KOREAN · SIDE · SAUCE

Kkakdugi (Cubed Radish Kimchi)

50 min · plus 1–2 days fermenting | Makes 40 × ¼ cup (50 g) | 16 kcal a portion

Video 5:44 · Maangchi

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

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A crunchy, very low-calorie side: about 15 kcal and 1 g fibre a ¼-cup serve, naturally soured by lactic-acid fermentation rather than vinegar. It is salty (about 380 mg sodium a serve), so keep portions small.

Diet notes: Low carb (2.3 g net carbs) but not keto: 13% of the energy is from fat, and keto meals get about 60% or more; Low saturated fat (0 g, 0% of the energy).

Ingredients

8 · MAKES 40 × ¼ CUP (50 G)

- [ ] 1.8 kg **Korean radish** (or daikon), peeled and cut into 2–2.5 cm cubes
- [ ] 2 tbsp **kosher salt**
- [ ] 2 tbsp **sugar**
- [ ] 2 tbsp minced **garlic** (5 or 6 cloves)
- [ ] 4 **green onions**, chopped
- [ ] 1 tsp minced **ginger**
- [ ] 75 g **gochugaru** (Korean hot pepper flakes)
- [ ] 60 ml **fish sauce**

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

Allergens found in the listed ingredients: Fish. 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. Peel the radish, rinse it in cold water and pat it dry. Cut it into 2–2.5 cm thick discs, then into cubes, and put them in a large bowl. 0:56
2. Mix in the 2 tbsp kosher salt and 2 tbsp sugar and leave for 30 minutes, turning the cubes every 10 minutes as they release their juice. 1:53
3. Drain the juice into a small bowl and keep 80 ml of it. Add the garlic, green onions, ginger, hot pepper flakes, fish sauce and the 80 ml juice to the radish and mix until every cube is red and juicy. 2:28
4. Pack into a glass jar, pressing down firmly so there is no air between the cubes and they sit in their own juices, then close the lid. 4:07
5. Leave at room temperature for 1–2 days until it bubbles and smells sour (sooner in a warm room), then keep it in the fridge. You can also eat it fresh and refrigerate it straight away. 4:39

> **Tip** Makes about 2 kg, roughly 40 quarter-cup serves (our estimate). For a vegetarian version use soy sauce instead of fish sauce; use 60 ml pepper flakes for a milder batch. Keep it in the fridge once sour.

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

One portion, ¼ cup (50 g), gives you

1 OF 40 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
16 kcal	0.6 g	3.5 g	1.2 g	0.2 g	380 mg
70 kJ	1% of a day	2.3 g net · 2 g sugars	4% of a day	0 g saturated	17% of a day
		1% of a day		0% of a day	

Energy from net carbs 69% · protein 18% · fat 13%

Source of (10–19%) Vitamin C 11%

Recipe and video: Maangchi (@Maangchi) on YouTube — youtube.com/watch?v=z5NXchQKy-s, published 1 August 2011. 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/kkakdugi-cubed-radish-kimchi