

Bok Choy Kimchi

2 Heads Bok Choy, or Nappa Cabbage if desired

1 Bunch Kale

5 Cloves Garlic, thinly sliced

1 Large Carrot, Shredded

1 Table Spoon Minced Ginger

1 Shallot, minced or onion of choice

¼ cup Red Chili Paste

1 Bunch Scallions (green onions), chopped

2 Table Spoon Salt, non-iodine, not table salt

Prep:

Roughly chop bok choy and kale and add salt. Crush with hands periodically over a 15-minute period. While greens are sitting for those 15 minutes, prep all your other ingredients. Add all ingredients to a bowl and mix thoroughly. Add ingredients to Glass jar and weigh down with a weight to prevent spoilage, all ingredients should be under the line of liquid which is referred to as the brine. Cover with cloth and rubber band. Stir every couple days to add in additional oxygen. Ferment for a minimum of 4 days and up to 3 months for additional bacteria advantages as well as flavor development.

