

# SWEET POTATO STEM KIMCHI

## 고구마줄기김치

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**Time:** 5 days

**Serving:** 15

**Carbon footprint:** 17808gCO<sub>2</sub>e/kg

Vegan

Low-waste

Low-energy

### Ingredients:

- 1.5 kg of sweet potato stem
- Handful of fresh chives
- 1 onion
- 5 fresh red chilis
- 3 tbsp of cooked rice or rice flour porridge
- 1 whole leeks
- 2 tbsp of minced garlic
- 1/2 cup of coarse salt
- 5 tbsp of gochugaru
- 5 tbsp of fish sauce or 1 tbsp of shrimp paste
- 3 tbsp of plum sauce or 1 tbsp sugar

### Tools:

- Pot
- Small knife
- Big mixing bowl

**Step 1:** Peel the outer layer of the stem for a more soft texture (older ones are easier to peel).

**Step 2:** Rinse with water about 1-2 times and salt them for about an hour with a bit of water. After the hour, rinse the salt and drain the stems.

**Step 3:** While you wait, you can make the sauce. Roughly blend the chilies, 1/2 of onion, the cooked rice or porridge, the fish sauce, plum sauce, garlic, ginger, and gochugaru.

**Step 4:** Julienne the 1/2 of onion, cut the leeks in about 5mm, and cut the chives into 4-5cm.

**Step 5:** Mix the garnish with the sauce and the stems. Let it sit for about 3 days in room temp and 1 day in the fridge.

**Step 6:** Sprinkle sesame seeds when serving.

...Story behind it... I remember all the ladies on the streets of Bongsun Market in my hometown, Gwangju. Many of them are peeling or cutting and treating the roots, stems and leaves. They had so much knowledge around minimizing food waste by considering all parts of the plants as edible. It prevents greenhouse gas emissions from field loss by making a byproduct from sweet potatoes. It's a dish that was born out of need but it is also nutritious and delicious, which really exemplifies the ingenuity of Korean cuisine.

### Benefits:

The plant vines and leaves are packed with vitamin A, B, and C, as well as Beta carotene, Lutein, riboflavin, thiamin, folic acid and niacin. Sweet potato vine leaves also provide impressive amounts of fiber, protein along with calcium, magnesium, manganese, zinc, copper, potassium and iron. The islands of the Pacific Ocean, in African and Asian countries used it to treat irritations of the mouth and throat and in ointments for rashes. In Brazil, leaf tea was historically used to help with metabolic issues. Chinese herbalism shows that it has been used for respiratory and renal system function.