KOREAN · SIDE · SAUCE

Pa-kimchi (Green Onion Kimchi)

90 min · plus about 7 days fermenting Makes 48 × ¼ cup (52 g) 23 kcal a portion

Video 12:04 · Maangchi

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

Green onions make this kimchi rich in vitamin K — about half a day's worth in a ¼-cup serve — for about 23 kcal and 1.6 g fibre. It is salty from the fish sauce (about 480 mg sodium a serve); the whole batch has just 2 tbsp sugar.

Diet notes: Low carb (3.2 g net carbs) but not keto: 15% of the energy is from fat, and keto meals get about 60% or more; Low saturated fat (0.1 g, 4% of the energy).

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Ingredients 6 · MAKES 48 × ¼ CUP (52 G)

- [ ] 3 pounds **green onions**, roots trimmed, halved crosswise
- [ ] 1 cup **fish sauce**
- [ ] ¼ cup glutinous (sweet) rice flour
- [ ] 3 cups **water**, for the porridge
- [ ] 2 tbsp **white or brown sugar**
- [ ] 1½ cups **gochugaru** (Korean hot pepper flakes)

Amounts in US 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. Trim the roots and any tough or damaged tips and outer layers from the green onions, cut them in half crosswise, then rinse and drain about 3 times until clean. Shake off the water. 0:57
2. Toss the green onions with the 1 cup fish sauce and leave for 1 hour, turning them every 20 minutes. 2:07
3. Meanwhile whisk the rice flour into 3 cups water and cook over medium-high heat, stirring, until it bubbles. Add the sugar, turn the heat to medium and stir until slightly translucent. Cool completely. 3:10
4. Lift the green onions out and pour their fish sauce liquid into the cooled porridge. Stir in the gochugaru and let it soften 5–30 minutes into a thick red paste. 5:31
5. Toss the green onions in the paste, pack them into a jar or airtight container, pressing down so no air is left, and seal. 6:41
6. Eat fresh, or leave at room temperature until it tastes sour — about 7 days, sooner in a warm kitchen (or about 2 weeks in the fridge) — then keep it refrigerated and serve cold. 7:45

> **Tip** Makes about 5½ lb, roughly 48 quarter-cup serves (our estimate). For a vegetarian version use soy sauce instead of fish sauce. Save the trimmed tips for stock. Serve cold with rice or stew.

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

One portion, ¼ cup (52 g), gives you 1 OF 48 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
23 kcal	1.2 g	4.8 g	1.6 g	0.4 g	480 mg
100 kJ	2% of a day	3.2 g net · 1.6 g sugars	6% of a day	0.1 g saturated	21% of a day
		2% of a day		1% of a day	

Energy from net carbs 60% · protein 23% · fat 17%

High in (20%+ of a day) Vitamin K 51%

Recipe and video: Maangchi (@Maangchi) on YouTube — youtube.com/watch?v=-p_5xjsxESg, published 2 July 2021. 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/pa-kimchi-green-onion-kimchi