

CUCUMBER KIMCHI & MOOCHIM

오이김치 & 오이무침

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Time: 1 hour

Serving: 15

Carbon footprint: 15534 & 21333g

Vegan

Low-waste

Low-energy

Ingredients for kimchi:

- 3 cucumbers
- 1 fresh red chili
- 3 cloves of garlic
- ½ of onion
- Handful of salt
- 6 tbsp of gochugaru
- 1 tbsp of sugar or plum sauce
- 1 tbsp of shrimp paste or fish sauce
- (optional) carrots, ginger, and handful of chives

Ingredients for moochim:

- 2 cucumbers
- ½ onion
- 2 tbsp of gochugaru
- 2 tbsp of sugar or plum syrup
- 3 tbsp of soy sauce
- ½ tbsp of minced or 1 clove of garlic
- 2 tbsp of vinegar
- 3 tbsp of sesame oil and seeds

Step 1: Boil 3 cups of water with 2 cups of salt until the brine is ocean salty.

Step 2: Wash and scrub the cucumbers with salt and cut them into thin slices for the moochim and large pieces.

Step 3: Pour the brine on the cucumber pieces whilst it's still hot.

Step 4: After 40 min, drain the cucumber pieces without rinsing. If it's not salty enough, salt them a little more and let it drain and squeeze the water out afterwards.

Step 5: Whilst it's cooling and draining, cut the chives, carrots, and red chili for the kimchi. Thinly slice half of an onion and dice a clove of garlic for the moochim.

Step 6: Make the kimchi sauce by blending a small piece of onion, 3 cloves of garlic, gochugaru, fish sauce, and plum sauce. Make the moochim sauce by mixing the minced garlic, gochugaru, plum sauce, soy sauce, vinegar, sesame oil, and sesame seeds.

Step 7: Mix the thinly sliced cucumber pieces with the sauce for moochim and mix the large pieces with kimchi sauce and garnish.

Step 8: Eat the moochim within a week and for the kimchi, wait a few days to ripen and sprinkle sesame seeds when ready to serve.

...**Story behind it**... The earliest record of cucumber kimchi is written in 1540, which is earlier than the napa cabbage kimchi commonly seen nowadays. It is written that pouring hot brine onto the cucumbers is key to retaining the crunch.

Benefits:

Cucumbers are already known for their hydrating abilities and the low calories for weight loss, but they also contain help support regular bowel movements. Cucumber peel reversed most of the diabetes-associated changes and caused a decrease in blood sugar. Antioxidants are molecules that block oxidation, a chemical reaction that forms highly reactive atoms with unpaired electrons known as free radicals. Studies from 1984 show that any kimchi, including cucumber, has the highest amount of nutrients, such as vitamin c and chlorophyll, on the 10th day of ripening.