

Sprout Kim Chi

(Very Spicy Korean Cultured Vegetables)

Created by Jackie Graff
Sprout Raw Food

Dressing

10 garlic cloves
1tsp cayenne pepper
1/2 cup ginger juice
3 tsp. tablespoons sea salt

Vegetables

1 head bok Choy, sliced thin
1 heads cabbage, sliced thin
8 carrots, sliced thin
2 daikon radishes sliced thin
2 bunches spring onions, sliced thin

1. Place garlic cloves, cayenne pepper, ginger juice, and salt in blender and blend well.
2. Place bok Choy, cabbage, carrots, and spring onions in a bowl and pour dressing over, stirring well.

To ferment this mixture, place in a ceramic or glass container and place a weight (a stack of bowls or plates will do) until the liquid rises over the vegetables. Cover this with a cloth and leave at room temperature for 3-5 days