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authentic KIMCHI recipes

part of the Kimjang Project in the UK



To our readers

This recipe book is published as part of the Kimjang Project funded by The National Lottery Heritage Fund. It illustrates the uniqueness of Korea's culinary heritage by focussing on Korea's most famous dish of all: kimchi. Drawing on the experience of North Korean, South Korean and Korean-Chinese residents in the UK, this compilation of delicious kimchi recipes offers a wealth of information about both kimchi and kimjang, as well as exploring the philosophies and traditions behind Korean cuisine. We hope that this book will inspire our readers to try the recipes for themselves, as they make their own journey of discovery about Korean cuisine.



When the Korean British Cultural Exchange (KBCE) organised its first Korean community festival in 2016, kimchi was only beginning to be recognised as a superfood. Soon, there were many food stores including non-Korean specialised shops and online retailers, selling kimchi. Regrettably what was often sold as 'kimchi' was more of an imitation rather than the authentic, traditional kimchi. Consequently some kimchi tasted different and lacked the nutritional benefits found in authentic kimchi. Therefore in late 2016 KBCE set up an action plan to promote authentic and original kimchi recipes in the UK.

In 2018, KBCE conceived the idea of organising a 'Kimjang Festival' as part of the Kingston Korea Festival in New Malden, home to the largest Korean population outside of Korea. Eventually in the summer of 2018, KBCE applied to The National Lottery Heritage Fund for a small grant for the festival. With their support and encouragement, KBCE expanded the project brief to record 21 kimchi recipes by residents living in the Royal Borough of Kingston upon Thames and to hold the Kimjang Festival in November 2019. This met with their approval and in November 2018 we were delighted to hear that The National Lottery Heritage Fund had decided to award us a grant to fund the project under the title, 'Kimjang: Making and Sharing Kimchi'.

The Kimjang Project started in February 2019 with a launch event at the Methodist Church in New Malden. From spring to summer, many kimchi recipes were researched and finally 21 recipes were shortlisted by the World Institute of Kimchi (WIKIM) and Chef Hyung Soo Yim. In September 2019, those 21 recipes were filmed. 18 of them were from Korean housewives from North and South Korea, as well as Yanbian in China. When the filming started, all of them were shy and unsure what to do. However once the filming was done complete, they became very confident and proud to share their recipes. More importantly, the North Korean recipe providers were proud to take part in this project, because they realised that they were making an invaluable contribution to the project, providing recipes that would otherwise not be available to the public. Through kimchi and Kimjang culture, Koreans from all backgrounds united to celebrate this unique culinary cultural heritage. Furthermore, we discovered that kimchi has become localised and the tradition of Korean Kimjang has been practiced in a variety of new ways in the UK!

In November 2019, the first Kimjang Festival was organised with various cultural activities. There were kimchi making classes for children and adults, two distinctive exhibitions about kimchi, a community photo display and food stalls to sell locally produced kimchi and other Korean food. There were several charity organisations that also attended to promote their work to the local community. Later in the day, a fundraising event for Kingston Hospital, the 'Care,' was organised. The weather was unfortunately not ideal, but many spectators came to New Malden from the north and south of England to take part. They enjoyed the experience and asked for an annual Kimjang Festival! After the festival KBCE focused on finishing this recipe book along with the recipe videos. It was a slow process, but the team worked hard to produce everything on time. Each of the recipes in this book has an accompanying video showing how to make that particular kimchi and these are all available on the Kimjang Project and KBCE websites and social media including our YouTube channel.

The Kimjang Project has presented the true spirit of Kimjang culture from a different perspective. Many local organisations as well as local residents and other individuals have taken part in. Most significantly, the Kingston History Centre has agreed to work closely with KBCE to preserve all the data from the Kimjang Project on behalf of KBCE so that the public will have permanent access to all the information gathered. To improve quality of life for New Malden residents, the Kimjang Project also provided free workshops in oral history training, first aid training and a photography masterclass.

The Kimjang Project has been the hardest but most exciting project that KBCE has ever undertaken. There were many obstacles to be overcome, but the COVID-19 coronavirus was the most unimaginable and unexpected and, like so many other groups, KBCE was adversely affected. Nonetheless the project has given us a great opportunity to learn and to develop for the future. KBCE is now more confident in organising diverse cultural programmes through different methods and platforms to reach out and engage with communities.

KBCE strongly believes that through cultural exchange, people can understand each other better and overcome their differences. It is only through collaborative effort we are able to achieve our goal of social harmony in our community. It is in such unprecedented times as these that cultural activities take on a more significant role in our lives, allowing us to support and engage with each other as we find a way through these challenges, and giving us a new perspective on our society.

Once again, KBCE thanks The National Lottery Heritage Fund, recipe contributors, staff and volunteers who have worked so hard to make the Kimjang Project a success.

Justina Jang

Project Manager of Kimjang Project and Trustee of KBCE

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World Institute of Kimchi (WIKIM).

Kimchi is one of the most delicious ways to prepare and consume a variety of vegetables. It is a traditional food that Koreans have eaten for centuries and has become a cultural phenomenon. Korea's Kimjang culture – the traditional procedure of preparing and preserving kimchi in large amounts for the long winter – has been recognised as a UNESCO Intangible Cultural Heritage of Humanity and represents more than just food.

The New Malden area, where KBCE operates, spans the Royal Borough of Kingston upon Thames and the south-west London Borough of Merton and is famous as a small Korea, where the Korean community has been developing since the 1970s. This Korean town is home to more than 20,000 Korean nationals who have migrated from South Korea, North Korea and Yanbian – the ethnic Korean area just across the border in China. KBCE hosts the annual Kimjang Festival every November. The Kimjang Project presented the community value of New Malden's Kimjang culture by researching the variety of kimchis in the neighbourhood. Kimchi culture serves as a bridge between local residents and the Korean community. Through collaborating with KBCE on this project, WIKIM gained an opportunity to discover the potential of kimchi's globalisation.

In closing, I would like to express my appreciation to Justina Jang, Trustee of KBCE, for planning and implementing the Kimjang Project. I would further like to express my sincere gratitude to the volunteers who helped with this project. And I hope that the success of this initiative achieved through the collaboration of our two organizations will be a stepping stone towards further joint ventures in the future. Thank you.

Chang Hyeon Lee PhD

Culture Convergence Research Group Leader of WIKIM

Project chef.

Since late 2018, I have had the pleasure of working alongside Justina Jang, Director of the Korean British Culture Exchange (KBCE) and Ok Kyung Woo, Chair of the Korean Restaurants and Supermarkets Association (KORSA), supported by The National Lottery Heritage Fund, to help deliver the Kimjang Project.

It has been an exciting journey, which began with the project's launch in February 2019 and culminated in the successful Kimjang Festival in November of the same year. I am both delighted and proud that this recipe book has been created as a result.

The project brought together a fantastically motivated team from across South Korea, North Korea and China – seeing partners from such diverse backgrounds working together towards one goal was perhaps the most rewarding part of it all. I am forever thankful to each of them for the collaboration and effort they put into making this project such a success. The project taught me a great deal about determination and how creativity can help us overcome our differences – it also made me realise that we all share a passion for kimchi and that can be the strongest bond of all!

The shared cultural heritage we have in Kimchi is a product of the Korean people's effort to overcome the harsh winter seasons. The practices that have been developed from that collective effort over centuries remain ingrained in our everyday lives today. At every stage of this project, from the planning to the collection of recipes and filming, it did not matter that we were born or brought up in different places. I was inspired and appreciative of the fact that, despite our different backgrounds, through our shared food culture of kimchi and Kimjang, we were united all along whether we had realised it or not.

It was not an easy journey, but with the help of volunteers and Korean nationals living in the UK, it was a great success. I want to express my deepest gratitude to those who contributed their time and effort to this project.

There is no way this recipe book can represent all Korean kimchi, but I hope that at least for those with Korean heritage who live in the UK, this collection can become a reference and record of our shared cultural history.

I would also like to extend my thanks to Justina Jang for inviting myself and Ok Kyung Woo to be involved in this project and hope that this recipe book will help people to make and enjoy kimchi more!

Chef Hyung Soo Yim

Vice chair of KORSA

Unlock the healthy secrets of kimchi.

Kimchi is an incredibly healthy food, but much more importantly, kimchi is a way of life. It has brought communities together in Korea for thousands of years; it is the embodiment of the Korean culture, sustaining the population in lean years and rightly earning the accolade of a nutritionally-balanced food.

The first question is obviously 'What is kimchi?'

Kimchi is essentially fermented and salted vegetables, especially Korean radish, Napa cabbage and cucumber, with many seasonings such as *jeotgal* (salted seafood), ginger, garlic, *gochugaru* (red chilli pepper powder) and spring onions, although the seasonings are almost endless. Every community has its own recipe and all have their own unique balance of nutrition.

The Korean population is well-renowned for its longevity and resistance to disease, which is particularly evident by the very low levels of morbidity in response to the recent Covid-19 pandemic in Korea compared to other countries. Simple key ingredients (such as ginger, garlic and chilli) provide kimchi with high antioxidant levels, which combat free radicals, the causes of many diseases such as heart disease, strokes and cancer. With Vitamin C, Vitamin K and Folate (to prevent anaemia) from cabbage, dietary fibre from radish and (often overlooked) incredibly important high water content (to prevent dehydration) from cucumber, kimchi is also packed with minerals such as calcium (for strong bones and teeth) and iron (also to prevent anaemia). With a high nutritional content, kimchi is an essential part of a healthy Korean diet.

However apart from the obvious nutritional qualities of kimchi, there is the immeasurable effect of kimchi on quality of life. Kimchi brings communities together with many advantages of which a factor is reduction of stress by social interaction. Stress is the most important cause of many health issues, especially heart disease and stroke. So the mere process of kimchi-making as a group activity reduces the level of stress in the whole community.

In summary, it is almost impossible to describe the incredible health properties of a single food phenomenon – kimchi!

Professor Charles Clark DSc MD FRCS and Maureen Clark FRSA FSAScot FLS

Kimjang festival community photo competition.



Congratulations to **Junhyun Yim**whose photo took first place in the 2019 Kimjang Festival community photo competition

Judges' comments

Our three judges loved this picture! It is technically excellent and well composed. In our view, the message of the Kimjang Festival – of community spirit and helping each other – was reflected really well in his photo.



Malden Camera Club

Malden Camera Club is a local group of people with skills and interests covering the whole range of photography – from very experienced through to novices, from landscapes through portrait and street photography to wildlife and macro. MCC is very welcoming and is not in any way judgmental about the skills brought to the club by our members: you don't need to be worried that we only care for experts! It meets weekly on a Thursday evening, at New Malden Library; although during the current lockdown it has been having its meetings by video conference on Saturday afternoons.

www.maldencameraclub.org.uk.

