

**HEALTHY KITCHENS,
HEALTHY LIVES®**
CARING FOR OUR PATIENTS AND OURSELVES

*Friday, February 9, 2024
11:15 AM – 12:15 PM*

*Plenary Session X
Food, Fiber, Fermentation:
Nurturing a Healthy Gut Microbiome*

Presenters:

Sean Spencer, MD, PhD | Clinical Scholar, Medicine – Gastroenterology & Hepatology, Stanford University/Stanford Digestive Health Clinic

Linda Shiue, MD | Director of Culinary Medicine, Kaiser Permanente

#CIAHKHL

QUICK KIMCHI

Yield: 2 Quarts

Ingredients	Amounts
Napa cabbage, medium-size approximately 2 pounds	1 ea.
Salt	¼ cup
<i>Spice Paste</i>	
Garlic, grated	2 Tbsp.
Ginger, peeled and grated	1 Tbsp.
Sugar	1 tsp.
Fish sauce (see note)	2 Tbsp.
Water	3 Tbsp.
Gochugaru, Aleppo chile flakes, or or 2 tablespoons red pepper flakes, crushed smashed in a mortar and pestle or ground in a spice grinder into finer flakes	¼ cup
Daikon radish, peeled and cut into 1-inch-long matchsticks	8 oz.
Scallions, cut into 2-inch lengths	1 bu.

Method

1. Cut cabbage into quarters lengthwise, remove core, and then cut crosswise into 2-inch-wide strips. Place in a large bowl and sprinkle evenly with salt, using your hands to work salt evenly through leaves. Add enough cold water to just cover cabbage, then place a heavy plate or pan on top to weight it down. Allow to sit for 2 hours or overnight, until wilted and water has been released.
2. *For the Spice Paste:* Combine garlic, ginger, sugar, fish sauce, water, and gochugaru in a small bowl.
3. Once cabbage has wilted, drain brining liquid, then rinse thoroughly with cold running water, twice. After draining thoroughly in a colander, squeeze out as much liquid as you can. (This will allow for more intense flavors.)
4. Place cabbage back in its large bowl and add daikon and scallions, then put on a pair of gloves and work spice paste into vegetables, making sure all vegetables are evenly coated.
5. Place in glass jars, packing tightly so that kimchi is submerged in its own liquid (there may not be too much liquid at first, but it will develop within a few hours). Seal jars and place on a plate to catch any overflow of juices as kimchi ferments. You can eat it immediately, but it won't be fermented yet.
6. Check daily to see when it is at your desired level of fermentation. Use a spoon to submerge any leaves that have floated above the liquid. You'll start to notice bubbling by the second day, increasing as fermentation continues. Days 3 through 5 are the sweet spot for me, but any time from day 3 to 7 will yield a deliciously funky product.
7. Once kimchi is ready, keep in refrigerator.

Note: For a vegan version, use a vegetarian fish sauce or substitute $\frac{3}{4}$ teaspoon kelp powder mixed in 2 tablespoons water.

Nutrition Information (per serving, $\frac{1}{4}$ cup servings)

Calories: 8 /Protein: .4 g/Carbohydrate: 2 g/Fiber: 1 g/Carbohydrate to fiber ratio: 2:1
Saturated fat: 1.5 g/Sodium: 900 mg/ Added sugar: 0 g

This recipe meets 4 of 7 HKHL Recipe Nutrition Goals for a side.

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VEGAN KOREAN SOFT TOFU AND KIMCHI STEW

KIMCHI JJIGAE

Yield: 4 to 6 Portions

Ingredients	Amounts
Vegetable stock, low sodium	4 cups
Gochujang	1 ½ Tbsp.
Canola or other neutral oil	1 Tbsp.
Garlic cloves, peeled and smashed	6 ea.
Kimchi, chopped	1 cup
Silken tofu, 14 oz package, sliced into 10 slabs	1 ea.
Enoki or bunapi mushrooms	4 oz
Scallions, whites, and greens, thinly sliced	6 ea.
Brown or mixed grain rice, cooked	4 cups
Egg (optional), per person	1 ea.

Method

1. In a bowl, whisk together stock and gochujang until smooth, then set aside.
2. Heat oil in a 3-quart saucepan or small Dutch oven over medium heat. Add garlic and kimchi and cook for 1 minute. Add gochujang mixture and bring to a boil.
3. Once kimchi is tender and slightly translucent, carefully add tofu in a single layer (it's delicate, so you don't want to stir and break it), then add mushrooms. Lower heat, cover, and simmer for 15 to 30 minutes to allow flavors to develop.
4. Just before serving, top stew with scallions. Increase heat to bring to a rapid and vigorous boil, then remove from heat and serve immediately.
5. Serve over rice and stir in raw egg, if desired.

Variation: May substitute other small mushrooms, or any sliced mushrooms.

Nutrition Information (per portion/serving prepared with egg)

Calories: 382/Protein: 13 g/Carbohydrate: 53 g/Fiber: 4 g/Carbohydrate to fiber ratio: 13
Saturated fat: 1.5 g/Trans fat: 0 g/Sodium: 1400 mg/Added sugar: 0 g

This recipe meets 4 of 7 HKHL Recipe Nutrition Goals for an entrée.

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