 4 cloves **garlic**, blended with the pear
- [ ] 1 tsp **ginger**, blended with the pear

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Contains: Tree nuts. Check labels on stock, sauces and spice mixes.

Method

TIMES = THE MOMENT IN THE VIDEO

1. Score the base of the 1.4 kg napa cabbage and pull it apart into halves. Rinse under cold water so every leaf is wet, then sprinkle 80 ml kosher salt evenly between the leaves. Leave 1½–2 hours, turning every 20 minutes. 0:43
2. Rinse the cabbage in cold water a couple of times, cut each half into quarters, trim off the core and leave it to drain. 1:40
3. Mix the carrot, buchu, red pepper, chestnut and jujube strips with about 1 tsp salt. 2:10
4. Blend the pear, onion, garlic and ginger until creamy. Stir 2 tbsp + 2 tsp kosher salt into 950 ml water, put the purée in a cotton pouch or cheesecloth and squeeze its juice into the brine; discard the pulp. 3:51
5. Tuck the filling, a few pine nuts and some silgochu between the leaves of each cabbage quarter, fold it over and pack the quarters tightly into a glass jar or crock. Pour in the brine so the cabbage is completely covered. 5:35
6. Cover and leave on the counter for 1½–3 days (faster in a warm room) until the brine tastes sour like a pickle, then refrigerate. It keeps about a month. 6:20
7. To serve, cut a quarter crosswise into 5 cm pieces and serve cold in small dishes with some of the juice. 7:03

> **Tip** Makes about 1.3 kg kimchi in about 1.3 litres of brine: roughly 26 quarter-cup serves (our estimate). No Korean pear? Use a Bosc pear. Skip the chestnuts if you can't find fresh ones. The juice is as salty as the kimchi.

The method is a summary in our words — the video shows every step.

One portion, ¼ cup (50 g), gives you

1 OF 26 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
21 kcal	0.9 g	3.8 g	0.9 g	0.6 g	450 mg
90 kJ	2% of a day	2.9 g net · 1.4 g sugars	3% of a day	0 g saturated	20% of a day
		1% of a day		1% of a day	

Energy from net carbs 57% · protein 17% · fat 26%

High in (20%+ of a day) Vitamin K 21% · Vitamin C 20%

Source of (10–19%) Folate 11%

Recipe and video: Maangchi (@Maangchi) on YouTube — youtube.com/watch?v=SXtZz4_7ylw, published 18 December 2013. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/baek-kimchi-white-kimchi