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Korean cuisine (Hansik).

The philosophies behind Korean cuisine

Koreans believe that 'food and medicine come from the same root' and regard food in the same way as precious medicine. This idea has been deeply instilled into Korean people and has influenced their culinary culture. Eating nutritious and well-balanced food every day is very important for Koreans.

Korean food is distinctive in that it is cooked to preserve the taste of each ingredient. Koreans believe that nature and people are interconnected and that it is important to follow the rule of natural energy and consume food accordingly. The concepts of *yin*, *yang* and the five elements, as well as food harmony, play a significant role in Korean cuisine.

Five essential flavours and five cardinal colours correspond to nature's five elements: salty (water/black), spicy (metal/white), sweet (earth/yellow), bitter (fire/red) and sour (wood/blue). All elements should be eaten at every meal to achieve balance and help each of the body's organs at once. Analysing kimchi on this basis, we find that it is the perfect food to harmonise all five elements: Korean cabbage: spicy/metal/white + Red chilli pepper powder: bitter/fire/red + Spring onion: sour/wood/blue + Garlic/ginger: sweet/earth/yellow + Jeotgal: salty/water/black.

When making kimchi with summer radish, associated with *yang*, flour paste made with wheat, associated with *yin*, is used to balance the food energy, whereas glutinous rice paste, associated with *yang*, is not used because it breaks food harmony and balance.

Fun facts

The first Korean cookery book, *Sangayorok*, was written in the 15th century by a court physician, Sun Eui Jeon who also wrote *Sikryochanyo*, a medical book teaching how to treat patients with food. *Sangayorok* is also known as an agricultural textbook, which has the first blueprint of a greenhouse and 229 recipes including 38 kimchi recipes. *Eumsikdimibang* was the first Korean cookery book written by a woman, Lady *Jeong* of the *Andong Jang* family. It is also known as the first cookery book written by a woman in Asia. It has 146 recipes including seven kimchi recipes.





Many countries have their own methods of preserving vegetables. Kimchi is a unique method developed in Korea. Kimchi is a fermented food made of cabbage or radish salted with brine, then mixed with various seasonings. It is an essential dish for every Korean meal, regardless of class and region. The unique form and taste of kimchi has been developed over the years.

The early form of kimchi was <code>jangajji</code>, salted vegetables without seasoning, made before the Three Kingdoms era (57BC-935AD). Interestingly enough, <code>jangajji</code> is still enjoyed by Koreans today. During the <code>Goryeo</code> dynasty (918-1392), various kinds of <code>mulkimchi</code> (water kimchi) such as <code>dongchimi</code> (radish water kimchi) were made. In the <code>Joseon</code> dynasty (1392-1910), kimchi evolved most significantly by using new seasoning ingredients such as red chilli and seafood. <code>Seokbakji</code> (Korean radish kimchi) made with <code>jeotgal</code> (salted fermented seafood) and seafood started gaining popularity. Towards the end of the <code>Joseon</code> dynasty, as the whole-head Korean cabbage started being used, <code>tongbaechu</code> (whole Korean cabbage) kimchi and <code>bossam</code> (wrapped) kimchi started to be consumed.

What makes kimchi so special? First of all, kimchi is known to have a high nutritional value. Unlike most fermented foods, which use only one or two ingredients, kimchi uses various ingredients including fish, meat, vegetables and fruit, as well as seasonings like red chilli pepper powder, garlic and salted-fermented seafood. These ingredients help develop various types of lactic acid bacteria during the fermentation process and produce new nutrients such as vitamins and organic acids. As a result, kimchi is believed to strengthen the immune system. Secondly, when fermenting kimchi, it uses less salt compared to other fermented or pickled food, because seasoning ingredients are added to pre-fermented vegetables. Kimchi is also known for its diverse taste and flavours which are different from region to region. Each region has its own unique and authentic kimchi recipes which are made with locally produced seasonal ingredients. It is not surprising then that there are more than 150 kimchi recipes in South Korea alone! For these reasons, kimchi is an excellent superfood full of taste and nutritional value with great storage stability.

Type of kimchi by region.

Korea's topography is characterised by high terrain in its northern area and low-lying terrain in the south, with mountainous areas and heights standing along mountains and large plains stretching out alongside the country's major rivers. Due to the influences of the peninsula's geography and weather, ancient Koreans developed a culture that existed in harmony with the natural environment and their food culture developed unique traits in different regions of the country. And kimchi was no exception to the rule.



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Korean cabbage (Baechu)

Korean cabbage is the most important and basic ingredient needed for Kimjang. It is similar to Chinese cabbage but is larger in volume and has more layers of leaves. Korean cabbage should be plump, but not heavy for its size. The outer leaves should have a deep green colour and appear clean and fresh. It is recommended to choose cabbages that have many leaves, are white close to the root and appear yellow toward the ends of the leaves when cut in two.



Korean radish (Mu)

Korean radish plays a role in helping Korean cabbage ferment and has excellent nutritional value. Depending on which season the radishes are harvested, they can produce a variety of different flavours. Whilst spring radishes are thin and spicy, autumn radishes are thicker in size and full of water which gives them a sweet taste. The best to choose are radishes with plenty of fresh leaves and heavy radishes.



Korean coarse sea salt (Cheonilyeom)

Salt is an essential ingredient needed not only for the brine used to salt the vegetables, but also for seasoning kimchi and preventing the growth of harmful bacteria. Korean coarse sea salt is sun-dried and is considered to be the best for salting vegetables. It is made by allowing shallow seawater reservoirs to evaporate upon exposure to sunlight and wind. Storing *cheonilyeom* for several years removes the bittern (*gansu*) – the bitter solution that remains after the evaporation and crystallisation of salt – as well as much of its bitterness.



Korean red chilli pepper powder (Taeyangcho gochugaru)

The red chilli pepper was introduced in Korea during the late 16th century, in the middle of the *Joseon* dynasty and made significant changes to the making of kimchi. It is an essential and important ingredient for many foods, not just kimchi. *Taeyangcho* is considered the best type of red chilli pepper which is dried in sunshine, causing its flesh to turn red and its stalk to turn yellow.



Salted-fermented seafood (Jeotgal)

Jeotgal is salted and fermented seasoning that can be made with various types of seafood including shrimps, yellow corvine, anchovies, clams, fish eggs or fish intestines. There are around 140 different types of jeotgal in total. It is used as an additional seasoning and adds different colours to kimchi. With its unique smell and taste, it is one of the base ingredients used to make kimchi tasty and is full of good quality protein, minerals and fat. Saeujeot (fermented shrimp paste) is the one most commonly used in kimchi.

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Korean pear (Bae)

Korean pear is a large, round and golden brown fruit which is juicy and crispy. Pears are used to add the sweet taste and crunchy texture to kimchi.



Korean soybean paste (Doenjang)

Korean soybean paste is made by fermenting soybeans and has been a well-used ingredient for over 2,000 years. The Koreans regard soybean paste as medicine as well as a good ingredient for cooking. It has a deeper taste, rougher texture and more earthy flavour than its Japanese counterpart, *miso*.



Korean soy sauce (Ganjang)

Korean soy sauce is made using the same process as soybean paste. Koreans have two types of soy sauce: *guk ganjang* (soup soy sauce) and *jin ganjang* (brewed soy sauce). *Guk ganjang* has a more salty and deeper taste than *jin ganjang* which has a sweet taste.

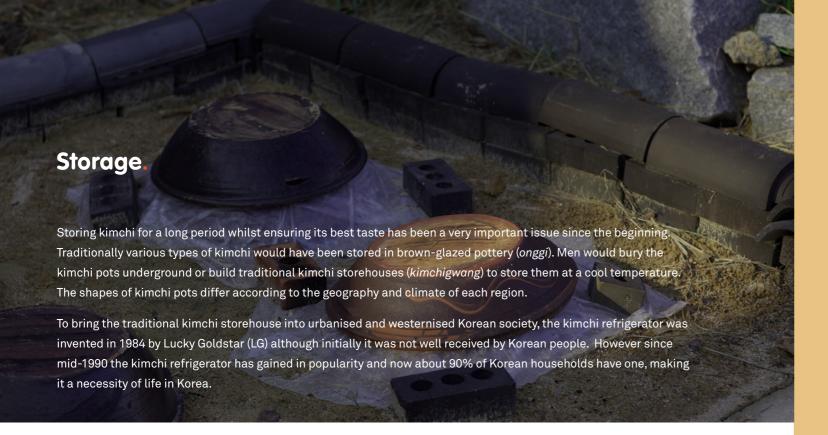
Guk ganjang is a type of Korean soy sauce made entirely of fermented soybean (meju) and brine. It is also a by-product of doenjang production. Both lighter in colour and saltier than other Korean ganjang varieties, soup soy sauce is used mainly in soup and namul (a seasoned vegetable dish) in modern Korean cuisine. It is also sometimes called jip ganjang (house soy sauce) because in the old days Koreans all made this ganjang at home.

Jin ganjang is a mix of chemically produced soy sauce and naturally brewed yanjo ganjang. Some Koreans purchase jin ganjang because it is cheaper or because they are accustomed to the taste from their childhood. It is used for stir-frying, braising, marinating and grilling, as well as for dipping sauce.

Fun facts: Soy sauce made in 1657

Korean soy sauce found itself in the limelight in 2017 when the President of the United States visited South Korea. At a state banquet in Seoul, one of the gravies served was made with a special soy sauce which was a century older than the United States! Koreans believe that fermented sauce (*jang*) is the foundation of taste. Each household used to make its own fermented sauce and pass down its sauce and recipes. This practice was especially followed by the aristocracy. They would pass down one jar of the best soy sauce from generation to generation. Grand Master Kisoondo, the owner of Kisoondo traditional *jang*, inherited the 360 year old soy sauce from her mother-in-law and also provided this sauce for the state banquet. In 2017, Kisoondo traditional *jang* sold this special soy sauce in Korea for US\$3,000 for 500ml.

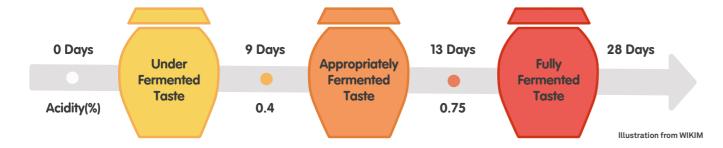
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Fermentation

As the fermentation progresses, organic acids such as lactic acid are produced which cause the pH of the kimchi to decrease and the acidity to increase. When the pH is between 4.2 and 4.5 or the acidity is between 0.6 and 0.8%, the best flavour of kimchi is achieved.

