

PRODUCT FACT SHEET 2020

All our products are made by us, in house, lovingly handmade.

All products are supplied with full ingredients listed on the labels with potential allergens marked in BOLD.

We use only glass, paper and recyclable packaging where possible. Our plastic kimchi sauce bottles are fully biodegradable, and so are the clear films in our spice pouches.

Kimchi

Kimchi means 'submerged vegetable'. It can also mean 'Korean person'. This is probably why kimchi is synonymous with Korea and is the Korean national dish.

All of our kimchi are naturally fermented here in the UK for a minimum of three months at 17.5 degrees.

The active probiotic in our kimchi is Lactobacillus, which can also be found in Actimel and Yakult.

It is one of a few bacteria that can be ingested and digested and still survives into the lower abdomen where it vastly improves gut health. Particularly of benefit to those who have been on antibiotics.

Our white label kimchi and the green label kimchi are both vegan friendly. The red label kimchi is truly authentic and therefore contains shrimp paste and fish sauce.

Eat kimchi as a raw condiment on the side. Chop and add to hot soups at the end of cooking to avoid killing the probiotics. A very versatile product to have in the fridge.

All our kimchi are gluten free.

Store in the fridge after purchase. Lasts from three months to a year refrigerated.

Kimchi Ketchup

Not one drop of the excess juices from our kimchi ferment is wasted.

That's how precious this fully probiotic liquid is to us. Instead we mix it with pears to thicken and sweeten it to form a liquidised form of kimchi.

Kimchi ketchup!

This is the ultimate convenient way to enjoy kimchi, on the go, traveling the world or late at night.

It is also a very quick way to get kimchi goodness onto your Thai beef salad, into your Bloody Mary or onto a gourmet burger. Use it as a condiment, dipping sauce or as a meat and fish marinade - it's flexible to the max!

Kimchi ketchup comes in a handy sized and biodegradable squeeze bottle and is available in three flavours - fairly hot, no so hot, and vegan friendly. Probiotic, spicy kimchi sauce the Florence Nightingale of fast foods!

Black Garlic

Select elephant garlic is slowly cooked at a very low 72 degrees for a duration of 7 days. During that time the natural sugars in the garlic turn black and in turn render the garlic cloves sweet.

The finished garlic is moist and chewy and has flavour notes of licorice and balsamic. The garlic also now contains antioxidants beneficial for the heart, it is antiviral properties and also acts as an anti-inflammatory.

Black Garlic Bulbs

Each bulb is carefully peeled to reveal a black shiny moist garlic clove. These can be eaten as a one per day health treat. Snacking has never been so healthy!

Black Garlic Paste

A small amount of water is added to the garlic cloves which are then blended to reduce them to a thick paste. This black paste can then be used in cooking. Add to soups stocks or sauces to impart a rich depth of flavour.

The paste can be thinned further with oil or water and brushed onto fish or meat in preparation for the grill or barbeque.

Black Garlic Salt

Cooked garlic bulbs will eventually dry out after a few weeks. After a few more weeks the garlic is fully desiccated and can be crushed into a powder. We add this crumble to premium sea salt to make the world's favourite spice just a little bit more healthy!

Black Garlic Oil Dressing

Air dried black garlic is added to pomace oil - a combination of rapeseed and olive oil. This creates a dressing oil that contains deep smokey garlic flavour and hints of balsamic. No garlic peeling, no need to go fetch balsamico!

Black Garlic Mayonnaise

Dairy free, vegan friendly mayonnaise, lower in calories and cholesterol and high in antioxidants. Use as you would any mayonnaise, particularly good with a salade nicoise or just a big bowl of homemade frites!

Giardiniera

Fermented for one month. Italian Kimchi!

The lovely Italians use the exact same fermenting process as the steadfast Koreans to preserve their summer vegetables for winter.

Zucchini, cauliflower, carrot, fennel, peppers, celery and onion are salted in brine and flavoured with rosemary, garlic and dill to create a tangy, crunchy pickle full of healthy probiotics.

Pair giardiniera with creamy full fat cheeses, Italian salamis, pates and cooked meats. It can also be chopped up and added to minestrone after cooking is complete to add a depth of flavour and a guaranteed health boost.

Piccalilli

Sweet, sour, sharp and England's very own kimchi. God save the Queen!

Originally known as 'pekkille', we've slow fermented cauliflower, runner beans, carrots, onions and added English mustard and health boosting raw turmeric.

Our piccalilli contains xylitol instead of sugar, which is 100% Finnish birch sap, proven to be beneficial for bone strength and thickened with

rice flour so that it remains gluten free.

Traditionalists can pair this with British cheese, or a hearty ploughman's lunch. But because of the unique way in which fermentation locks in nutrition, this product can also be used as the base for an on-the-fly vegetable curry.

Just add cooked lentils, garam masala, cumin, curry leaves and garlic. Another high nutritional value emergency food product living in your fridge.

Daikon Pickle

Traditional Japanese daikon (mouli) pickle is an 80's Tokyo disco in your mouth. It's got sour, sweet and spice along with a karate punch of a crunch.

Short six day pickling in rice vinegar.

Vegan friendly, gluten free.

Pairs wonderfully with plain boiled rice, six o'clock drinks and the word 'more'.

Fermented Tofu

Air dried, salted tofu fermented tofu for three months until it becomes soft and creamy.

Fully probiotic cream cheese texture to pair with boiled rice, to thicken stews or why not spread it on a crostini and top with kimchi?