

FERMENT A SUPERFOOD WITH LOCAL PRODUCE

KIMCHI IS A MOUTH-WATERING BLEND OF SPICY AND UMAMI

TYLER SCOTT - RARE GRILL HOUSE

At Rare Grill House, we are committed to locally sourced ingredients. We are very proud of the relationships we've built with our community and our farmers. To us, the personal connection we have to the people that grow the food we use in our restaurant deepens our love for quality and drives our passion for food.

Our in-house preservation program allows us to celebrate seasonal ingredients year-round. We are constantly pickling, fermenting and making sauces with locally sourced, sea-

sonal ingredients for use in future menus. Whether it's for a unique dish or a feature cocktail we make sure nothing goes to waste.

Chef Tyler Scott's kimchi recipe is one of the most popular items at Rare. It's used at the restaurant in a range of feature dishes and sold by the jar to our customers.

Both delicious and nutritious, kimchi originates from Korea and promotes health through healthy bacteria and probiotics. The best part is that our customers know where each ingredient came from. When it comes to our health, there is truly no better feeling than that.

Scott and his wife, Kassy, took ownership of the restaurant in September 2019. Rare (166 Brock St.) is located in Peterborough and online at rareexperience.ca.

TYLER SCOTT'S KIMCHI

- 1 head of napa cabbage
- Salt
- 4 green onions cut into two-inch segments
- ½ head of garlic
- 1 onion
- ½ nugget of ginger
- ½ cup of Korean chili flakes
- 1 tbsp of rice powder
- 1 cup of water
- ¼ cup of fish sauce
- ½ tsp of shrimp paste
- ½ can of pineapple
- ½ daikon cut into match sticks

METHOD

- Generously salt napa cabbage and let stand at room temperature for two hours. Meanwhile, cook rice powder in 1 cup of water on low heat until thick and gluey and let cool.
- Blend garlic, ginger, onion, fish sauce, shrimp paste, and pineapple until smooth.

• Mix blended liquid with Korean chili flakes, daikon, green onion, and rice paste.

• Rinse napa cabbage thoroughly with cold water and fold into cabbage until evenly coated. Pack into fermenting crock or glass jar. Cover with cheese cloth (do not seal the lid) and leave in cool place for two to four weeks depending on personal taste.

This article is part of Make Preserving Your "Jam," a series that explores ways to preserve fresh produce, from farm or garden, for year-round consumption.



Tyler Scott photo
Chef Tyler Scott, owner of Rare in Peterborough, Ontario, uses locally-sourced fresh ingredients for his very popular kimchi.

FOOD & DRINK

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