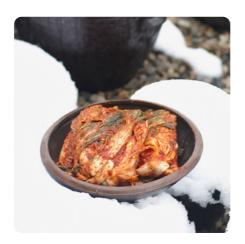
Fermentation period (days)

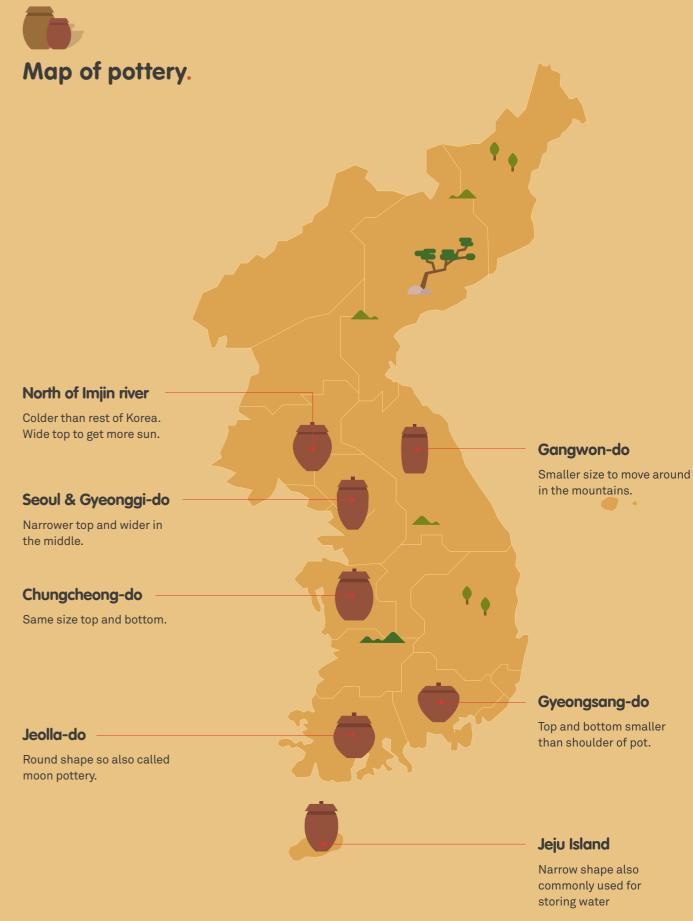


Pottery buried underground









p.10 Source: Kimchi Museum in Gwangju Kimchi Town p.11



Kimjang is the act of making and sharing a large amount of kimchi with family and neighbours in late autumn or early winter, to last them all through the long winter months. The ingredients and methods used in each region are rich in their own local colour, but in essence Kimjang is a very homogenous culture throughout the whole of Korea.

Making kimchi is the most fundamental and important task for a Korean housewife. The wives, especially grandmothers, became the matriarch of the household whereas the husbands would then follow their leadership during this period. Kimjang has provided Korean women opportunities to engage with each other and share their experiences together to be part of society. Furthermore the culture of Kimjang became a way for families to naturally hand down their own special recipes to the next generation.

This Korean Kimjang culture of making and sharing kimchi was listed on the UNESCO Representative List of Intangible Cultural Heritage of Humanity in 2013 for South Korea and in 2015 for North Korea, sharing the cultural value of kimchi with people all around the world.

It is interesting to discover that Koreans living abroad have continuously kept the Kimjang tradition alive wherever they live. Here in the UK Korean communities from North and South Korea and Korean-Chinese have been making kimchi and following Kimjang culture which has been adapted to suit their local environment.















Salting cabbage (recipe from Kimchi Master Ms. Ha Yeon Lee)

Ingredients: 5kg Korean cabbage, 2.5 litres water, 500g Korean coarse sea salt (Cheonilyeom)



- 1. Halve each cabbage by cutting the rooted part into two and pulling it apart with your hands.
- 2. Dissolve half of the Korean coarse sea salt in the water and wet each cabbage leaf.
- 3. Sprinkle the rest of the salt into each layer of cabbage.
- 4. Pile the salted cabbages on top of each other, inner side up, in a big container, then pour the rest of the brine in.
- 5. After five hours, turn them over to change the position and leave them for another
- 6. Afterwards, rinse the salted cabbages in running water three times to remove excess salt and drain them well.
- *Total salting time: summer 4-5 hours / autumn 6-8 hours / winter 8-12 hours

Making paste (recipes from WIKIM)

Paste is used to help to ferment kimchi and to enhance the taste of kimchi by creating lactic acid bacteria. Normally, in spring and summer, pastes made with flour, potato, sweetcorn as well as boiled barley water or barley rice are used to make kimchi, whereas in autumn and winter months, glutinous rice paste is used.



Flour porridge paste (watery texture used for water kimchi)

Ingredients: 200ml water, 1 tablespoon flour

- 1. Completely dissolve 1 tablespoon of flour in 100ml of water.
- 2. Boil the rest of the water.
- 3. Pour the flour water slowly into the boiling water and keep stirring.
- 4. When it starts boiling again and turns clear, remove it from the heat.
- 5. Leave it to cool.

Glutinous rice paste (thicker texture good for fermented kimchi)

Ingredients: 200 ml water, 1 tablespoon glutinous rice powder

- 1. Completely dissolve 1 tablespoon of glutinous rice powder in half the water.
- 2. Boil the rest of the water.
- 3. Pour the glutinous rice powder water slowly into the boiling water and keep
- 4. When it starts boiling again, remove it from the heat.
- 5. Leave it to cool.

Making basic stocks (recipes from Korean Cuisine Culture Centre)

Beef, clam, kelp stocks



Beef stock

Ingredients: 400g beef brisket, 3 litres water, 50g onion, 50g Korean radish, 5 garlic cloves (peeled), 10g ginger (peeled)

- 1. Soak the beef brisket in cold water for 10 minutes to remove excess blood.
- 2. Boil the beef on high heat for 10 minutes, then rinse in cold water.
- 3. Put 3 litres of water in a large pot and parboil all the ingredients, then cook on a medium heat for 30 minutes, then on a low heat for 20 minutes.
- 4. Leave it to cool completely, then pour the stock through a strainer to remove
- 5. Store in an airtight container in the fridge for up to three days or for a few months in the freezer.

Clam stock

Ingredients: 100g clams, 2 cups (480ml) water and 1 teaspoon salt for brine, 2 litres water

- 1. Soak the clams in brine for an hour, then clean
- 2. Boil the clams until they start to crack open.
- 3. When the clams are fully opened, remove from the heat.
- 4. Leave it to cool completely, then pour the stock through
- 5. Store in an airtight container in the fridge for up to three days or for a few months in the freezer.

Kelp stock

Ingredients: 30g kelp, 2 litres water

- 1. Boil the water in a saucepan.
- 2. When the water starts boiling, add the kelp and cook at a medium heat for five* minutes.
- 3. Leave it to cool completely, then pour through a strainer.
- 4. Store in an airtight container in the fridge for up to three days or for a few months in the freezer.
- *Overcooking kelp produces a slimy substance that changes the taste and consistency of the stock.

Tips

- To produce a vibrant red colour, prepare red chilli pepper paste by mixing red chilli pepper powder with lukewarm water, stock or glutinous rice paste the day before making the kimchi.
- To make tasty kimchi, mix julienned radish with red chilli pepper paste first, leave them to marinate well then add the remaining ingredients.

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At a glance.



Kimchi is the main star in every Korean meal.
There are many hundreds of types of kimchi and you can make kimchi with almost any vegetable.

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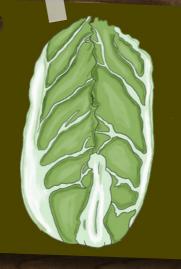


Make the paste with red chilli pepper powder, garlic cloves, ginger, glutinous rice paste, fermented shrimp paste and fish sauce. Add the julienned radish and sliced spring onion to the paste.



First **Salting**Cut the rooted part into two halves and **pull them apart** with your hands.

Traditionally it is made with Korean cabbage and various other ingredients.



4

Add
coarse sea salt.
Leave it overnight then
rinse away the salt.



in between each leaf.





Store the kimchi in a clay pot and bury it in the ground.



Fermentation

helps to make the food tastier and more digestible.

A long time ago, Koreans used to come together in their communities to make kimchi to **prepare for the winter months.**



Salt

kills Bad Bacteria **Paste**

creates

Lactic Acid

Store

with No Oxygen



Kimjang,

the Korean tradition of getting together to make kimchi in the village with family and neighbours, is still practiced today and is a very important part of

Korean identity.



Delicious Kimchi!

Enjoy your tasty kimchi.

Kimjang is on the list of

the world's intangible cultural heritage.



United Nations • Educational, Scientific and • Cultural Organization •



Cultural
Heritage

kimchi recipes.



Each of the recipes in this book has an accompanying video of how to make that particular kimchi. These videos are available on the Kimjang Project Youtube channel.

south korean



South Korean Style Kimjang Kimchi.

Namhansik Kimjang Kimchi / 남한식 김장김치

By Chef Hyung Soo Yim

Main Ingredients:

3 Halves salted Korean cabbage (1 half approx. 500g) 300g Korean radish (julienned) 2 Spring onions (halved lengthways then diagonally sliced)

20g Korean chives (cut into 4cm lengths)

Seasoning ingredients:

20g Korean red chilli pepper powder (Taeyangcho gochugaru) 20g Korean red chilli pepper powder (Taeyangcho gochugaru) with seeds

10g Fine sea salt 15g Sugar

15g Garlic cloves (finely chopped)

