

Radish Mul Kimchi (Lacto Fermented Korean Radish), Vegan, Gluten Free, Vata, Pitta, Kapha
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This is a non-spicy version without garlic, onion or red chili peppers. It's perfect for those who don't like spicy foods, elderly and young children. Full of probiotics, it supports your digestive system, immune system and overall health. I started making this type of kimchi when I developed Long Covid symptoms in 2022. Eating foods with pungent spices and vegetables created numbness and sometimes closure of my throat. I missed eating kimchi. Then I remembered there are a variety of ways one can make kimchi.

I hope you will try this recipe, and enjoy it as much as I do.

INGREDIENTS:

Brine:

- 3 3/4 cups water
- 2 Tbsp. Korean sea salt (see notes)
- 2 oz (1/4 cup) of water kefir (optional, if not using then increase the water to 4 cups; also optional add 1 tsp of sugar)

Radish +Herbs or spices

- 2 cups diced Mu-Korean Daikon Radish or other variety of radishes
- 3-4 fresh ginger slices
- 1/2 of white portion of a leek, thinly sliced vertically

INSTRUCTIONS:

1. Prepare the brine: add 2 Tbs salt in 1 cup very hot water, and stir to completely dissolve water. At 1/2 cup ice cubes and stir until water is at room temperature. If ice has not melted, then remove un-melted ice, then add enough room temperature water to make 3 3/4 cups of water. Then add 2 oz of water kefir to have a total of 4 cups of brine
2. Wash and dice radish into 1 inch cubes, set aside
3. Place fresh ginger slices and thinly sliced leek in the bottom of a quart jar.
4. Pack radishes on top and cover with brine, leaving about 1 inch of headspace. If necessary, weigh radishes down under the brine to keep them submerged.
5. Cover the jar with a tight lid, airlock lid, or coffee filter secured with a rubber band.
6. Ferment at room temperature (60-70°F is preferred) until desired flavor and texture are achieved; about 2-3 days. If using a tight lid, burp daily to release excess pressure.
7. Once radishes are finished fermenting, place a tight lid on the jar and place in the refrigerator. Will last up to 3 months in the refrigerator as long as the radishes remain submerged in brine.

Notes:

Enjoy it spicy: you may add whole jalepeno peppers or whole red peppers to make it spicy. Spicy herbs/spices are good for kapha dosha, ok for vata dosha, and avoid or injoy in very small amounts for pitta dosha.

You may add other spices and seeds as well.

Information on different salts to use to make brine may be found here:

<https://kimchimari.com/best-salt-kimchi-12-salts/>

SALT VS. WHEY VS. STARTER CULTURES FOR FERMENTING VEGETABLES, FRUITS & CONDIMENTS
<https://culturesforhealth.com/blogs/learn/natural-fermentation-salt-vs-whey-vs-starter-cultures>

Brines for different types of fermentation:

<https://www.culinaryartsswitzerland.com/en/news/how-to-ferment-vegetables/>

Recipe inspired modified from : <https://culturesforhealth.com/blogs/recipes/fermentation-recipe-lacto-fermented-radishes>