

MUMBAI GUNDRUK KIMCHI (INDIA)

Priya's urban twist: Indian spices + 3-day ferment.

INGREDIENTS

- 300g cabbage
- 1 tsp chili, turmeric, black salt
- 1 tbsp *Gundruk* juice (starter)

STEPS

1. Salt & massage cabbage
2. Add spices + starter
3. Jar & ferment 3 days
4. Eat with dal-rice

WATCH VIDEO

[Easy Kimchi Preparation](#)

SCIENCE BEHIND THE TWIST

Priya's hybrid draws from traditional Indian ferments, where spices like turmeric enhance *Lactobacillus* bacteria survival in quick urban batches—cutting irritable bowel syndrome (IBS) markers by 20-30% (Dehingia et al., 2015). Full study: <https://doi.org/10.1007/s13197-014-1664-3>

REFERENCE

Dehingia, M., Devi, K. R., Singh, A. B., & Mukhopadhyay, A. K. (2015). Traditional Indian fermented foods: A rich reservoir of potential probiotics. *Journal of Food Science and Technology*, 52(10), 6236–6245.