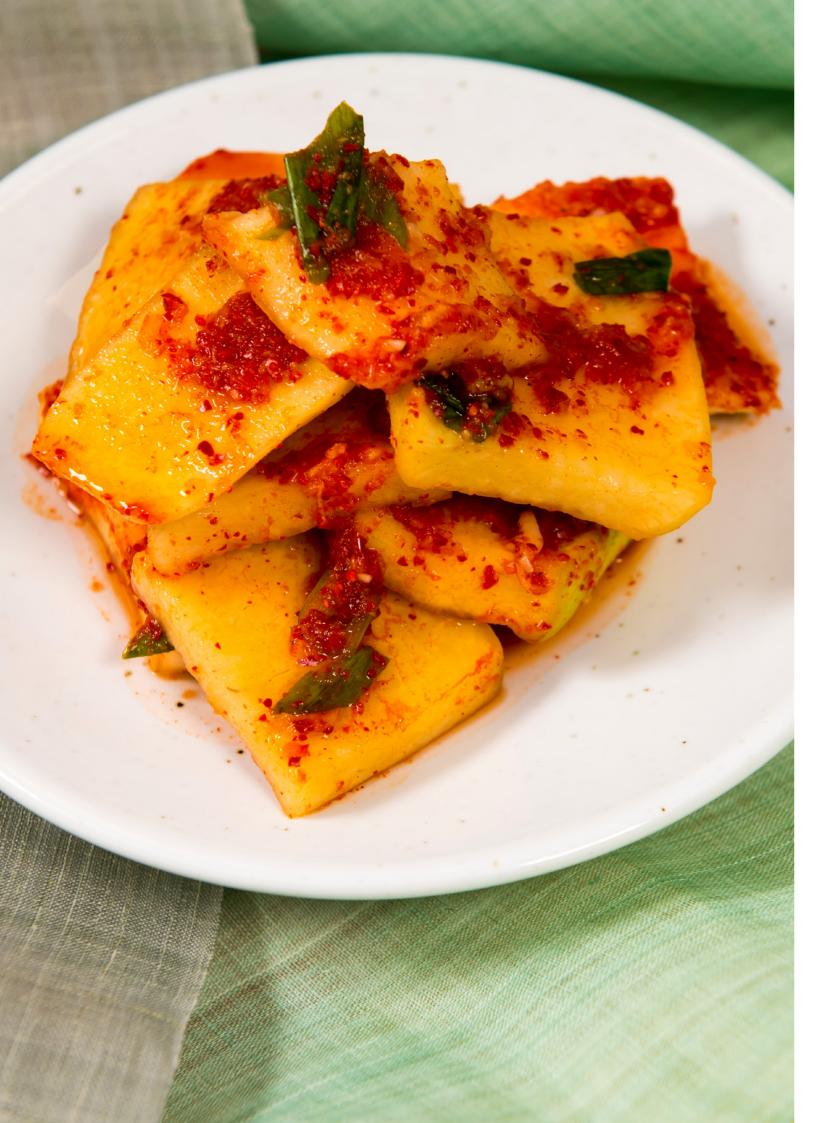
7g Ginger (finely chopped) 3 Red chillies (blended) 200g Korean radish (blended) 50g Glutinous rice paste made with fish stock 10g Fermented shrimp paste

(Saeujeot) 10ml Fish sauce (Myeolchiaekjeot)

Method:

- Blend the radish and red chillies with a little water until it gets thoroughly liquidised.
- 2. Put the rest of the seasoning ingredients along with the blended mixture into a large mixing bowl.
- 3. Add the julienned radish to the mixing bowl and mix it evenly.
- 4. Add the rest of the prepared vegetables and mix them thoroughly.
- 5. Place one cabbage quarter in the bowl and spread the julienned radish mixture over each leaf, one or two tablespoons for large leaves.
- 6. Fold the leaf part of the cabbage over toward the stem and nicely wrap it with the outermost leaf.
- 7. Place the kimchi in an airtight container and leave it at room temperature (normally between 20 and 24°C) for two days depending on the weather and personal preference (how fast you want your kimchi to mature) then store in the fridge for at least one week to let it ferment and fully mature.

- To prepare the radish, firstly cut it into 5cm lengths, slice these lengthways 1mm thick then julienne into thin strips or use a mandolin slicer.
- There is less seasoning in this recipe than traditional kimjang kimchi, as it can be eaten
 fresh. Normally, kimjang kimchi requires the use of more salt to maintain the fresh taste
 that lasts through winter and until spring.



Korean Radish Kimchi.

Seokbakji / 섞박지

By Mrs. Jae Im Jeon

Main Ingredients:

1.5kg Korean radish2 Spring onions (finely chopped)

Seasoning ingredients:

50g Korean red chilli pepper powder (Taeyangcho gochugaru) 30g Fine sea salt 20g Sugar Pinch of sweetener Pinch of MSG 20g Garlic cloves (finely chopped) 10g Ginger (finely chopped) ½ Royal gala apple (peeled, deseeded and blended) ½ Korean pear (peeled, deseeded and blended) 30ml Corn syrup 50g Glutinous rice paste 40g Fermented shrimp paste (Saeujeot) 40ml Fish sauce (Myeolchiaekjeot)

Method:

- 1. Cut the radish into 1cm thick chunks and put in a large mixing bowl.
- 2. Blend the apple and pear with a little water until they become completely liquidised.
- 3. Add the liquidised apple and pear mixture to the radish.
- 4. Add the main ingredients and the rest of the seasoning ingredients then mix well.
- 5. When mixing in the radish, squeeze each piece by hand so that they are thoroughly infused with the seasoning.
- 6. Place the kimchi in an airtight container and leave it at room temperature (normally between 20 and 24°C) for three days depending on the weather and personal preference (how fast you want your kimchi to mature) then store in the fridge.

- This kimchi does not have a separate step for the salting process therefore it needs more salt than usual to ensure that when water comes out of the radish, the taste does not become too diluted.
- It is traditionally made in November to last through winter and into early spring. The flavour will develop gradually in the fridge during fermentation.
- It goes well with Korean hot soup dishes.



Korean Temple Kimjang Kimchi.

Sachal Kimjang Kimchi / 사찰 김장김치

By Chef Hyung Soo Yim

Main Ingredients:

3 Halves salted Korean cabbage (1 half approx. 500g) 300g Korean radish (julienned) 2 Spring onions (diagonally sliced)

Seasoning ingredients:

50g Korean red chilli pepper powder (*Taeyangcho gochugaru*) 7g Fine sea salt 15g Sugar 5g Roasted sesame seeds 7g Ginger (finely chopped) 2 Red chillies (blended) 100g Korean radish (blended) 1 Korean pear (peeled, deseeded and blended) 50g Glutinous rice paste

Method:

- 1. Blend the pear, radish and chillies with a little water until it becomes liquidised.
- 2. Put the liquidised ingredients into a large mixing bowl.
- 3. Add the rest of the seasoning ingredients and mix them well.
- 4. Add the julienned radish and mix it evenly.
- 5. Add the prepared spring onions and mix them well.
- 6. Place one cabbage quarter in the bowl and spread the julienned radish mixture over each leaf, one or two tablespoons for large leaves.
- Fold the leaf part of the cabbage over toward the stem and nicely wrap it with the outermost leaf.
- 8. Place the kimchi in an airtight container and leave it at room temperature (normally between 20 and 24°C) for two to three days depending on the weather and personal preference (how fast you want your kimchi to mature) then store in the fridge.

Notes:

- Prepare the seasoning with the red chilli pepper powder the day before making the kimchi to give it a vibrant red colour.
- Temple kimchi is best known for its simple and unique taste. The original taste of each ingredient is balanced well with all the others. You can taste the best of what nature has to offer as the natural flavour of each ingredient is brought out to create a rich, clean taste.
- V This kimchi is vegetarian and vegan friendly.

Five pungent vegetables (Osinchae)

Temple food forbids the use of five pungent vegetables – garlic, wild leeks, green onions, allium and asafetida – which have a very strong taste and are thought to incite negative emotions such as anger and irritability. It is also believed that they arouse human carnal desire. For these reasons, it is thought that consumption of these five pungent vegetables will cause disruption to their training and meditation and therefore they are avoided in their everyday temple food diet.



Korean Winter Cabbage Kimchi.

Eolgari Kimchi / 얼갈이 김치

By Mrs. In Sook Choi

Main Ingredients:

1.5kg Korean winter cabbage (Eolgari)
70g Korean coarse sea salt (Cheonilyeom) for salting

Seasoning ingredients:

50g Korean red chilli
pepper powder (*Taeyangcho*gochugaru)
30g Fine sea salt
10g Sugar
25g Garlic cloves (finely
chopped)
7g Ginger (finely chopped)
100g Onion (blended)
5 Red chillies (blended)
30ml Glutinous rice paste
15g Fermented shrimp paste
(*Saeujeot*)
30ml Fish sauce
(*Myeolchiaekjeot*)

Method:

- 1. Cut the cabbage into 5cm lengths
- 2. Wash them under cold running water two to three times.
- 3. Soak the cabbage in brine made with a litre of water and 70g of coarse sea salt for 30 minutes. Turn the cabbage over every ten minutes, until it becomes slightly flexible.
- 4. Rinse it under cold water twice, then drain well.
- 5. Blend the red chillies and onion with a little water.
- 6. Put the glutinous rice paste in a bowl, then add all the seasoning ingredients including the blended chillies.
- 7. Add the cabbage pieces and toss them gently by hand until they are evenly coated with seasoning. If needed, add extra salt or fish sauce to taste.
- 8. Place the kimchi in an airtight container and leave it at room temperature (normally between 20 and 24°C) for two days depending on the weather and personal preference (how fast you want your kimchi to mature) then store in the fridge.

- This kimchi is ready to serve straight away or to eat after fermentation when it will develop a fuller flavour.
- Eolgari is a winter grown cabbage used to make kimchi in spring and summer.



Korean Whole Radish Kimchi.

Altari kimchi / 알타리 김치

By Mrs. Mi Sun Na

Main Ingredients:

1.5kg Korean radish (*Altari*) 3 Spring onions (diagonally sliced)

100g Korean coarse sea salt (Cheonilyeom) for salting

Seasoning ingredients:

100g Korean red chilli pepper powder (*Taeyangcho gochugaru*)

30g Fine sea salt 30g Garlic cloves (finely chopped)

10g Ginger (finely chopped) 150g Onion (blended)

150 ml Glutinous rice paste 15g Fermented shrimp paste (Saeujeot)

50ml Fish sauce (Myeolchiaekjeot)

Method:

- 1. Trim the end of each radish.
- 2. Scrub the radish with a scouring pad to remove all the embedded dirt.
- 3. Wash the radish under running cold water and clean the green leaves thoroughly.
- 4. Sprinkle coarse sea salt all over the radish and leave it for an hour, turning it over every ten minutes to ensure it is salted evenly.
- 5. Rinse the salted radish under running cold water two to three times, then drain the excess water thoroughly.
- 6. Blend the onion with a blender until completely liquidised.
- 7. Move the liquidised onion into a large mixing bowl.
- 8. Add all the remaining seasoning ingredients.
- 9. Mix the drained radish with the seasoning gently and evenly.
- Wrap each radish up individually in its leaves and place them facing up neatly in a kimchi container.
- 11. Pour any leftover seasoning over the kimchi until completely covered.
- 12. Place the kimchi in an airtight container and leave it at room temperature (normally between 20 and 24°C) for three to five days depending on the weather and personal preference (how fast you want your kimchi to mature) then store in the fridge.

- When salting, concentrate more salt on the radish root than on the green leaves.
- Another way to prepare *altari* radish is to cut the green leaves off the radish and prepare them separately.
- Korean radish produced in Europe is smaller but firmer than those grown in Korea which have their own unique texture and flavour.



