

Dandelion kimchi

민들레김치

Bo Hyun

Time: 1 hour

Serving: 8

Carbon footprint: 14247gCO₂e/kg

- Vegan
- Low-waste
- Low-energy

Ingredients:

- 1kg of dandelion stem and leaves
- Dried shiitake mushrooms
- Dried kelp
- Handful of coarse salt
- ½ cup of cooked rice
- 1 tbsp of minced garlic
- ½ tsp of minced ginger
- 1 tbsp of sugar or 2 tbsp of plum juice
- 1 cup of soju or sake
- Fish sauce
- Gochugaru
- 1 apple (optional)
- 1 onion (optional)
- Handful of spring onions (optional)

Tools:

- Big bowl
- Knife
- Blender

Step 1: Wash the dandelions in fresh water a few times (using an old toothbrush to clean the root helps) and salt them to help leach out the bitterness and wilt a little bit.

Step 2: Boil the dried shiitake mushrooms, dried kelp, apple and onion if you have them to make broth.

Step 3: Cut up the spring onions into 5-6cm length and pour enough fish sauce to evenly coat the spring onions. Let it sit until the broth is cooled (around 40 min).

Step 4: Wash the salted dandelions and let it drain the water while you make the sauce.

Step 5: Once the broth is cooled, grind up cooked rice or make rice flour porridge with the broth, guchugaru, minced garlic and ginger, sugar or plum juice, soju or sake together.

Step 6: Mix the drained dandelions with the spring onions in fish sauce, then add the sauce and massage the ingredients carefully so that they will retain the texture.

Step 7: Let it sit in room temp for 2 days and in the fridge for 2 days. Serve as a side dish with sesame seeds as garnish.

...TIP... Dandelions grow during spring and fall or all year round in warmer climates. You can pick the dandelions after they flower, preferably in the morning when they are open and dry. You will be able to forage twice a year, depending on the region. Unlike acorns, dandelions don't have to be left for the rest of ecology because willow blossoms, chickweed, wild violet, purple dead nettle, henbit are bee's first food. You can use the flower to make tea or infused alcohol as well.

Benefits:

From root to flower, dandelions are excellent sources of vitamins A, C and K. They also contain vitamin E, folate and small amounts of other B vitamins and substantial amounts of several minerals, including iron, calcium, magnesium and potassium. High content of beta-carotene and polyphenols, which is known to provide strong protection against cellular damage and oxidative stress. Just be careful of herbicides or pesticides!