

LYNCHBURG

is for

LOCAVORES

COOKING DEMONSTRATION WITH JAZ HIPPIE

ALL RECIPES ARE BY JAZ HIPPIE



Turnips

Kimchi Pancakes

1 cup Market Veggie Kimchi (recipe on back) drained chopped (save juice)

1/2 cup Kimchi juice

1 cup all-purpose flour (or rice flour for gluten free option)

2 farm fresh eggs

1 green onion chopped

1 tablespoon vegetable oil

salt to taste

1. Stir together the kimchi, kimchi juice, flour, eggs, and green onion in a bowl.

2. Heat vegetable oil over medium heat in a large skillet. Using about 1/4 cup of batter for each pancake, pour into skillet, spreading as thin as possible. Cook pancakes until set and lightly browned, turning once, 3 to 5 minutes per side. Season to taste with salt.

Serve with dipping sauce.

Dipping sauce is 1 tablespoon rice wine, 1 tablespoon soy sauce, 1/2 teaspoon sesame seeds, 1/2 teaspoon sesame oil and 1 teaspoon hot sauce all whisked in mixing bowl.

MORE RECIPES ON THE BACK! →

Market Veggie Kimchi

Note: You will need a clean 2-quart or 2-liter glass jar with a tightfitting lid to hold the kimchi while it ferments. Do not use plastic

- 1 (2-pound) napa cabbage/bok choy
- 1/2 cup kosher salt
- About 12 cups cold water (well water or distilled is the best for fermentation), plus more as needed
- 8 ounces daikon radish/ turnips peeled and cut into 2-inch matchsticks
- 4 medium scallions, ends trimmed, cut into 1-inch pieces (use all parts)
- 1/3 cup Korean red pepper powder
- 1/4 cup fish sauce or replace with salted water
- 1/4 cup peeled and minced fresh ginger (from about a 2-ounce piece)
- 1 tablespoon minced garlic cloves (from 6 to 8 medium cloves)
- 2 teaspoons Korean salted shrimp, minced (we used two crushed oysters)
- 1 1/2 teaspoons granulated sugar

1. Cut the cabbage in half lengthwise, then crosswise into 2-inch pieces, discarding the root end. Place in a large bowl, sprinkle with the salt, and toss with your hands until the cabbage is coated. Add enough cold water to just cover (about 12 cups), making sure the cabbage is submerged (it's OK if a few leaves break the surface).
2. Cover with plastic wrap or a baking sheet and let sit at room temperature at least 12 hours and up to 24 hours.
3. Place a colander in the sink, drain the cabbage, and rinse with cold water. Gently squeeze out the excess liquid and transfer to a medium bowl; set aside.
4. Place the remaining ingredients in a large bowl and stir to combine.
5. Add the cabbage and toss with your hands until evenly combined and the cabbage is thoroughly coated with the mixture.
6. Pack the mixture tightly into a clean 2-quart or 2-liter glass jar with a tightfitting lid and seal the jar.
7. Let sit in a cool, dark place for 24 hours (the mixture may bubble). Open the jar to let the gases escape, then reseal and refrigerate at least 48 hours before eating (kimchi is best after fermenting about 1 week). Refrigerate for up to 1 month.

Note: You can save the greens of the turnips and radishes add arugula mix together for a Asian green salad. Use the pancake dipping sauce as dressing and garnish with scallions.

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TO PREPARE OUR SPOTLIGHTED PRODUCE ITEM!



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