Julienned Korean Radish Kimchi.

Musaengchae Kimchi / 무생채 김치

By Mrs. Jae Im Jeon

Main Ingredients:

1kg Korean radish 2 Spring onions (finely chopped)

Seasoning ingredients:

30g Korean red chilli
pepper powder (*Taeyangcho*gochugaru)
10g Fine sea salt
15g Sugar
Pinch of MSG
20g Garlic cloves (finely
chopped)
5g Ginger (finely chopped)
40ml Corn syrup
20ml Magnolia vine syrup
(*Omija* syrup)
20ml Rice vinegar
20ml Fish sauce
(*Myeolchiaekjeot*)

Method:

- 1. Julienne the radish into 1mm thick and 7cm long strips.
- 2. Put the prepared main ingredients into a large mixing bowl.
- 3. Add all the seasoning ingredients into the mixing bowl and mix them thoroughly.
- 4. Place the kimchi in an airtight container and store in the fridge.

- This kimchi is ready to eat fresh.
- To make this kimchi vegetarian and vegan friendly, omit the fish sauce and add more salt instead.



Korean Radish and Cabbage Water Kimchi.

Mu Baechu Mulkimchi / 무 배추 물김치

By Mrs. Mi Sun Na

Main Ingredients:

250g Korean cabbage 1kg Korean radish 1 Red chilli (diagonally sliced) 2 Spring onions (green parts only, cut into 4cm lengths) 50g Korean coarse sea salt (Cheonilyeom) for salting

Seasoning ingredients:

2 litres Mineral water 50g Fine sea salt 20g Garlic (finely chopped) 5g Ginger (finely chopped) 100g Onion (blended) 100ml Glutinous rice paste

Method:

- 1. Cut the cabbage into bite-sized pieces, approx. 2cm x 4cm.
- 2. Wash twice in cold water, then sprinkle 20g of coarse sea salt over the cabbage and leave for 20 minutes. Do not rinse.
- 3. Cut the radish into bite-sized lengths, approx. 1cm x 1cm x 5cm.
- 4. Salt the cut radish with 30g of coarse sea salt and leave for 30 minutes. Do not rinse
- 5. After the cabbage and radish have been salted, mix them together.
- 6. Blend the onion with a little water until liquidised.
- 7. Put the liquidised onion as well as the garlic and ginger in a muslin bag.
- 8. Squeeze the ingredients in the muslin bag into a large mixing bowl with 2 litres of water in it to make the seasoning.
- 9. Add the glutinous rice paste and fine sea salt to the water, then stir and mix well.
- 10. Place the cabbage and radish mixture in a kimchi container.
- 11. Add the rest of the prepared vegetables to the kimchi container.
- 12. Pour the water into the kimchi container until all the ingredients are covered and fully submerged.
- 13. Place the kimchi in an airtight container and leave it at room temperature (normally between 20 and 24°C) for two to three days depending on the weather and personal preference (how fast you want your kimchi to mature) then store in the fridge.

- The combination of Korean cabbage, Korean radish and onion gives a sweet taste to the kimchi
- Glutinous rice paste removes the raw taste of the vegetables and when added to the water creates a slightly starchy texture.
- The red chillies and green parts of the spring onion give a nice colour to the kimchi making it
 more pleasing to the eye.
- This kimchi does not use Korean red chilli pepper powder which is often used in other kimchi recipes.



Young Korean Summer Radish Water Kimchi.

Yeolmu Mulkimchi / 열무 물김치

By Mrs. In Sook Choi

Main Ingredients:

1kg Young Korean summer radish (Yeolmu) 2 Spring onions (cut into 4cm lengths) 50g Onion (sliced) 1 Green chilli (deseeded and cut

into 4cm lengths)
1 Red chilli (deseeded and cut into 4 cm lengths)

½ Carrot for garnish 70g Korean coarse sea salt (Cheonilyeom) for salting

Seasoning ingredients: 1.5 litre Mineral water

30g Korean red chilli pepper powder (*Taeyangcho gochugaru*) 60g Korean coarse sea salt (*Cheonilyeom*) 10g Sugar 20g Garlic cloves (finely chopped) 10g Ginger (finely chopped)

50ml Flour Paste

Method:

- 1. Trim off the root from each radish and cut the green leaves into about 5cm lengths.
- 2. Wash the green leaves under running water three times.
- 3. Soak in brine made with 1 litre of water and 70g of Korean coarse sea salt for 15 minutes, turning them over every 5 minutes, until they become slightly flexible.
- 4. Rinse them with cold water twice, then drain well.
- 5. Dilute the flour paste in 1.5 litres of mineral water.
- 6. Put the red chilli pepper powder into a muslin sachet and squeeze the sachet in the liquid so that it infuses into the mixture.
- 7. Add the remaining seasoning ingredients to the liquid, then stir.
- 8. Add the prepared vegetables (except the radish) to the liquid.
- 9. Place the radish greens into a kimchi container.
- 10. Pour the liquid into the kimchi container until all the ingredients are submerged. (If needed, make more liquid and add more salt to taste.)
- 11. Add flower shaped carrot and spring onions as a garnish.
- 12. Place the kimchi in an airtight container and leave it at room temperature (normally between 20 and 24°C) for two days depending on the weather and personal preference (how fast you want your kimchi to mature) then store in the fridge.

- Adjust the taste while it is fermenting.
- When serving, you can decorate the plated kimchi with flower-shaped carrot on the top to make it more aesthetically pleasing.
- This kimchi is often used to make Korean cold noodle soup.



Stuffed Cucumber Kimchi.

Oisobagi / 오이소박이

By Mrs. Ok Kyung Woo

Main Ingredients:

2 Large cucumbers or 6 short cucumbers 20g Korean coarse sea salt (*Cheonilyeom*) for salting Sesame seeds for garnish

Stuffing ingredients:

200g Korean radish (julienned) 30g Onion (sliced) 10g Spring onion (finely chopped) 20g Korean chives (halved lengthways and cut into 3cm lengths) 30g Carrot (julienned)

Seasoning ingredients:

20g Korean red chilli
pepper powder (Taeyangcho
gochugaru)
7g Fine sea salt
10g Sugar
10g Garlic cloves (finely
chopped)
5g Ginger (finely chopped)
10g Fermented shrimp paste
(Saeujeot)
10ml Fish sauce
(Myeolchiaekjeot)

Method:

- 1. Cut the cucumbers into 5cm long chunks.
- 2. Score each chunk with a cross shape, making the cuts approx. 4cm deep.
- 3. Gently open each slit and sprinkle coarse sea salt inside and all around the
- 4. Leave them for 15 to 20 minutes, turning them over every 5 minutes, until they become softened.
- 5. Once softened, rinse them under running water two to three times.
- 6. Drain well, then leave them for an hour until completely dry.
- 7. Put the stuffing ingredients in a large mixing bowl along with all the seasoning ingredients and mix them gently and evenly.
- 8. Gently open each slit and stuff the cucumbers with the stuffing mixture.
- 9. Place the cucumbers cut side up in an airtight container and sprinkle sesame seeds on top.
- 10. Leave the kimchi at room temperature (normally between 20 and 24°C) for two days then store in the fridge.

- This kimchi is ready to eat fresh, but for the taste to develop fully, leave the kimchi for one to two days in the fridge to ferment. However once fermented eat it within a week because as the cucumber matures, it loses its texture quickly.
- To make this kimchi vegetarian and vegan friendly, omit the fermented shrimp paste and fish sauce and add more salt instead.



Watermelon Rind Kimchi.

Subak Kimchi / 수박 김치

By Chef Hyung Soo Yim

Main Ingredients:

1kg Watermelon rind 20g Spring onion (halved lengthways and diagonally sliced) 30g Onions (thinly sliced) 20g Korean chives (cut into 5cm lengths)

30g Red sweet pepper (thinly sliced)

50g Korean coarse sea salt (Cheonilyeom) for salting 50ml Corn syrup for marinating

Seasoning ingredients:

20g Korean red chilli
pepper powder (*Taeyangcho gochugaru*)
30g Fine sea salt
10g Sugar
5g White sesame seeds
15g Garlic cloves (finely
chopped)
7g Ginger (finely chopped)
10ml Corn syrup
10g Fermented shrimp paste
(*Saeujeot*)

10ml Fish sauce

(Myeolchiaekjeot)

Method:

- 1. Cut the watermelon lengthways into thick pieces, approx. 5cm wide, remove the red flesh and peel the green skin.
- 2. Slice the rind diagonally into bite-sized pieces, approx. 2mm thick.
- 3. Marinate them with coarse sea salt and corn syrup for 30 minutes.
- 4. Rinse the rind twice under running cold water.
- 5. Drain them thoroughly and leave them until they are relatively dry.
- 6. In the meantime put all the seasoning ingredients in a large mixing bowl and mix them well.
- 7. Squeeze any excess water out of the rind pieces.
- 8. Add the rind pieces to the mixing bowl, then mix them gently.
- 9. Add the rest of the prepared vegetables and mix them evenly and gently.
- 10. Place the kimchi in an airtight container and leave it at room temperature (normally between 20 and 24°C) for one day then store in the fridge.

Notes

- When serving the kimchi straight away as a salad, do not make it too salty or too sweet.
- This kimchi is ready to eat fresh, but for the taste to develop fully, leave it for one to two days in the fridge to ferment.
- To make this kimchi vegetarian and vegan friendly, omit the fermented shrimp paste and fish sauce and add more salt instead.

Eco-friendly approach

Korean people try to use up every part of the vegetable and fruit if possible as shown by this watermelon rind kimchi and as a result, this reduces food waste. For instance Koreans make a tea from the outer layers of onion and a vegetable stock with peeled potato and carrot skins and spring onion roots. Afterwards it can be used as compost to grow other vegetables.

north korean



North Korean Style Kimjang Kimchi.

Bukhansik Kimjang Kimchi / 북한식 김장김치

By (for personal safety this identity has been withheld)

Main Ingredients:

3 Halves salted Korean cabbage (1 half approx. 500g) 500g Korean radish (julienned) 3 Spring onions (diagonally sliced into 4cm lengths)

Seasoning ingredients:

50g Korean red chilli pepper powder (*Taeyangcho gochugaru*) 20g fine sea salt Pinch of sweetener 15g Garlic cloves (finely chopped) 5g Ginger (finely chopped) 1 Royal gala apple (deseeded and blended) 20g Fermented shrimp paste

(Saeujeot)

Method:

- 1. Put the julienned radish and red chilli pepper powder in a large mixing bowl and mix them thoroughly.
- 2. Blend an apple with a little water to make an apple juice and put in a muslin bag to filter any bits.
- 3. Add the strained apple juice and the rest of seasoning ingredients into the bowl and mix them well.
- 4. Place one cabbage quarter in the bowl and spread the julienned radish mixture over each leaf, one or two tablespoons for large leaves.
- 5. Fold the leaf part of the cabbage over toward the stem and nicely wrap it with the outermost leaf.
- 6. Place the kimchi in an airtight container and leave it at room temperature (normally between 20 and 24°C) for two days depending on the weather and personal preference (how fast you want your kimchi to mature) then store in the fridge.

