

GARLIC JANGAJJI

마늘장아찌

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Time: 1 month

Serving: 30

Carbon footprint: 2153gCO₂e/kg

- Vegan
- Low-waste
- Low-energy

Ingredients:

- 10 bulbs of garlic
- 300ml of water
- One teaspoon of salt
- Half a cup of vinegar (any kind except balsamic)
- (Optional) garlic stem, fresh green or red chili
- Half a cup of soy sauce
- Half a cup of soju or sake or white wine
- Half a cup of sugar

Tools:

- Pot
- Small knife
- 2L jar
- Black plastic bag

WEEK 1

Step 1: Peel garlic with no dents or scratches to prevent murky water as starch would seep out from the wounds. Because the dents would be darkened, the cloves would look dirty.

Step 2: Put the garlic and tap water in the container to measure how much liquids can fit in it.

Step 3: Take out the garlic and rinse in water and pat it dry with kitchen towel.

Step 4: Sanitize the jar with boiling water.

Step 5: Put the dried garlic and the mixture of vinegar, water and salt into the jar.

WEEK 2

Step 1: Drain the mixture into a pot and boil soy sauce, alcohol, and sugar with it.

Step 2: Put the liquid back into the jar when cooled.

...Tip... My aunt makes the best garlic jangajji and she keeps them for more than two years and gives it to my family as a gift when it's ready. It can last for longer, which can be eaten as side dishes with meat, fish, or any kind of greasy dish. When chopped into smaller pieces, they can go as garnish on wraps, bowls, sandwich, just as pickles would. If you replace it with regular garlic in cooking, it can add umami flavours that regular garlic wouldn't have.

Benefits:

Do not be alarmed when the cloves turn green or blue. That happens when the garlic have been exposed in the sun. Most of the imported garlic are sundried, therefore, it is natural and not toxic or moldy. The compound that produces that color when it is breaking down is allicin, the an antioxidant that helps our body produce insulin when combined with vitamin B6, which our body naturally produces. The fermentation increases the sulfite and fructose in garlic, which is a great addition to the anti-bacterial benefits. Garlic have been known to aid with staphylococcus, sscherichia, vibrio, salmonella, pneumonia, and oral candidiasis, and intestinal worms!