

# Making Kimchi and Komanabe



←Kimchi

## Kimchi materials

ingredients for 6

1/4 Chinese cabbage (large)

## Kimchi paste materials

2 tablespoons chili powder

2 tablespoons coarsely ground chili pepper

Dashi soup pack 1 bag

1 teaspoon kombucha

1 tablespoon salt koji

2 tablespoons dried sakura shrimp

1/2 apple

1 clove of garlic

1 piece of ginger

## Three Main Steps for Making Kimchi

1. Wash the Chinese cabbage, drain the water, and carefully apply 4 tablespoons of salt.

Wait about 15 minutes

2. Meanwhile, grate the apple, garlic, and ginger.

Mix the kimchi paste ingredients

3. Thoroughly drain the water from the Chinese cabbage, carefully rub the kimchi paste into the leaves, seal the bag, and leave it for a day.



←Komanabe

# Komanabe materials

## Materials for 6 people

Chopped pork 160g

1/2 tablespoon sugar

Mirin 2 teaspoons

Soy sauce 1 tablespoon/1 teaspoon

Garlic tube 2 teaspoons

Miso 1/2 tablespoon

1/4 carrot (cut into ginkgo biloba)

1/2 bunch of enoki mushrooms (cut the base and cut the  
length in half)

3 pieces of raw shiitake mushrooms (cut off the stems  
and cut into ginkgo biloba)

1/8 Chinese cabbage (chopped)

Chives about 25g (about 3cm)

1/2 green onion (cut into small pieces)

1/2 block of tofu (diced)

Shirataki 30g

# Five Main Steps for Making

## Komanabe

1. Add sugar (1/2 large), mirin, and soy sauce (1 small) to the pork bowl and marinate.

Meanwhile, cut vegetables.

2. Heat an appropriate amount of oil in a frying pan, add garlic and fry the pork chops over medium heat.

3. Add the carrots and when they become soft, add the enoki mushrooms, fresh shiitake mushrooms,

Chinese cabbage, and shirataki mushrooms.

4. When the Chinese cabbage becomes soft, add mirin (1 small), soy sauce (1 large), miso (1/2 large),

and 120 g of Chinese cabbage kimchi.

5. Add tofu, chives, and green onions, cover and steam until the flavors are absorbed. It will be

completed in a while.