KOREAN · SIDE · SAUCE

Gat-kimchi (Mustard Greens Kimchi)

150 min · plus a few days to 2 weeks fermenting · Makes 18 × ¼ cup (50 g) · 24 kcal a portion

Video 10:34 · Maangchi

Pescatarian · Gluten-free ingredients · No dairy listed · No nuts listed

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Peppery mustard greens make this leafy kimchi rich in vitamin K (about a day's worth in a ¼-cup serve), with 2 g fibre for about 24 kcal. It uses little chilli or sugar but is salty from the fish sauce (about 650 mg sodium a serve).

Diet notes: Low carb (2.5 g net carbs) but not keto: 14% of the energy is from fat, and keto meals get about 60% or more; Low saturated fat (0 g, 0% of the energy).

Ingredients

10 · MAKES 18 × ¼ CUP (50 G)

- [ ] 910 g **mustard greens** (gat), rinsed
- [ ] 3 tbsp **kosher salt**, for salting (rinsed off; about 15 g stays in the greens)
- [ ] 120 ml **anchovy-kelp stock**, vegetable stock or water
- [ ] 1 tbsp glutinous (sweet) rice flour
- [ ] 1 tbsp **sugar**
- [ ] 60 ml **fish sauce**
- [ ] 4 **garlic** cloves, minced
- [ ] 1 tsp peeled **ginger**, minced
- [ ] 30 g sliced **onion**
- [ ] 30 g **gochugaru** (Korean hot pepper flakes)

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Fish, Mustard. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method

TIMES = THE MOMENT IN THE VIDEO

1. Splash a little water over the rinsed mustard greens in a large bowl, then sprinkle with the 3 tbsp salt, rubbing more onto the thick stems. Leave 2 hours, turning every 30 minutes. Keep them whole or cut into 5 cm pieces. 0:40
2. Wash the salted greens thoroughly in several changes of cold water to remove grit and excess salt, then drain well. 2:04
3. Stir the rice flour into the stock or water and cook over medium-high heat for about 2 minutes until it bubbles. Add the sugar, lower the heat and stir until slightly translucent. Off the heat stir in the fish sauce and cool completely. 2:52
4. Mix the minced garlic and ginger, sliced onion and gochugaru into the cooled porridge, then toss the drained greens through the paste until coated. 4:35
5. Pack into an airtight container or jar, pressing out the air. Ferment in the fridge for about 2 weeks, or on the counter for a couple of days until it tastes and smells sour, turning it in its juices now and then. Keep refrigerated. 6:10

> **Tip** Makes about 900 g, roughly 18 quarter-cup serves (cook's yield). For a vegetarian version use soy sauce instead of fish sauce and water instead of anchovy stock. Snip long stems at the table.

The method is a summary in our words — the video shows every step.

One portion, ¼ cup (50 g), gives you

1 OF 18 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
24 kcal	**1.9** g	**4.6** g	**2** g	**0.4** g	**650** mg
100 kJ	4% of a day	2.5 g net · 1.7 g sugars	7% of a day	0 g saturated	28% of a day
		2% of a day		0% of a day	

Energy from net carbs 47% · protein 36% · fat 17%

High in (20%+ of a day) Vitamin K 108% · Vitamin C 39%

Source of (10–19%) Vitamin A 11%

Recipe and video: Maangchi (@Maangchi) on YouTube — youtube.com/watch?v=j3xlC-VHjis, published 11 March 2023. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/gat-kimchi-mustard-greens