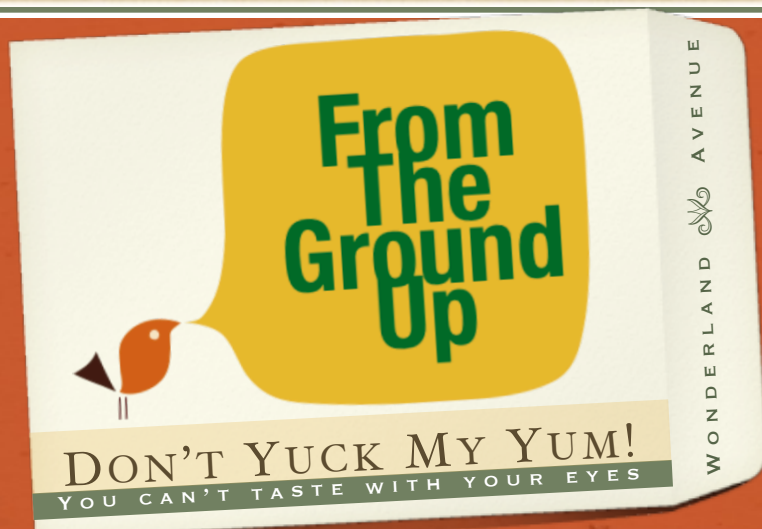


# FROM THE GROUND UP

## ~ KIMCHI ~



Raising healthy eaters one taste at a time...

### HISTORY & NUTRITIONAL INFO

**H**appy holidays Coyotes! This month we are taking our culinary trip to Korea, which is located in Northeast Asia 5,907 miles from Los Angeles. Not a hop, skip, and a jump, I can tell ya! I'm sure you're all aware of our international group of students here at Wonderland: your friends hail from all of over the world, creating an exciting atmosphere here on campus! Today, we are enlightening our taste buds with the spicy flavor of Kimchi. Can we all say **Kimchi**? Great teamwork, you guys are amazing!

Kimchi is a traditional Korean dish made from fermented vegetables. You're probably wondering what **FERMENTED** means: for all you science buffs out there, it's a process in which an agent causes an organic substance to break down into simpler substances; especially, the breakdown of

sugar into alcohol, which in a few days gives a sour taste like in our pickles we made. Along with the spices and veggies, the fermentation process is a huge part of the **FLAVOR AND nutritional benefits**.

Kimchi is an excellent source of probiotics, which are healthy bacteria that fight off many infections. Kimchi is also packed with vitamins and minerals such as **vitamins A and B, iron, calcium, and selenium**. These all contribute to supporting muscle growth, improve your immune system, and improve blood flow. So take a bite, stay in the flow, don't yuck our yums, and your body will grow and grow!



See you next time Coyotes,  
A-Whoo!!!!

### TRADITIONAL KIMCHI

#### Ingredients

##### Vegetables

- 1 (2-pound) napa cabbage
- 1/2 cup kosher salt
- 12 cups cold water, plus more as needed
- 8 oz daikon radish, peeled and cut into 2-inch matchsticks
- 8 oz medium green onion, ends trimmed, cut into 1-inch pieces (use all parts)

##### Paste

- 1/3 cup Korean red pepper powder
- 1/4 cup fish sauce
- 1 tablespoon grated garlic (5 cloves)
- 1 1/2 teaspoons granulated sugar or brown sugar

#### Directions

Cut the cabbage in half lengthwise, then crosswise into 2-inch pieces, discarding the root end. Place in a large bowl, sprinkle with the salt, and toss with your hands until the cabbage is coated. Add enough cold water to just cover (about 12 cups), making sure the cabbage is submerged (it's OK if a few leaves break the surface).

Cover with plastic wrap or a baking sheet and let sit at room temperature at least 4 hours to 6 hours.

Rinse and drain the cabbage. Rinse the cabbage under cold water 3 times and drain in a colander for 15-20 minutes. Rinse and dry the bowl you used for salting, and set it aside.

Make the paste. Meanwhile, combine the garlic, sugar, and fish sauce in a small bowl and mix to form a smooth paste. Mix in the gochugaru (Korean red pepper), using 1 tablespoon for mild and up to 5 tablespoons for spicy.

Combine the vegetables and paste. Gently squeeze any remaining water from the cabbage and return it to the bowl along with the radish, scallions, and seasoning paste.

Mix thoroughly. Using your hands, gently work the paste into the vegetables until they are thoroughly coated. The gloves are optional here but highly recommended to protect your hands from stings, stains, and smells!