Curtido
From El Salvador
Conventional cabbage works fine
With carrots, jalapenos, oregano
Steps

Shop
Chop
Massage
Pack
Recipes

Six recipes follow

Links to originals at http://www.sfwcf.com/curtidorec
Recipe 1

http://www.southbeachprimal.com/
2 heads of cabbage, cored and sliced
3 carrots, grated
2 jalapenos, thinly sliced
1 onion, sliced
1 T dried red pepper flakes
1 T dried Mexican oregano
Salt 3T/5# vegetables
Recipe 2

http://everydayhealthyeverydaydelicious.com/
4# green cabbage, cored and finely shredded
1.3# purple onions, thinly sliced
5 large garlic cloves, thinly sliced
.75# carrots, grated coarsely
.25C fresh oregano leaves, coarsely chopped
2 T salt
1 t Aleppo or other red pepper flakes
.5C whey (from yogurt with active cultures)
Recipe 3

http://www.nwedible.com/
1 small cabbage, finely shredded (1.75#)
4 carrots, peeled and grated (.5#)
3 onions, finely sliced (1.5#)
2 garlic cloves, minced (optional)
1 bunch cilantro, minced
3-4 small, hot red peppers, minced
Zest and juice of 2 medium limes
2% salt by weight
Recipe 4

http://deliciouslyorganic.net/
1 head Napa cabbage, cored & shredded
2 T fine Celtic sea salt
1 C chopped carrots
1 green apple, sliced thin
1 onion, sliced thin
1 jalapeño, thinly sliced
1 T dried oregano (pref. Mexican)
Juice of 1 lime
Recipe 5

http://www.cathyarkle.com
1.75# cabbage, shredded
.25# carrot, julienned or grated
.5 red onion, julienned
1 jalapeno chile, minced
1.5T salt
1.5t dried oregano
.5t cumin seeds
1 lime, juiced
Recipe 6

https://worldcupoffood.wordpress.com
1 small head of cabbage
2 carrots
2 serrano chilies
1/2 white onion
4 green onions
1 handful cilantro
1 T dried oregano
1 T crushed red pepper
1 t salt
# Consensus

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Dave’s recipe

- curtido sampler: 1.5L
  - 2.5# cabbage, cored and sliced
  - 1.5T Salt
  - 3 carrots, grated
  - 2 jalapeno peppers, seeded, cored, and thinly sliced
  - 1 onion, sliced
  - 1t dried red pepper flakes
  - 1T dried Mexican oregano
  - 8 garlic minced
  - 4T kimchi jup

- Shred cabbage and julienne core, massage well with salt.
- Julienne carrots, slice onion and peppers, add flakes and oregano.
- Press garlic and add kimchi jup. Massage all and pack
Cabbage (about 1.5#/quart)
Carrots (2-4 per head)
Jalapenos (1 large per head)
Oregano, onion, garlic
Others as desired
Chop

As you like it

Cuisinart is helpful here

Not quite as thin as sauerkraut
Massage

Put cabbage and salt in bowl
Massage the heck out of it
Till much fluid is formed
Mix in other ingredients
Pack Fermenter

Place in fermenter--a suitable vessel for acid
Ensure no trapped air
Pack solids firmly
Liquid to cover--sprinkle a little salt on top
Ensure no air contact
Exterior leaves, then plate lid
Plastic helps
Leave to ferment

2-10 days at room temperature
Longer is sharper--more lactic acid produced
Then pack and refrigerate
Questions?