Notes:

 North Korean kimchi usually uses fewer ingredients than kimchi made in South Korea or China, but this kimchi is closer to the original form of kimchi made during the *Joseon* dynasty (1392-1910).



Diced Korean Radish Kimchi with Pollack.

Myeongtae Kkakdugi / 명태 깍두기

By Mrs. Gyoung Sil Kim

Main Ingredients:

1.5kg Korean radishes 1 Fresh pollack 50g Korean coarse sea salt (*Cheonilyeom*) for salting

Seasoning ingredients:

100g Korean red chilli

pepper powder (Taeyangcho gochugaru) 20g Fine sea salt 20g Garlic cloves (finely chopped) 10g Ginger (finely chopped) 20g Fermented shrimp paste (Saeujeot)

Method:

- 1. Cut the radish into 3cm cubes and salt them for 30 minutes.
- 2. Rinse the radish cubes under cold water twice, then drain them thoroughly.
- 3. Slice the pollack into approx. 1cm thick pieces and place in a large mixing bowl.
- 4. Add all the seasoning ingredients and mix well.
- 5. Add the radish cubes and mix them thoroughly.
- 6. Place the kimchi in an airtight container and leave it at room temperature (normally between 20 and 24°C) for one day then store in the fridge to continue fermenting.

- It is better to slice the pollack into thick pieces rather than thin pieces, otherwise it loses its texture and taste.
- Pollack can be prepared and seasoned first to make sure it has time to fully marinate.
- This kimchi is best served after fermentation.



Squid White Kimchi.

Ojingeo Baekkimchi / 오징어 백김치

By Mrs. Ji Young Kang

Main Ingredients:

3 Halves salted Korean cabbage (1 half approx. 500g) 400g Korean radish (julienned) 2 Spring onions (finely sliced) 1 Red chilli (deseeded and julienned) 100g Squid

Seasoning ingredients:

20g fine sea salt Pinch of sweetener 30g Garlic cloves (finely chopped) 10g Ginger (finely chopped)

Method:

- 1. Cut the squid into approx. 5mm thick, 5cm long strips.
- 2. Place the prepared julienned radish and spring onions in a large mixing bowl.
- 3. Add the seasoning ingredients, squid strips and red chilli then mix well.
- 4. Place one cabbage quarter in the bowl and spread the julienned radish and squid mixture over each leaf. Use one or two tablespoons for large leaves.
- 5. Fold the leaf part of the cabbage over toward the stem and nicely wrap it with the outermost leaf.
- 6. Place the kimchi in an airtight container and leave it at room temperature (normally between 20 and 24°C) for one day then store in the fridge to continue fermenting.

- Rinse the julienned red chilli a few times until the colour stops running.
- It is important not to leave this kimchi at room temperature too long, or the squid will lose its texture and taste.
- This kimchi is best served after fermentation.



Wrapped Kimchi.

Bossam Kimchi / 보쌈 김치

By Mrs. Ji Young Kang

Main Ingredients:

3 Halves salted Korean cabbage (1 half approx. 500g) 500g Korean radish (cut into bite-sized slices, approx. 3cm x 3cm)

3 Spring onions (cut into 4cm lengths)

2 Red chillies (deseeded and sliced)

30g Korean watercress (cut into 5cm lengths)

1 Korean pear (deseeded and cut into bite-sized slices, approx. 3cm x 3cm)

20 Dried Korean dates (finely sliced)

10g Pine nuts

1 Squid tube (cut into bite-sized slices, approx. 3cm x 3cm) 100g Fresh oysters

Seasoning ingredients:

50g Korean red chilli pepper powder (*Taeyangcho gochugaru*) 30g Fine sea salt 15g Sugar Pinch of sweetener 20g Garlic cloves (finely chopped) 10g Ginger (finely chopped)

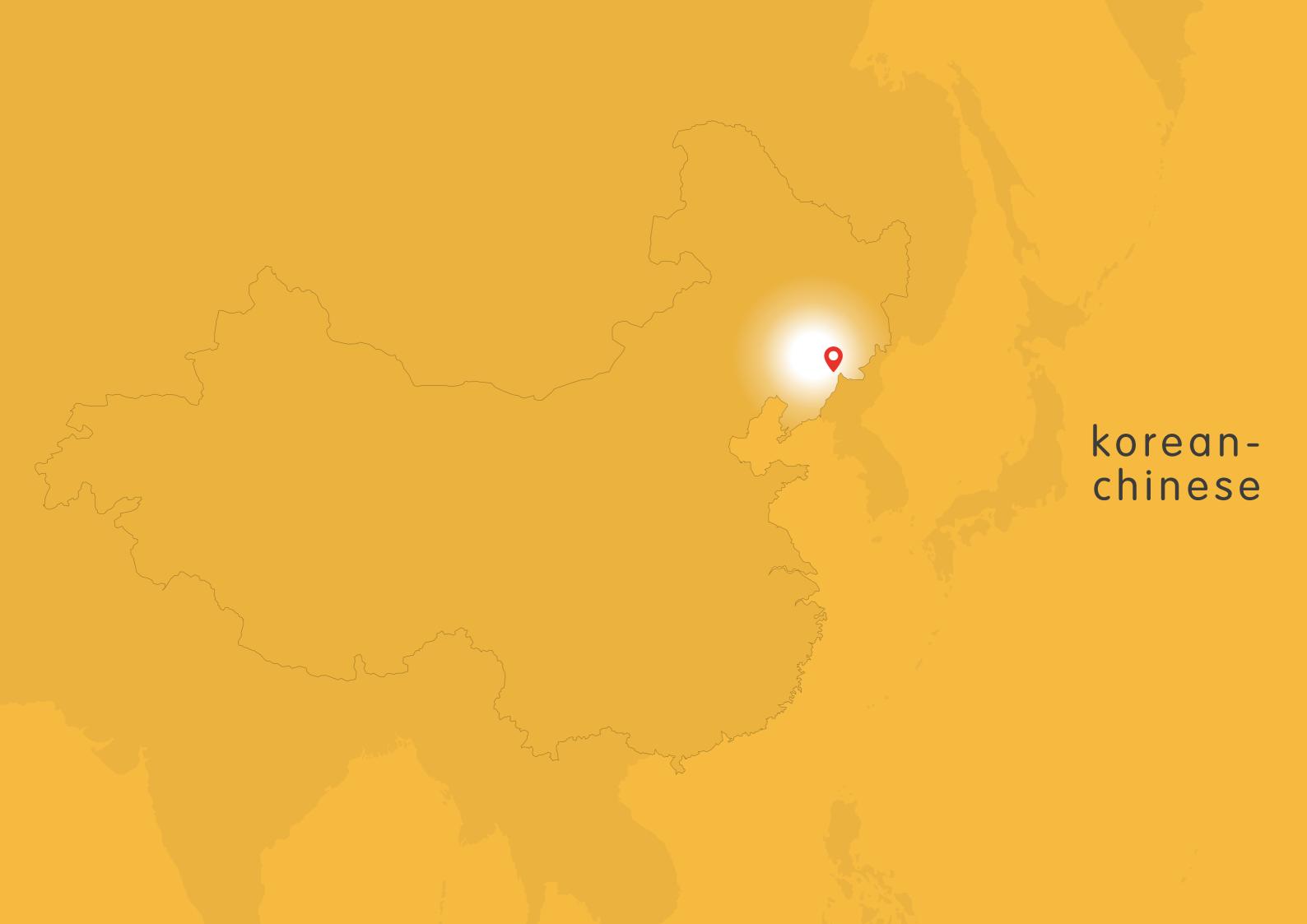
Method:

- 1. Remove the large leaves from the salted cabbage for wrapping at the end of the process.
- 2. Cut the remaining cabbage into bite-sized pieces, approx. 3cm x 3cm.
- 3. Place the squid and fresh oysters with their juice in a large mixing bowl.
- 4. Add all the seasoning ingredients and mix them all together gently.
- 5. Add the rest of the main ingredients, then mix them together thoroughly.
- 6. Place the large cabbage leaves set aside in step 1 in a small bowl.
- 7. Stuff the large cabbage leaves with the mixture prepared in step 5.
- 8. Fold the leaves over and wrap them up tightly.
- 9. Place the kimchi in an airtight container and leave it at room temperature (normally between 20 and 24°C) for one day then in the fridge to continue fermenting.

Notes:

- It is possible to use various types of meat and fish as well as fruit and vegetables for the stuffing according to preference. With all the colourful ingredients elegantly encased, this kimchi looks just as good as it tastes.
- This kimchi is best served after fermentation.

This kimchi is also known as *Gaeseong* wrapped kimchi which originated in the *Joseon* dynasty (1392-1910) and used to be enjoyed only by the Royal families and aristocracy. Nowadays, this kimchi is enjoyed by the general public when celebrating a special occasion.





Korean-Chinese Style Kimjang Kimchi.

Yanbian Kimjang Kimchi / 연변식 김장김치

By Mrs. Gil Ja Choi

Main Ingredients:

3 Halves salted Korean cabbage (1 half approx. 500g) 300g Korean radish (julienned) 3 Spring onions (diagonally sliced into 4cm lengths) 50g Korean chives (cut into 4cm lengths)

Seasoning ingredients:

50g Korean red chilli pepper powder (Taeyangcho gochugaru) 50g Korean red chilli pepper powder (Taeyangcho gochugaru) with seeds 15g Sugar 5g Roasted ground coriander 20g Garlic cloves (finely chopped) 7g Ginger (finely chopped) 50g Onion (blended) 2 Red chillies (blended) 50g Korean radish (blended) 1 Royal gala apple (deseeded and blended) 30ml Korean soy sauce (Jin ganjang) 200ml Fish stock 30g Fermented shrimp paste (Saeujeot) 20ml Fish sauce

(Myeolchiaekjeot)

Method:

- 1. Blend the red chillies, apple, radish, onion, fermented shrimp paste and fish sauce together with the fish stock.
- 2. Put the red chilli pepper powder in a large mixing bowl and add the blended ingredients.
- 3. Add the garlic, ginger, sugar and roasted ground coriander seeds and mix them well.
- 4. Add the soy sauce to deepen the taste.
- 5. Add the prepared radish, spring onions and chives from the main ingredients and mix them well.
- 6. Place one cabbage quarter in the bowl and spread the julienned radish mixture over each leaf, one or two tablespoons for large leaves.
- 7. Fold the leaf part of the cabbage over toward the stem and nicely wrap it with the outermost leaf.
- 8. Place the kimchi in an airtight container and leave it at room temperature (normally between 20 and 24°C) for two days depending on the weather and personal preference (how fast you want your kimchi to mature) then store in the fridge.

