

BRUSSELS SPROUT KIMCHI

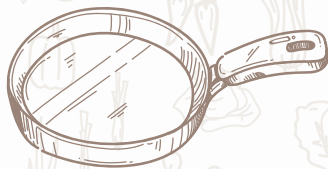
By Vaso Makri



- 1kg Brussels sprouts; washed and halved if they are small, shredded if they are very large
- 5 spring onions, sliced
- 4 large garlic cloves
- 1 thumb-sized piece of ginger
- Gokucharu powder to taste
- 1 tablespoon rice flour
- 1 apple
- Salt
- Sugar
- Water



1. Chop/halve Brussels sprouts and spring onions, shred apple.
2. In a pestle and mortar, smash the garlic and ginger until they are a paste, add the chilli, apple, sugar, salt, rice flour and a bit of room temperature water.
3. Mix the Brussels sprouts and sliced onions with the ginger paste and pack into a jar.
4. Keep in a dark place until the acidity is right for you and then transfer to the fridge.



Find more local food recipes and a calendar of what's in season in North Lancashire:

foodfutures.org.uk/cooking