

HYPERFOODS KIMCHI RECIPE



Kimchi is a deeply rooted Korean staple that is considered essential to good health and wellbeing, it just so happens to be a major hyperfood.

What are hyperfoods?

Hyperfoods are a list of ingredients which are the result of research conducted by computer scientists at Imperial College London. In a nutshell, the research uses artificial intelligence, machine learning and natural language processing to identify disease beating molecules in foods.

Ingredients

To take part you will need, approximately:

- 1kg savoy cabbage
- 200g carrot
- 100g celery
- 50g ginger
- 50g garlic
- 40g gochujang (available at Sainsbury's and Waitrose)
- 100g fresh orange juice
- 50g fresh lemon juice
- 10g dill
- 10ml fish sauce

Method

To prepare the night before the live cook-along:

- 1 Tear off the cabbage leaves and gently wash.
- 2 Lay the leaves in a food safe container one at a time, sprinkling each layer with a couple of pinches of sea salt.
- 3 Once all the leaves are layered, cover the surface with clingfilm and press the cabbage using a chopping board, plate or bowl. Leave overnight at room temperature. 10 minutes before the live session; remove the cabbage from the container and rinse thoroughly.

During the Kimchi cook-along:

- 4 Rinse the excess salt off the cabbage and place in a large mixing bowl.
- 5 Chop all the remaining vegetables and mix with cabbage.
- 6 Add all the remaining ingredients and mix well.
- 7 Put the kimchi mix into mason jars, packing it in as well as possible, keeping the vegetables submerged in the liquid. Ferment the kimchi at room temperature for four days to a week (this will depend on the temperature of the room).

Ingredients (by the number of anti-cancer drug-like molecules)

Carrot (12), Celery (12), Dill (12), Orange (10), Savoy cabbage (8), Soybean (8), Lemon (7), Garlic (5), Ginger (4), Chilli (4), Onion (4)