- Roasted ground coriander seeds give a unique flavour to Korean-Chinese style Kimjang Kimchi as this is not commonly used in Korea.
- This recipe uses fish stock made with kelp, dried anchovy, leek including its root and pieces
 of dried pollack (normally the head) instead of flour paste. Not only does using fish stock
 help the longevity of the taste of the kimchi, it also adds a complex, rich and deep flavour.



Korean Soybean Paste Kimchi.

Jangmite Kimchi / 장밑에 김치

By Mrs. Gil Ja Choi

Main Ingredients:

200g White cabbage (cut into bite-sized slices, approx. 1cm thick and 5cm long) 100g Red cabbage (cut into bitesized slices, approx. 1cm thick and 5cm long) 50g Carrot (julienned)

100g Burdock (peeled, diagonally sliced then finely sliced)

200g Aubergine (cut into bitesized chunks, approx. 1cm thick and 5cm long)

100g Celery (diagonally sliced) 5 Long beans (cut into 5cm lengths)

- 1 Spring onion (diagonally sliced) 100g Onion (sliced)
- 2 Green chillies (diagonally sliced)
- 1 Red chilli (diagonally sliced) 1 Green sweet pepper (deseeded
- and roughly sliced)
 1 Red sweet pepper (deseeded and roughly sliced)

Seasoning ingredients:

15g Korean coarse sea salt (Cheonilyeom)
15g Garlic cloves (finely chopped)
5g Ginger (finely chopped)
100ml Korean soy sauce (Jin ganjang)
50ml Korean spirit (Soju)
50ml 150g Korean soybean

paste (Doenjang)

Method:

- 1. Put all the ingredients except for the soybean paste into a large bowl and mix them well.
- 2. Place the mixture in a large jar with a lid.
- 3. Put the soybean paste in a muslin bag and flatten it with your hands.
- 4. Place the muslin bag on top of the vegetables and close the lid, allowing the vegetables to ferment slowly.
- 5. Leave the kimchi at room temperature (normally between 20 and 24°C) for at least one week then store in the fridge.

Notes:

- This kimchi is best served after letting it ferment. It can also be served after sautéing it which is another special way to enjoy this kimchi.
- V This kimchi is vegetarian and vegan friendly.

Fun fact

This kimchi is known as a 'rice thief!' In Korea the phrase 'rice thief' is used for very delicious side dishes - because they make the rice disappear even faster as you are encouraged to eat more with the accompaniment of the delicious side dishes.



White Cabbage Kimchi.

Yangbaechu Kimchi / 양배추 김치 By Mrs. Gil Ja Choi

Main Ingredients:

500g White cabbage 30g Carrot (julienned)

- 1 Spring onion (diagonally sliced)
- 1 Green chilli (diagonally sliced)
- 1 Red chilli (diagonally sliced) 5g Sesame seeds for garnish

Seasoning ingredients:

15g Korean red chilli pepper powder (*Taeyangcho gochugaru*)

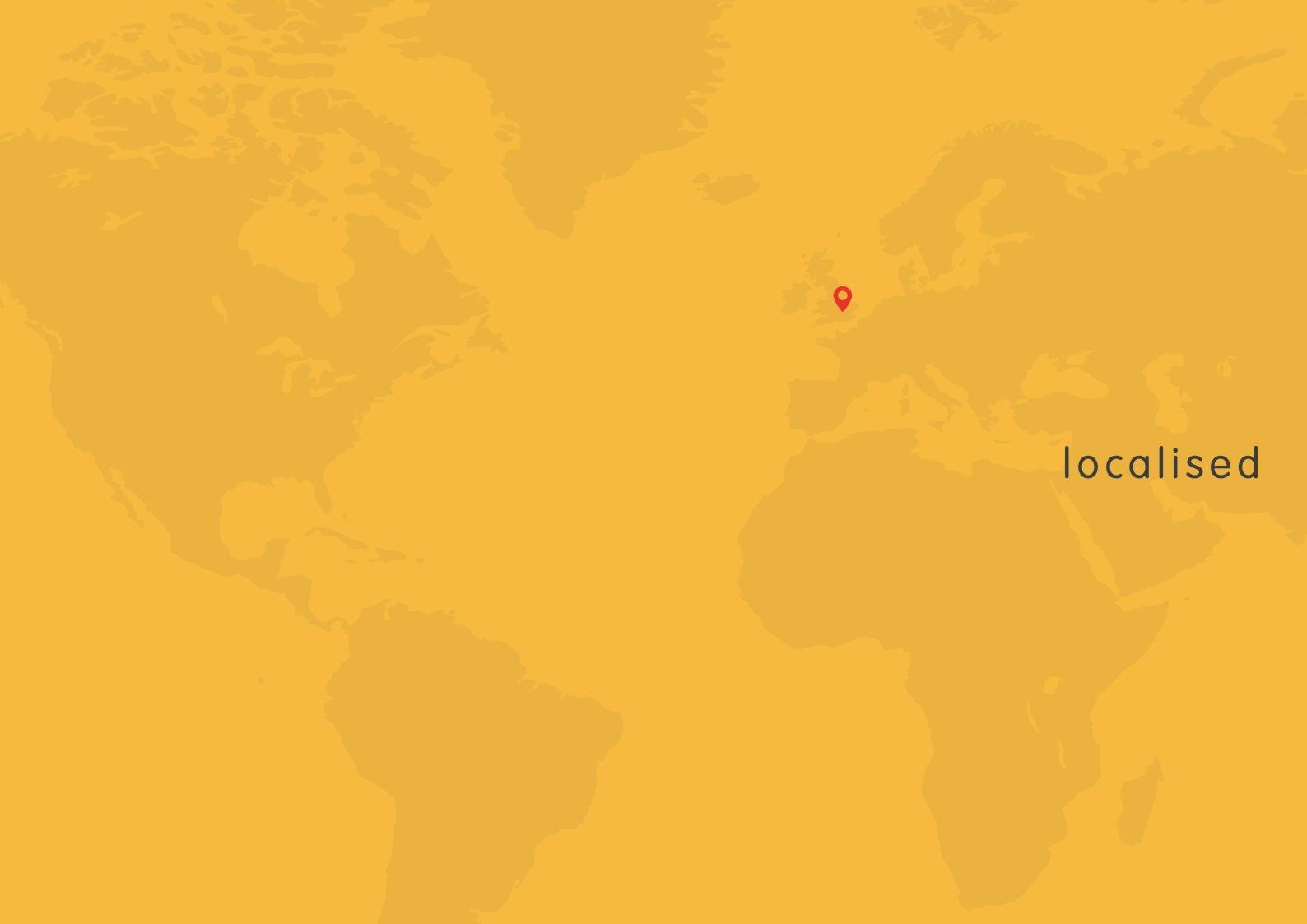
15g Korean red chilli pepper powder (*Taeyangcho gochugaru*) with seeds 5g Fine sea salt 10g Sugar

10g Garlic (finely chopped) 3g Ginger (finely chopped) 50ml Korean soy sauce (*Jin ganjang*)

Method:

- 1. Slice the white cabbage into pieces approx. 1cm wide and 5cm long and place them in a large mixing bowl.
- 2. Add the rest of the prepared vegetables from the main ingredients list.
- Add the soy sauce then mix everything well by hand, squeezing until the ingredients are soft.
- 4. Add the rest of the seasoning ingredients and mix them well.
- 5. Place the kimchi in an airtight container and leave it at room temperature (normally between 20 and 24°C) for two days then store in the fridge.

- Soy sauce is used for the salting process, with only a bit of extra salt added if required to adjust the seasoning to taste. The salinity of soy sauce helps the kimchi gain a deeper flavour without having to add additional salt.
- This kimchi is ready to eat fresh, but for the taste to develop fully, leave the kimchi for one to two days in the fridge to ferment.
- White cabbage kimchi is normally used as a topping for Korean style noodle dishes, such as hot noodle soup or cold noodles.
- V This kimchi is vegetarian and vegan friendly.





Kimjang Kimchi without Garlic.

Maneul Eomneun Kimjang Kimchi / 마늘 없는 김장김치

By Mrs. Bok Hyung Kang

Main Ingredients:

3 Halves salted Korean cabbage (1 half approx. 500g) 300g Korean radish (julienned) 2 Spring onions (diagonally sliced) 50g Onion (sliced)

Seasoning ingredients:

30g Korean red chilli
pepper powder (*Taeyangcho*gochugaru)
15g Fine sea salt
15g Sugar
200g Korean radish (blended)
30g Glutinous rice paste
30ml Fish sauce
(*Myeolchiaekjeot*)

Method:

- 1. Blend the radish for the seasoning until it is smooth and runny.
- 2. Put the julienned radish into the mixing bowl.
- 3. Add all remaining ingredients except the cabbage then mix them together well.
- 4. Place one cabbage quarter in the bowl and spread the julienned radish mixture over each leaf, one or two tablespoons for large leaves.
- 5. Fold the leaf part of the cabbage over toward the stem and nicely wrap it with the outermost leaf.
- 6. Place the kimchi in an airtight container and leave it at room temperature (normally between 20 and 24°C) for two days depending on the weather and personal preference (how fast you want your kimchi to mature) then store in the fridge.

- It is possible to make this kimchi in a similar way to salad style Korean cabbage kimchi by
 cutting the cabbage into bite-sized pieces. In this case, instead of stuffing the cabbage, mix
 all the ingredients with the cabbage from this recipe whilst following the preparation aand
 storage method for salad style Korean cabbage kimchi (see next page).
- This kimchi can be enjoyed by those who do not like the strong taste of garlic.
- To make this kimchi vegetarian and vegan friendly, omit the fish sauce and add more salt instead.



Salad Style Korean Cabbage Kimchi.

