

Spicy Stinging Nettle Kimchi Recipe

Ingredients

- 100 young stinging nettle tips
- 2 tbsp. salt
- 100 g. Korean radish or daikon
- 3 scallions
- ½ fresh pear
- ¼ medium-sized onion
- 1 tbsp. miso paste
- 3 cloves garlic
- Piece of ginger, about an inch long
- 4 tbsp. gochugaru (Korean chili powder)

Steps

1. Rinse your stinging nettle tips. Place them in a large ziplock bag, along with the salt. Remove extra air, and roll over the closed bag with a rolling pin several times. This will help to remove the sting from the nettles. Let the nettles sit in the bag with the salt for about an hour, as they release moisture.

2. In the meantime, cut the radish into pieces about the size of a matchstick. Cut the scallions in half, and cut them to a similar length. Set your veggies aside. To make the spicy paste, combine your pear half (stem and seeds removed), onion, miso paste, garlic, ginger, chili powder, and 2 tbsp. water in a blender. Blend until smooth. Also sterilize a clean jar, wide-mouth, half gallon mason jar. You can do this by letting it run a full cycle in your dishwasher, or placing it in boiling water for 10 minutes.

3. Once your nettles have sat, rinse them under cool water to remove excess salt, and shake dry. They should be sting-free by now. Place the nettles, radish, scallions, and chili paste into a bowl, and mix well to cover all the nettles in the chili paste. The best way to do this is with your hands- many people like to use gloves to avoid getting chili in any little cuts on your hands.

4. Pack the kimchi into your sterilized jar. Use a weight to make sure all the nettles remain submerged in the chili brine. Top with a lid, and find a home for it for the next few days. Somewhere warm and not directly in sunlight is ideal- I just leave mine on my countertop. Let it sit at room temperature for 4-7 days, opening the jar once a day so pressure doesn't build up. Check daily to make sure the nettles are still



submerged. At the fourth day, taste a little kimchi and decide if you want to let it ferment longer. Once the flavor is where you like it, transfer the jar to the fridge and enjoy.