

Pumpkin Kimchi

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Prep time: 4 hours 20 mins Fermentation time: 5-6 days Yield: 2 pints

Ingredients

- 1 lb. raw pumpkin flesh
- 3 scallions
- 3-5" piece fresh ginger
- 3-4 garlic cloves, peeled (about 30g by weight)
- 1 ounce/ 30 ml dried red pepper powder
- 1 fl oz./ 30ml [tamari](#) or soy sauce
- 1 fl oz./ 30ml [fish sauce](#)
- filtered water
- sea salt

Instructions

Soak Vegetables

1. Dissolve salt into room temperature or warm water (in the ratio of 3 tablespoons/45mL fine grain sea salt to one quart/liter of water) in a one-gallon (or larger) glass or ceramic container. Stir until salt dissolves.
2. Peel pumpkin skin. Cut into pieces about ¼ inch thick (a mandoline or v-slicer is handy for this; otherwise use a chef knife) and around 1 inch square.
3. Add slices to the brine. Cover with a plastic lid or plate and weigh down (I use a wine bottle filled with water) so that the contents stay under the brine. Leave for 4-6 hours.
4. Drain (but do not rinse) the veggies through a colander, reserving about a cup of the brine.

Prepare spice paste

1. Peel ginger (using a spoon) and roughly chop. Add to bowl of a food processor. If not using food processor, mince the ginger and add to a bowl.
2. Peel and grate the garlic and roughly chop. Add to bowl of a food processor. If not using food processor, mince garlic and add to a bowl.
3. Chop 2 of the scallions into ¼" slices. Add to food processor. If not using food processor, slice into thinner (1/16") strips and add to bowl.
4. Chop the remaining scallions into 1-inch pieces.
5. Add pepper powder, 1 ounce tamari and 1 oz. fish sauce to mixing bowl. Vegan variation: omit fish sauce and use 2 ounces tamari.
6. Stir and mash contents (or pulse with food processor) together until a paste forms. Add more tamari and fish sauce as needed or desired until you achieve a paste with a chunky tomato paste consistency— not too dry, not too runny.

Pack Jar or Crock

1. Wearing a latex or plastic glove to protect yourself from the heat of the peppers, Mix paste thoroughly with your hands into the drained vegetables and the other half of the scallions. You can mix everything directly in the fermenting container, or in a separate large mixing bowl. Mix until the veggies are coated nicely with the paste.
2. Pack the jar (a wide mouth quart- or half-gallon size) with the vegetables.

Ferment

1. Cover with a plastic lid or plate, and weigh down so that the contents stay under the brine.
2. If using smaller (quart) jars, find a small glass jar (filled with water) that closely fits inside the diameter of the jar. No need to insert a plate or lid if using smaller jars.
3. Cover jar(s) with a cloth and rubber band to keep flies out.
4. If after one day, the contents are not completely submerged, top it off with some of the reserved brine.
5. Store in a warmest spot in your kitchen for 6 days. Note: Your house will smell like kimchi.
6. Secure with lid and transfer to refrigerator, where it will keep for up to 4 months.

Recipe by Fermenters Club at <http://www.fermentersclub.com/pumpkin-kimchi/>