KOREAN · SIDE · SAUCE

Small-Batch Easy Napa Cabbage Kimchi (Mak-kimchi)

130 min · plus 1–2 days fermenting | Makes 44 × ¼ cup (50 g) | 18 kcal a portion | Video 12:27 · Maangchi

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

A classic napa cabbage kimchi packed with vegetables — radish, carrot, chives and green onions — at about 18 kcal a ¼-cup serve, with 1 g fibre and some vitamin K. It is salty (about 390 mg sodium a serve) and has only 1 tbsp sugar in the whole batch.

Diet notes: Low carb (2.4 g net carbs) but not keto: 16% of the energy is from fat, and keto meals get about 60% or more; Low saturated fat (0 g, 0% of the energy).

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Ingredients 16 · MAKES 44 × ¼ CUP (50 G)

- [ ] 1 head **napa cabbage** (about 3 lb), cored and cut into 1½-inch pieces
- [ ] 6 tbsp **kosher salt** plus 1 cup water, for salting (rinsed off; about ¾ oz stays in the cabbage)
- [ ] 2 tbsp glutinous (sweet) rice flour
- [ ] 1 cup **water**, for the porridge
- [ ] 1 tbsp **sugar**
- [ ] ⅓ cup **fish sauce**
- [ ] 1 tbsp **saeujeot** (salted fermented shrimp)
- [ ] 9 **garlic** cloves
- [ ] 1 tsp peeled **ginger**
- [ ] 1 oz **onion** (about ¼ cup), in chunks
- [ ] 3 oz Korean (Asian) pear (about ½ cup), peeled, in chunks
- [ ] 1 cup **gochugaru** (Korean hot pepper flakes)
- [ ] 6 oz **Korean radish or daikon**, cut into matchsticks
- [ ] 1 oz **carrot** (about ¼ cup), cut into matchsticks
- [ ] 3 oz **buchu** (Asian chives), cut into ½-inch pieces
- [ ] 6 **green onions**, sliced diagonally

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

Allergens found in the listed ingredients: Crustacea, 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. Quarter the cabbage, cut out the core and cut it into 1½-inch pieces. Toss in a large bowl with 6 tbsp kosher salt and 1 cup water and leave 2 hours, tossing every 30 minutes. 1:29
2. Meanwhile stir the rice flour into 1 cup water and cook over medium-high heat, stirring, for 2–3 minutes until it bubbles and thickens. Add the sugar, lower the heat, stir 2–3 minutes more until slightly translucent, then cool completely. 3:12
3. Blend the fish sauce, cooled porridge, salted shrimp, garlic, ginger, onion and pear until smooth. Stir in the gochugaru, then the radish, carrot, chives and green onions. 5:42
4. Rinse the salted cabbage in cold water and drain, three times in all, then press out the excess water. 9:03
5. Mix the cabbage into the paste by hand until every piece is coated. Pack it into jars, pressing down firmly to push out the air, and cover. 10:08
6. Eat it fresh, or leave it at room temperature for 1–2 days until it smells and tastes pleasantly sour, then refrigerate (or ferment slowly in the fridge for about 2 weeks). Press it back under its juices each time you take some. 10:50

> **Tip** Makes about ½ gallon (about 4¾ lb, roughly 44 quarter-cup serves — our estimate). Maangchi adds a dozen chopped fresh oysters as an option. No salted shrimp? Leave it out. Top fresh kimchi with sesame seeds.

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

One portion, ¼ cup (50 g), gives you 1 OF 44 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
18 kcal 80 kJ	**1 g** 2% of a day	**3.7 g** 2.4 g net · 1.4 g sugars 1% of a day	**1.3 g** 5% of a day	**0.3 g** 0 g saturated 0% of a day	**390 mg** 17% of a day

Energy from net carbs 58% · protein 25% · fat 17%

Source of (10–19%) Vitamin K 19% · Vitamin C 12%

Recipe and video: Maangchi (@Maangchi) on YouTube — youtube.com/watch?v=R3o8NLYZMeU, published 15 October 2026. 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/small-batch-mak-kimchi