

Curtido



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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

1T 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

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

Shop

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?