



*Elevated Picnics in the Great Outdoors*



In a world where technology often trumps human interaction, we encourage picnickers to disconnect to reconnect. Through nature, we aim to satisfy the craving of adventure and connection with each other. When you book a tour and picnic, expect to see places you wouldn't normally get to see. Feast your eyes on the beauty of the mountains while having a delicious dining experience in a remote location. Break bread with the ones you love, and relish in the simplicity of sharing a beautiful meal together in the great outdoors.

# A Lesson In Kimchi

Tips and tricks for making kimchi with South Korean-born Kim Degman, owner of Bapp.

*by Allison Arthur  
photos by Helena Hermosillo*

**IF YOU LIVE IN KOREA, YOU EAT KIMCHI EVERY DAY, WITH ALMOST EVERY MEAL.**

Fans of the salty snack are in luck. Owner of Bapp Kim Degman, who was born in South Korea, has perfected the dish and shared her insight into how to make the popular side.

“Not many people knew about Korean food and culture,” she said about opening Bapp, “and I wanted to introduce people to it.” Kimchi is arguably the most common Korean dish.

While there are endless ways to make kimchi (you can use almost any vegetable), cabbage is often a primary component. There are really no rights or wrongs when it comes to ingredients. Any vegetable can be fermented in a similar style and turned into kimchi. Cooks can experiment with different iterations using various veggies, seafood and fruit.

The chef talked us through how to make traditional white kimchi. The recipe is a good starter kimchi, as the flavor and ingredients are milder.

←  
*Degman's favorite version is made with mustard greens or green onion.*



## WHITE KIMCHI

To prep the cabbage:

- 1 large napa cabbage (about 3 pounds)
- 1/3 cup coarse Korean sea salt or kosher salt

Cut the cabbage in half from top to bottom, keeping the stem intact. Rinse the cabbage under running water, which will help the cabbage soak up salt for the next step. Sprinkle sea salt evenly between all the leaves, using more of the salt closer to the stem where the leaves are thicker. Let sit for 1 1/2 to 2 hours, turning over every 30 minutes. Rinse the cabbage under cold running water a couple of times to get rid of any dirt or salt. Drain well.

For the veggies:

- 1/2 pound daikon radish, cut into matchsticks
- 1/4 cup carrot, cut into matchsticks
- 3/4 cup Asian chives, cut into 1-inch pieces
- 3 jujube fruits, seeded, cut into thin strips (optional)
- 1/2 red bell pepper, cut into thin strips
- 1 tablespoon salt

*Specialty ingredients can be found online and in Asian markets, or you can make similar substitutions as needed.*

To make the brine:

- 1 pear, peeled, cored and diced
- 4 garlic cloves
- 1/2 cup onion
- 1 teaspoon fresh ginger, peeled and chopped
- 4 cups water
- 3 tablespoons salt

Blend pear, garlic, onion and ginger in a food processor until creamy. Strain

using cheesecloth. Mix water and salt in a bowl and stir until salt has dissolved. Add the strained seasoning to the bowl.

To make the kimchi:

Salt each layer of cabbage and let rest until it has softened a bit. Spread the vegetable filling over each leaf of the cabbage. Fold the stuffed cabbage in half end to end to bind it together and place into a container. Pour the brine over the cabbage.

*All jokes aside, this kind of looks like swaddling a baby.*

How to store and when to eat:

Let the kimchi sit at room temperature covered in plastic wrap for 1 to 2 days to start fermenting. Once it starts to ferment (you may see little bubbles), it will taste and smell sour. At this point, move it to the fridge, which will slow down the fermentation process, for 3 to 4 more days so it can develop more flavor. Then, cut off the portion you would like to use and serve cold. You can keep it in the refrigerator for months. It will become more sour the longer it sits.

*TIP: In Korea, almost everybody has a refrigerator just for kimchi, as it has a very strong smell. If you double wrap it in plastic and seal it in a container, it will minimize the odor in your fridge.*

*TIP: Degman says that when her kimchi ages and becomes more sour, she likes to use it to make kimchi pancakes.*

To find the recipe for a pogi kimchi, the most common kind, visit [dishingjh.com](http://dishingjh.com).



*AN ONGGI IS a porous pot that can be used in fermenting kimchi. At Bapp, kimchi is served with almost every meal. Degman likes to eat it just with rice, and it is popular as a pancake, too.*



## TIPS

When you bend the hard part of the cabbage while salting it and it does not break and bend smoothly, that is when the cabbage-salting process is done.

You can use glass, plastic or earthenware containers to store kimchi. Just remember they need to be airtight.

Adding fruits like apples or pears will enhance the flavors.

You can add raw seafood such as oysters, abalone, calamari or octopus for deeper flavors.

Adding fish sauce is recommended. It will give your kimchi an umami flavor. For vegan kimchi, substitute soy sauce, miso paste or vegan fish sauce.

When kimchi sits longer and gets sour, you can make stew, soup, pancakes or fried rice rather than serving it as a side dish.

The warmer and more humid it is, the faster the kimchi will ferment.



**NUTRITIONISTS OFTEN AGREE THAT SOME OF THE BENEFITS OF KIMCHI INCLUDE:**

**IT MAY HELP LOWER YOUR CHOLESTEROL.**

**IT CAN IMPROVE YOUR HEART HEALTH.**

**IT MAY HELP WITH INFLAMMATION.**

**IT CAN SUPPORT BRAIN AND EYE HEALTH.**

**IT MAY HELP PREVENT YEAST INFECTIONS.**

**IT CAN POTENTIALLY LOWER YOUR BLOOD SUGAR.**



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