



KIMCHI – AN INTRODUCTION

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Kimchi is a fermented cabbage dish and staple in the Korean diet. Its most common preparation involves fermenting cabbage, radishes and sometimes cucumbers and then adding spices. Kimchi is quickly becoming popular in American and here's why!



Kimchi is a traditional Korean dish prepared by fermenting cabbage and spices.

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Kimchi can be served alone, over steamed rice or as an added ingredient to recipes.

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1. Kimchi tastes SOOO good and is super versatile. It's traditionally served over steamed rice as an entrée or side dish, however fusing it with standard American fare can revamp tired dishes. For example, kimchi makes an exciting topping on cheese pizza, is a great replacement for standard hamburger condiments, and is a sensational addition to a taco. Kimchi can be blended into scrambled eggs, added to soups or stews and is a great garnish for meats and poultry.
2. Health benefits. Kimchi has a long reputation for being a health food. Research is finding a compelling link between fermented vegetables with probiotic lactic acid bacteria and the promotion of a healthy digestive system. Furthermore, common vegetable additions in kimchi (garlic, ginger, red pepper powder) are considered health functional foods. Current research is being conducted to confirm the potential for kimchi to provide health benefits including: anticancer, anti-obesity, anti-constipation, colorectal, health promotion, probiotic properties, cholesterol reduction, fibrolytic effect, antioxidative and antiaging properties, brain health promotion, immune promotion, and skin health promotion.
3. Where to get it. Kimchi is popping up on menus across South Carolina and is a sure thing in Korean and/or Asian fusion restaurants.

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