

Nori Jangajji 김장아찌

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Time: 1 hour and 30 min

Serving: 20

Carbon footprint: 13997gCO₂e/kg

Vegan

Low-waste

Low-energy

Ingredients:

- 10 sheets of nori seaweed
- 2 kelp piece (10X5cm)
- Anchovy 1/2 handful (4-5 big ones)
- 10 cloves of garlic
- Dried shiitake x 3
- 2/3 cup of soy sauce
- 1/3 cup of white wine or mirin
- 9 tablespoons of rice syrup or agave syrup or plum syrup
- Pinch of sesame seeds
- Half of an apple and onion (optional)
- A nub of ginger (optional)
- Green fresh chili x 2 (optional)
- One spring onion (optional)
- 1/3 carrot (optional)

Tools:

- Big pot
- Container

Step 1: Boil kelp, anchovies, and shiitake mushrooms on low for half an hour to make broth.

Step 2: Add the soy sauce, sweetener, mirin, and your fruits or veg and boil one more time until the broth thickens a bit.

Step 3: Have the nori seaweed cut and stacked. When the sauce is cooled, pour it on top until the seaweed is covered in liquid. To prevent the nori from sticking together, sprinkle sesame seeds in between the layers when you stack them.

Step 4: Julienne some carrots and spring onions as garnish before you serve.

...**STORY BEHIND IT**... Dried nori is a staple in any Korean household, which is commonly toasted, brushed with sesame oil, sprinkled with salt, and eaten with rice. But they do get stale after a certain point, so this jangajji is another ways to enjoy them. Nori is shown to have a negative carbon footprint because they sequester more carbon than they produce during producing and manufacturing stages. It is also shows to purify nitrogen, which is a colossal problem caused by sewage from agriculture, such as animal manures and synthetic fertiliser.

Benefits:

Nori seaweed contains iodine and tyrosine, which support thyroid function. It also contains small amounts of vitamins A, C, E, and K, along with folate, zinc, sodium, calcium, and magnesium. This jangajji can provide fiber and polysaccharides that can support your gut health. In addition to the rice, the nori contains carbohydrates called fucans, which help prevent blood from clotting and improve blood sugar control.