

FRUIT KIMCHI WITH CABBAGE



Ingredients:

Vessel: 1-quart/1-liter jar

- 1 pound/500 grams napa cabbage, daikon radish, and/or other vegetables
- Sea salt
- 1 tablespoon rice flour (optional)
- 2-4 tablespoons (or more!) gochugaru, Korean chili powder, and/or fresh or dried chilies
- 1 bunch scallions or 1 onion or leek or a few shallots (or more!)
- 3-4 cloves garlic (or more!)
- 2 tablespoons (or more!) fresh grated ginger root
- Juice of 1 lemon
- 1 pound/500 grams fruit such as berries and/or plums, pears, grapes, pineapple

Fruit kimchi preparation

Coarsely chop the vegetables, but not the fruit or spices, and place in a bowl or pot. Mix a brine of about 2 cups/500 ml water and 3 tablespoons salt. Stir well to thoroughly dissolve the salt. Continue with the basic kimchi process ([see kimchi recipe](#) and the [instructions for the paste](#)). Add lemon juice to the spice paste. Use any kind of fruit. Peel if the skin is inedible or tough. Chop larger fruit into bite-size pieces. Leave small berries whole. Add nuts if you wish. Mix everything together well and pack into a jar.

Ferment in a visible spot on the kitchen counter. Be sure to loosen the top to relieve pressure each day for the first few days. Enjoy fruit kimchi young and refrigerate after a few days to enjoy the

sweetness of the fruit before it ferments away.

Timeframe: 3 to 5 days

Recipe by Sandor Katz, wildfermentation.com.

Products used to prepare this recipe:



[Veggie Fermenter](#)

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Mandoline Slicer

[Buy on Kefirko.com](http://Kefirko.com)



[Sea Salt](#)

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[Organic Ginger flakes](#)

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