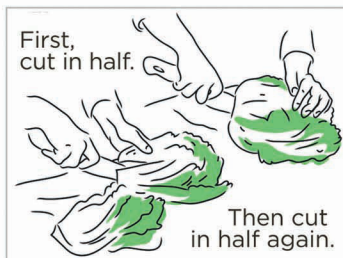


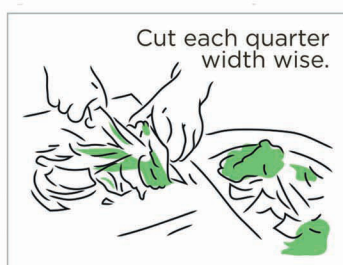


Follow these steps to make delicious nutritious kimchi the Mama O's way!

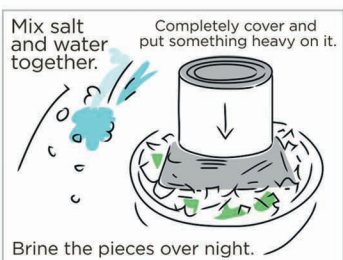
Each jar of paste is good for one large head of napa cabbage (5 lbs). You will have about 1/2 gallon of kimchi when done!



Cut head of cabbage lengthwise by sticking your knife in the middle and cutting down towards the stump. Take each half and rip apart. Cut the halves the same way. This way you preserve the integrity of the leaf!



After quartering head of cabbage, starting at the top, cut 1.5 "pieces width wise. Discard stump at the bottom of each quarter.



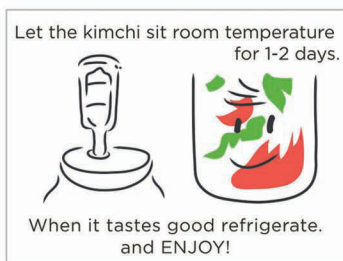
Take the packet of salt included with kit (~1 cup salt) and mix with 1 gallon of water in large bowl to make the brine for the cabbage. Use something heavy to submerge the pieces of cabbage completely. Let cabbage brine over night.



Remove the pieces of cabbage from brine and rinse clean. Discard brine. Let cabbage drain using a colander. Prep green onions and cilantro. Chop 2 green onion stalks width wise into 1" pieces. Discard stump at bottom. Mince a small amount of cilantro (2 or 3 sprigs) and set both aside.



Mix cabbage pieces, green onions, cilantro and entire jar of Mama O's Premium Kimchi Paste together in same large bowl used for brining. Use gloves included in kit and mix everything together with your hands!



Transfer content of bowl into jar included with your kit. Screw on lid with the hole for airlock. Fill airlock up to the water line. Place airlock in hole. Let kimchi sit room temp for 1 day. Taste kimchi. If you like it more acidic let it sit out another day. Switch lids and refrigerate. That's it! Enjoy!

For full video instructions and more: www.kimchirules.com