김치
History
어원 / eowon / Etymology

沈菜 / Chén cài
어원 / eowon / Etymology

沈菜 / Chén cài
tim / chái
어원 / eowon / Etymology

沈菜 / Chén cài
팀치 / tim chai
.dim chai
어원 / eowon / Etymology

沈菜

들치

沈菜

팀치

_dim chai

 démarch

장치

jim chai
어원 / eowon / Etymology

沈菜
Chén cài

팀치
tim chai

딤치
dim chai

짐치
jim chai

짐치
jim chui
김치

kim chi
Just a really
long time ago
ok
Just a really long time ago
ok

17th century
Just a really long time ago

ok
삼국사기 / samguk sagi / Three Kingdoms Period

- Covers 57 BCE to 668 AD
- Completed in 12th century AD
- Earliest known compilation of Korean history
- First known mention of 옹기 / onggi / Earthenware pot
고려 / Koryŏ / Later Three Kingdoms Period

- Kingdom that encompassed most of the modern-day Korean Peninsula
- 918 - 1392
- Root of the modern word “Korea”
Pickled radish slices make a good summer side-dish,
Radish preserved in salt is a winter side-dish from start to end.
The roots in the earth grow plumper every day,
Harvesting after the frost, a slice cut by a knife tastes like a pear.

– 이규보 / Yi Kyubo
동국이상국잡, 1241
Proto-Kimchi

- Pre 17th century
- Did not include peppers
- Wasn’t originally made with Napa cabbage
동치미

Dongchimi
Peppers and Kimchi in the Korean Peninsula

First written record of chilli peppers

지봉유설

Jibong yuseol
Topical Discourses of Jibong

Early 17th century
Peppers and Kimchi in the Korean Peninsula

First written record of chilli peppers

Kimchi with chilli peppers

지봉유설
Topical Discourses of Jibong

산림경제
Farm Management

Early 17th century

17th - 18th century
Peppers and Kimchi in the Korean Peninsula

First written record of chilli peppers

Kimchi *with* chilli peppers

Chilli peppers with literally everything in Korea

지봉유설

Jibong yuseol
Topical Discourses of Jibong

산림경제

Sallim gyeongje
Farm Management

Present Day

Early 17th century

17th - 18th century

19th century - Now
Modern Kimchi (1766 - Present Day)

- 증보산림경제 / Jeungbo sallim gyeongje
  - Revised Farm Management
- Describes many kinds of modern kimchi
  - Napa cabbage kimchi
  - Baek kimchi (kimchi modulo chilli peppers)
  - Pa-kimchi (green onion kimchi)

In all, over 180 types of kimchi!
요리법
재료 / jaelyo / Ingredients

- Napa cabbage
- Radish
- Carrot
- Salt
- Garlic
- Fish sauce
- Chilli powder + scallions
Napa Cabbage

Chilli pepper paste

Fresh Kimchi

Spice-preserving Fermentation

Kimchi
Napa Cabbage

1. Cut each head of cabbage into quarters
2. Soak each quarter into a large basin, add salt
3. Rinse after 1.5 - 2 hours
4. Squeeze out extra water
Chilli Pepper Paste

1. 3 cups water + sweet rice flour into a pot
2. Stir over heat, bring to a boil
3. Add 1/4 cup sugar, stir until translucent
4. Cool for 1 hour
5. Add fish sauce, hot pepper flakes, crushed garlic, minced ginger, and minced onion
Fresh Kimchi

Apply paste to each leaf of the napa cabbage quarters
Kimchi today

• 2013: Kimchi is inducted into the UNESCO Intangible Cultural Heritage Lists
• 2021: James Yoo gives talk on Kimchi at UDLS