

ONION KIMCHI

양파김치

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Time: 1 hour and a half

Serving: 10

Carbon footprint: 26407gCO₂e/kg

Vegan

Low-waste

Low-energy

Ingredients:

- 8 onions (younger the better)
- 6 tablespoons of gochugaru (chili powder)
- 3 tablespoon plum sauce, Yakult, as starter, or 2 tablespoon of sugar if using fish sauce
- 2 handful of coarse salt
- 3 tablespoon fish sauce or shrimp paste
- White flour, rice flour, or or white rice
- Sesame seeds (optional)
- 3 handful of fresh chives (optional)
- 2 whole fresh red chili (optional)
- 2 tablespoon ginger sauce (optional)

Tools:

- Cutting board
- Big knife
- Pot
- Sieve
- Big bowl to mix

Step 1: Chop and salt the onions for 1 hour.

Step 2: Rinse and drain the onions on a sieve and let it sit while you make the sauce.

Step 3: Cook a porridge with 2 tablespoons of rice flour, or white flour, or simply just rice and grind the rice enough to make about .

Step 4: When cooled, mix the porridge with all the ingredients listed.

Step 5: Pour the mixture over the semi-dried onions and chopped chives.

Step 6: Wait to ripen for 3 days in room temperature and 2 days in the fridge.

Step 7: Sprinkle some sesame seeds when serving.



...**TIP**... Use the leftover onion skin for broth, tea, or powder for bread. Gargling the onion skin tea can treat sore throat or toothache. Putting on the paste of onion skin on rashes can reduce itch or inflammation or it can provide relief for athlete's foot with its anti-fungal properties.

Benefits:

Consuming onions is known to prevent vomiting, stomach cramps, nausea and expels parasites. When fermented as kimchi, its antioxidants are preserved, but its harsh spiciness is soothed. It also contains pro-biotics as any kimchi does.

The acidity and sweetness goes amazingly with any dish. Chop them into smaller bits and it can go as garnishment on your scrambled eggs toast, avocado rice bowl, or with fish or meat dishes as well. They last for at least 2-3 months, depending on the season.