

EVERYDAY KOREAN KIMCHI PASTE

Kimchi Yangnyeum

This kimchi paste is a no-hassle, quick version that you will constantly come back to and different from the one used in Traditional Napa Cabbage Kimchi (page 134). The major difference is the omission of a rice flour paste or gravy. A rice flour paste helps expedite fermentation during the cold months. Also, *Lactobacillus*, friendly bacteria that promotes gut health and grows in kimchi, feeds off the rice flour paste more easily than it does off the carbohydrates in cabbage. It also provides zing, the rightful sign of fermentation that kimchi is alive and healthy. In addition, the paste also helps the *gochugaru* bloom and evenly color the cabbage.

When making kimchi (e.g., Cucumber Kimchi, page 128) during the warmer months, fermentation happens more quickly and there is no need to add the rice flour paste. If you were to add rice flour to cucumber kimchi, it would turn the cucumbers into a mushy mess. The same goes for turnips or cubed radish (*ggakdugi*): there is no need for rice flour; use this Everyday Korean Kimchi Paste instead. It's also good stirred in salad dressings or other marinades. Or tossed with (unsalted) daikon, green mangoes, fresh pineapple, or Asian pear. Make several batches and freeze for up to 3 months. **MAKES ABOUT 2 CUPS**

- 1 cup *gochugaru*
- ½ cup fish sauce
- ½ cup grated Asian pear or apple
- 2 tablespoons minced garlic
- 1 teaspoon grated ginger
- ½ cup julienned daikon radish, cut about 2 inches long
- ½ cup thinly sliced green onion
- ½ cup sliced Korean chives, cut into 2½-inch long slices, or chopped shallot or green onion

OPTIONAL ADD-INS

- ½ grated onion
- ½ cup Korean mustard greens or Korean chives
- ½ cup *minari*
- 1 teaspoon toasted sesame seeds
- 1 tablespoon pine nuts
- 1 pint oysters (use if kimchi is meant to be consumed within 5 days)

Mix the *gochugaru* with the fish sauce and pear in a bowl. Allow the *gochugaru* to bloom, 2 to 3 minutes. Add the garlic and ginger; stir to combine. Add the radish, green onion, chives, and any of the optional add-ins, stirring well to combine. Can be stored, in an airtight container, in the refrigerator for up to 5 days.