

Korean kimchi on the tongue



When it comes to Korea, what will you think of at first? Certainly, it must be Korean kimchi ! There's a very strange phenomenon in Korea, when you walk in a normal restaurant, you will hear the sound " kach kach" along with big smile. What's that? Aha, probably most people are eating Kimchi. Don't you want to taste it ? Please get ready for it !

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If the South Korea compared to a bubble in the altar of kimchi national, maybe not too much. To every Korean family life Kimchi is a necessary for product , also is the three meals a day... delicious with the most typical Chinese cabbage, radish pickle.

Kimchi has a long history of 3000 years. It is said that it has deep China Confucian culture traces. In the "book of songs", the word "positive" appeared, which is interpreted as kimchi in the

dictionary. Finally, this kind of pickled cabbage is spread into Korea. However in fact, no one knows the true history about kimchi . It is gradually developed throughout the era. Up to now, kimchi has become the most important food in Korea.

Now,do you want to know how to cook kimchi ?Let me show you!

At first,you should prepare these ingredients:Chinese cabbage,garlic,salt,fish sauce,chili powder and sugar. Please pay attention that the sauce is the most essential thing that is the reason why the Chinese hot and sour kimchi and Korean kimchi to the greatest difference, almost every family in South Korea to do their own fish sauce .

Then you have to prepare materials:

1.cabbage(Chinese cabbage leaves, thin sheet, leaf density, there is no need to remove too much of the outer leaves, it looks clean and fresh for the last election)

2.radish (the big carrot in uniform, no scars, fresh color and succulent fruit is soft, not too spicy, sweet as the last election)

3.pepper (Kimchi pickled pepper powder used in the selection should be dried in the sun under the bright red color, thick flesh Pepper's)

4.onions

5.ginger

Everything is OK and we can start it.

Firstly, five kilos of cabbages are needed, into piece, with the amount of salted, put about 15-24 hours,after cabbage shrunk, the initial material is enough.

Secondly,to find a big turn of a switch, ground garlic (a little more, about 5kilos cabbages with two Chinese garlic) chili powder (according to their tastes may be), then sugar, fish sauce (on the Put as many as soy sauce), according to their own tastes can also add some salt, then blend them together.

Thirdly, to seal fermentation fermentation, The fermentation

time may be generally 4-5 days in the spring, 3 days in the summer and a week in winter.

Then the delicious Kimchi is finished!

Actually, many people may have doubt that why Korean like eating kimchi . Next, I will solve your confusion. For one thing,cabbage which used to make kimchi is not only rich in vitamins or minerals, but also contain a variety of pharmacological effects with a variety of ingredients. For another thing, the unique production technology decides it contains rich lactic acid bacteria,which can promote the the absorption of nutrients and improve intestinal function.

Have you drooled after reading this article? Just try it! You will like it!