



OK there?s probably no such thing as Yorkshire Kimchee (Yet). But it a a wide reaching name for a family of fermented condiments / side dishes in Korean cuisine. We bought bean sprouts for our Nori Rolls the other day and as ever we ended up with half a bag loitering in the fridge. So experimental cooking / fermenting time it is then?.

This was loosely based on a Korean recipe, but I swapped out some of the ingredients as the objective here is to use up items, not to end up with half a Korean radish added to the fridge collection!

Ingredients:-

200g (Or so) of Bean Sprouts
3 cloves of Garlic minced
½ a fresh raw Beetroot
1 Carrot
A thumb sized piece of fresh Ginger
5 dried Chillies
2 tsp of Chilli flakes
2 tbsp Sugar
2 tbsp salt
1 tbsp Fish Sauce
1 litre of cold water

Method:-

- (1) Add the salt and sugar to the water and set aside to allow time for it to dissolve.
- (2) Peel the Ginger, Beetroot, Carrot and cut into very fine strips lengthways.
- (3) In a bowl mix all the ingredients and then place in a clip top jar.

- (4) Press down quite firmly and add further Bean Sprouts so that the top on the dry ingredients is going to be just under the lid when closed.
- (5) Add the brine solution so that everything is submerged.
- (6) Pop the lid on and place in a cupboard.
- (7) Shake gently from time to time. The Lacto-fermentation will be complete in 7 to 14 days. As with all these fermented recipes is it smells bad or develops mould just bin it?.