



FERMENTATION 101

With LEVI BIDDLECOMBE

MISE EN PLACE

- The day before your class, salt the cabbage for your Kimchi, following the directions for Day 1 in the recipe below.
-

SOURDOUGH STARTER

Recipe by LEVI BIDDLECOMBE

250g all purpose flour

250g water

- Whisk together the flour and water until smooth and store in a container. Place In the fridge.
- Every 2 days discard half of the mixture and feed the starter by adding a fresh recipe to it.

Equipment

Digital weighing scale

Whisk

Mixing bowl

Storage container

KIMCHI

Recipe by LEVI BIDDLECOMBE

1 large head of Nappa Cabbage

¾ to 1 cup kosher salt

70g green onion, thinly sliced

10g Sautéed Shrimp Paste (Levi uses Ginisang Bagoong brand)

8g Gochujang
50g Gochugaru
20g ginger, puréed (you can use ginger purée)
20g garlic, puréed (you can use garlic purée)
85g sugar
60ml fish sauce (Levi uses Squid brand)
60ml light soy sauce (Levi uses Pearl River brand)
1 orange, juiced

- **DAY 1:** Slice the cabbage from top to bottom without slicing through the root, so that you slice it into 4 “wedges” that are held together by the root.
- Wash the cabbage, fanning out the leaves under the tap. Then fan the leaves as you sprinkle salt onto every layer.
- Set the cabbage in a bowl root down, and leave on your counter overnight.
- **DAY 2:** Rinse the cabbage thoroughly with cold water, then squeeze as much moisture as possible out of the cabbage.
- Combine the remaining Ingredients In a large bowl and mix thoroughly.
- Add the cabbage to the bowl and mix until all the leaves are fully coated.
- Transfer the kimchi to you clean container for storage.
- Leave out at room temperature for 5-7 days and then refrigerate.

Equipment

Digital weighing scale
Chef knife
Cutting board
Colander
Storage container
Mixing bowl

SAUERKRAUT

Recipe by LEVI BIDDLECOMBE

1200g green cabbage
18g salt
8g caraway seed
5g garlic powder

- On a mandoline or using a chef’s knife, thinly slice your cabbage.
- Add the salt, caraway seed and garlic powder to the cabbage and massage It In until the cabbage releases liquid and all the salt Is dissolved.

- Place In air tight storage container and lay paper towel over the cabbage so the whole surface of cabbage is covered
- Place a lid on and leave in a cool dry place for 2 weeks before transferring to the fridge

Equipment

Digital weighing scale

Mandoline (optional)

Mixing bowl

Storage container