Geotjeori / 겉절이

By Mrs. Hyo Soon Lee

Main Ingredients:

1 Korean cabbage (approx. 1kg) ½ Cucumber (halved lengthways and sliced into 5mm thick, half-moon shapes) 2 Spring onions (halved lengthways and cut into 5cm lengths)

40g Onion (sliced)

1 Red sweet pepper (deseeded and sliced approx. 1cm thick, 5cm lengths)

1 Yellow sweet pepper (deseeded and sliced approx. 1cm thick and 5cm long) 30g Korean coarse sea salt (Cheonilyeom) for salting

Seasoning ingredients:

50g Korean red chilli
pepper powder (*Taeyangcho gochugaru*)
20g Fine sea salt
15g Sugar
30g Garlic cloves (finely chopped)
10g Ginger (finely chopped)
40g Onion (blended)
2 Red chillies (blended)
½ Royal gala apple (deseeded and blended)

15ml Rice vinegar 15g Fermented shrimp paste (Saeujeot)

40ml Fish sauce (Myeolchiaekjeot)

Method:

- 1. Cut the cabbage into halves lengthways, then into quarters and then split the quarters in two again.
- 2. Further cut the cabbage into large chunks, approx. 2cm wide and 10cm long.
- 3. Sprinkle coarse sea salt all over the cabbage and leave for 10 minutes.
- 4. Rinse the salted cabbage under running cold water two to three times.
- 5. Drain the rinsed cabbage thoroughly and leave for an hour until relatively dry.
- 6. In the meantime, blend the apple, red chillies and onion with a little water until it is completely liquidised.
- Pour the mixture into a mixing bowl, then mix in the rest of the seasoning ingredients.
- 8. Combine the salted cabbage and all the prepared vegetables in a large mixing bowl.
- 9. Add the seasoning mixture bit by bit to the vegetables, then mix gently and evenly.
- 10. If needed, add salt and vinegar to taste.
- 11. Place the kimchi in an airtight container and store in the fridge.

- This kimchi is best served fresh like a salad, so do not make it too salty.
- It goes well with barbecue dishes.
- To make this kimchi vegetarian and vegan friendly, omit the fermented shrimp paste and fish sauce and add more salt instead.



Korean Cabbage Kimchi with Red Sweet Pepper.

Paprika Kimchi / 파프리카 김치

By Mrs. Hae Sook Ahn

Main Ingredients:

1 Korean cabbage (approx. 700-800g)

2 Spring onions (diagonally sliced) 80g Onion (cut into bite-sized

pieces, approx. 3cm x 3cm)

¼ Korean pear (peeled,
deseeded and cut into bitesized pieces, approx. 3cm x
3cm)

30g Korean coarse sea salt (Cheonilyeom) for salting

Seasoning ingredients:

40g Korean red chilli pepper powder (*Taeyangcho gochugaru*) Pinch of MSG

7g Garlic cloves (finely chopped)

30g Onion (blended)

1 Red chilli (blended)

1 Red sweet pepper (deseeded and blended) ½ Royal gala apple (peeled, deseeded and blended) ¼ Korean pear (deseeded and blended)

15g Fermented shrimp paste (Saeujeot) 15ml Fish sauce

(Myeolchiaekjeot)

Method:

- 1. Cut the cabbage into bite-sized pieces, approx. 3cm x 3cm.
- 2. Wash the cabbage in cold water, then drain it well.
- 3. Sprinkle coarse sea salt over the cabbage for the salting process.
- 4. Leave it for half an hour, turning it over every 10 minutes so that it becomes salted evenly.
- 5. Rinse the salted cabbage under running cold water two to three times.
- 6. Drain it thoroughly and leave for an hour until completely dry.
- 7. Blend all the seasoning ingredients except for the red chilli pepper powder and MSG until smooth and runny.
- 8. Put all the main ingredients into a large mixing bowl.
- 9. Add the red chilli pepper powder, MSG and liquidised mixture and mix it thoroughly.
- 10. If needed, add more fermented shrimp paste and fish sauce to taste.
- 11. Place the kimchi in an airtight container and leave it at room temperature (normally between 20 and 24°C) for one day then store in the fridge.

- This kimchi is ready to eat fresh, but for the taste to develop fully, leave it for one to two days in
 the fridge to ferment. It is not a long lasting kimchi and should be enjoyed within a few weeks
 of making it.
- This kimchi is good for those who do not like spicy food.
- To make this kimchi vegetarian and vegan friendly, omit the fermented shrimp paste and fish sauce and add more salt instead.



Salad Style Cucumber Kimchi.

Oi Kimchi / 오이 김치

By Mrs. Bok Hyung Kang

Main Ingredients:

2 Large cucumbers 1 Spring onion (diagonally sliced)

Seasoning ingredients:

10g Korean red chilli
pepper powder (Taeyangcho
gochugaru)
8g Fine sea salt
15g Sugar
10ml Korean soy sauce (Jin
ganjang)
15ml Rice vinegar

Method:

- 1. Wash the cucumbers thoroughly under cold running water.
- 2. Halve the cucumbers lengthways and then slice them into half-moon shapes.
- 3. Put all the seasoning ingredients in a large mixing bowl.
- 4. Add all the prepared main ingredients.
- 5. Mix well together until all the cucumber slices are completely covered.
- 6. Add any additional seasoning ingredients to taste.
- 7. Place it in an airtight container and leave it at room temperature (normally between 20 and 24°C) for one day then store in the fridge.

- When cutting the cucumber into half-moon slices, do not cut them too thin.
- This kimchi is ready to eat fresh, but for the taste to develop fully, leave the kimchi for one to two days in the fridge to ferment.
- V This kimchi is vegetarian and vegan friendly.

About KBCE

KOREAN BRITISH CULTURAL EXCHANGE www.kbce.org.uk







The Korean British Cultural Exchange (KBCE) is a registered charity which was established to organise cultural and educational activities to promote Korean culture in the UK. It aims to facilitate meaningful cultural exchange between the two countries through artistic collaboration and creativity, promoting understanding and building a better community together. KBCE is operated by volunteers and always welcomes the participation of local artists and volunteers.

In 2016, for the first time ever in the UK, with the help of the Royal Borough of Kingston upon Thames, KBCE organised a Full Moon Festival on 17 September - which would turn into an annual Harvest Fest. The first event included various performing arts, a taekwondo demonstration as well as a folk game competition.

The following year, the first ever Kingston Korea Festival was organised with the support of Kingston Museum and the Hanbok Advancement Centre in Korea. At the festival there were many different cultural events and educational stalls and at the Kingston Museum an exhibition of 'Dol' - a baby's first birthday celebration - to show this unique Korean cultural practice.

In late 2017 KBCE took part in a Farmers Market in New Malden to showcase how to make songpyeon, a sweet rice cake for harvest festival in Korea, and to offer a hanbok (Korean traditional dress) experience. It was also actively involved in a Korean Day organised at St Paul's Primary School. In 2018, the popular Kingston Korea Festival and the Harvest Fest returned - alongside the first ever annual K-Pop UK National Competition.

At the beginning 2019, in association with the Hanbok Advancement Centre, KBCE coorganised a Korean traditional needlework and dressmaking workshop with Kingston University and the Royal School of Needlework, teaching students how to make hanbok, a traditional form of Korean dress. Afterwards, a fashion and needlework exhibition was organised in February in London and November in Seoul. That year's Harvest Fest was organised as a part of the Totally Thames Festival and working closely with the Seoul Han River Festival. The K-Pop UK National Competition was organised with LOKO, a leading London-based K-pop dance workshop organisation. In addition the first ever Kimjang Festival was born. Alongside a festival in November, there were several kimchi-making workshops and other events organised throughout the year. KBCE hopes that, alongside the Harvest Fest and the Kingston Korea Festival, the Kimjang Festival will become an annual event bringing together people from different cultures and giving visitors an insight into one of the treasures Korea has to offer.

We are grateful to all the people and organisations who have already expressed an interest in supporting us and our events in 2020 and beyond. We are now looking forward to an exciting future and we warmly invite you to sign up to our newsletter at www.kimjangproject.com to learn more about upcoming events and other news from KBCE and the Kimjang Project.

KBCE committee: Charles Clark, Maureen Clark, Jiho Ham, Justina Jang, Elly Nam



Our special thanks go to The National Lottery Heritage Fund and all the individuals and organisations who supported the Kimjang Project, especially to the Ambassador of the Republic of Korea - Enna Park, Professor Charles Clark, Maureen Clark, Hugh Griffiths, Nick Higgins, Robin Linnecar, Roger Martin, Taeklim Oh, Danielle O'Shaughnessy, Ewis Pirini, Hilary Warner, Kathryn Woodvine, Chef Hyung Soo Yim, CLS Holdings PLC, Kingston Council Arts Service, Malden Camera Club, Rotary Club of New Malden, WIKIM and all the volunteers!

Kimjang Project Committee Members

Carolynne Cotton, Philip Gowman, Helen Griffiths, Robin Hutchinson MBE, Roger Martin, David Saunders, Helen Swainger, Hilary Warner and Kathryn Woodvine

Kimjang Project Production Team

Project manager: Justina Jang / Assistant project manager: Eunice Yoo / Administrator: Siobhan Kim / PR: Larissa Schneider-Kim / Social media: Graziella Cannao, Rachel Hur, Soyeon Oh, Katerina Kartsona, Catherine Tang and Kiena Williams / Branding, visual and website designer: Jun Kwon / Project mentor: Dr. Alix Slater / PR: Rossana Tich / Evaluator: Alis Templeton / Chef: Hyung Soo Yim / Accountant: Furuichoi & Co

First aid workshop: Kay Galbraith / Oral history workshop: Roger Kitchen, Kitchen's Ink / Photography workshop: Hugh Griffiths LRPS and Malden Camera Club / Social media workshop: Francesca Chen, Lazy Peach Ltd.

Kimjang Project Launch Event

Assistant project manager: Jinny Yeon / Administrator: Boeun Bonnie Yang / Curator: Sooyeon Jaekal / Coordinator: In Hong Song / Photography: Malden Camera Club

Kimjang Festival

Administrator: Julia Hien / Event manager: Daniel Nadaffy / Kimchi-making classes: Chef Hung Soo Yim assisted by Cindy Robert and Jun Yim / Video: Max Hicks and Togada Studio / Photography: Olajide Awodigede, Malden Camera Club members and Togada Studio

Kimchi Videos

Recipe filming: Togada Studio / Video editing: Dasom Chang and Togada Studio / Video subtitles: Yurim Park and Hilary Warner

Kimchi Recipe Book

Recipe editor: KBCE / Proofreader: Hilary Warner / Recipe and food stylist: Chef Hyung Soo Yim / Recipe photography: Togada Studio / Other illustrations, photography and information: WIKIM (except where indicated)

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Funded by The National Lottery Heritage Fund









Kimjang Project

Published by Korean British Cultural Exchange (KBCE) First published June 2020

ISBN 978-1-5272-6466-3

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Part of Kingston Korea Festival & Kimjang: Making and Sharing Kimchi