

ASIA

KOREAN-STYLE FERMENTED CABBAGE BANCHAN

Ingredients (For 4 people)

- 800 g Chinese cabbage
- 1 carrot, peeled and cut into small sticks
- 1 black radish, washed and cut into small sticks
- 1 onion, peeled and chopped
- Green of 1 leek, cut into strips
- 5 cloves garlic
- 5 cm fresh ginger
- 3 tbsp hot pepper flakes
- 3 domed tbsp wheat flour
- 75 cl water
- 3 tbsp caster sugar
- 6 tbsp fish sauce
- 80 g coarse salt

Preparation:

Chop the base off the cabbage and quarter it lengthwise. Then chop each quarter of the cabbage into small bite-sized pieces. Rinse the pieces under cold water in a strainer and place in a mixing bowl. Sprinkle them with coarse salt, stir well, and leave to drain for 2 1/2 hours, stirring regularly.

Once drained, rinse the cabbage several times under cold water. Set aside.

In a saucepan, dissolve the flour in the water and heat for 5 min. Add the sugar, stir, and thicken over low heat.

Remove the saucepan from the heat and immerse its base in a large bowl of iced water to cool the mixture. Reserve.

Peel and mince the onion, garlic and ginger, then combine them with the fish sauce.

In a mixing bowl, combine the thickened flour with the fish sauce.

Add the chopped vegetables and hot pepper, then the drained cabbage. Stir.

For the mixture into clean glass jars and chill to marinate for at least 24 hours.

Serve on its own as a salad, or rolled in a salad leaf with rice and marinated beef.

