

curtido (salvadoran cultured slaw)

Makes 25-30 servings

RECIPE FROM: [Feasting at Home](#)

PREP TIME: 30 minutes

FERMENTATION TIME: 3-10 days

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- 1 medium head of green cabbage, about 2 lbs
 - 1 medium yellow onion
 - 1 cup shredded carrots
 - 1 Tbsp oregano, dried (or ¼ cup chopped fresh)
 - 1 ½ Tbsp fine sea salt
 - 1 jalapeno, sliced in rings (or ¼ – ½ tsp chili flakes), optional
 - 2 1-quart jars (or 4 pint jars)
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NOTES ON SALT RATIO

The recommended salinity for sauerkraut is 1.5% – 2.5% salt to the weight of the cabbage. Here we use 2% salt to the weight of the cabbage.

Example: 1000 grams cabbage multiplied x .02 = 20 grams of salt.

Feel free to use more or less as long as it stays between 1.5% and 2.5%.



TAKE off a few outer leaves of the cabbage and set them aside. Finely shred or chop cabbage with a mandolin, food processor (with slicing disc) or sharp knife.

THINLY slice the onion in half rings. Shred carrots with a grater or use a vegetable peeler to create long flat strips.

IN a large bowl, place the ingredients (veggies, herbs, onions, and salt) – all except the jalapeno and mix well. Let sit for about 10 -20 minutes allowing the veggies and salt to merge and extract the natural juices. Use a pounder, large pestle or your hands to macerate the mixture.

DISTRIBUTE jalapeno rings (or chili flakes, if using) in the bottom of the jars and then fill up the jars with the cabbage mixture packing tightly, pressing down with the pounder, leaving a 1 or 2-inch space at the top. It should be juicy.

IT is important that the cabbage is completely covered with the liquid. You can add a little brine (salted filtered water) if the cabbage seems dry. (Brine= 1 teaspoon sea salt per cup of water) Packing in a cabbage leaf on top of the mixture can help keep the mixture submerged. Alternatively, you can use a fermentation weight or tuck in a sandwich-sized zip lock bag on the top (fill with water and zip close). This creates a good weight and barrier. Cover the top with a cheesecloth, loose lid or airlock fermentation lid.

LEAVE in a dark corner at room temperature for 3-5 days, checking daily to make sure cabbage is still under liquid, packing down again if need be. You will start to see tiny bubbles rising up from the bottom this means the culturing is happening. Culturing happens faster at warmer temperatures.

REFRIGERATE, keeping the curtido submerged under the brine. It will continue to develop flavor and complexity over time. Curtido will keep for many months, as long as it is submerged under the brine.

USE on tacos, pupusas, quesadillas or enchiladas as a delicious healthy condiment.