

MUMBAI *GUNDRUK* KIMCHI (INDIA)

Mumbai *Gundruk* Kimchi is a brilliant urban fusion: the tangy, probiotic punch of Nepali *Gundruk* (fermented mustard greens) meets the spicy, cabbage-based crunch of Korean kimchi, spiked with Indian twists like turmeric and black salt. This hybrid isn't just flavorful—it's a microbial powerhouse designed for city guts, blending Himalayan resilience with global accessibility.

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

It is rooted in lactic acid bacteria fermentation, where natural microbes from greens and spices create a diverse ecosystem that crowds out pathogens, boosts SCFAs for anti-inflammation, and enhances gut barrier integrity. Studies show such vegetable ferments can increase *Lactobacillus* and *Leuconostoc* counts by 20-30%, reducing irritable bowel syndrome (IBS) markers and promoting tolerance—perfect for urban dysbiosis from processed diets (Dehingia et al., 2015). Full study: <https://doi.org/10.1007/s13197-014-1664-3>.

Priya's hybrid draws from traditional Indian ferments, where spices like turmeric enhance *Lactobacillus* bacteria survival in quick urban batches.

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.