

# Decorate your own kimch'i pot



## All about kimch'i

In Korea, it is very hot in summer and very cold in winter. In the past, Korean people had to find a way to preserve foods so that they could eat them all year round. The way they found was fermentation and, over time, fermentation has been perfected in Korea.

In *kimch'i*, fermentation is used to preserve vegetables. Because they eat *kimch'i*, people in Korea are able to get the right vitamins, even during the long winters when there are hardly any fresh vegetables. All over Korea, *kimch'i* is served with steamed rice at nearly every meal.

This is just one way you could make *kimch'i*:

1. Soak some Chinese cabbage and/or radishes in salty water. Drain the vegetables and sprinkle them with salt. Leave to stand overnight.
2. Wash the salted vegetables with fresh water.
3. Add spices and seasonings such as red hot pepper, garlic, fish sauce and ginger.
4. Keep the spiced vegetables in a cool place for a few days. This starts the fermentation process.

