

# TRADITIONAL SALVADORAN CURTIDO

Prep Time: 20 minutes | Rest Time: 30 minutes (24 hrs preferred) | Yield: 4 Portions

Curtido is a lightly fermented cabbage slaw traditionally served with pupusas, the national dish of El Salvador. Bright, acidic, and lightly herbal, curtido balances the richness of masa and melted cheese with crunch and tang. Rooted in Indigenous and Spanish culinary influences, curtido reflects Central America's preservation traditions—using vinegar and natural fermentation to extend freshness while developing complex flavor.

## Ingredients

- 2 cups green cabbage, very finely shredded
- 1/2 cup carrots, grated
- 1/4 cup yellow onion, thinly sliced
- 1/3 cup apple cider vinegar
- 1/2 teaspoon kosher salt
- 1/2 teaspoon sugar
- 1/2 teaspoon dried oregano



## Directions

1. In a large bowl, combine shredded cabbage, carrots, and onion.
2. In a separate small bowl, whisk together vinegar, salt, sugar, and oregano until dissolved.
3. Pour dressing over vegetables and massage firmly with clean hands for 2–3 minutes to soften texture.
4. Cover and allow to rest at room temperature for at least 30 minutes.
5. For deeper flavor, refrigerate and ferment lightly for 12–24 hours before serving.

## Chef Ron's Notes

- Slice cabbage as thinly as possible for authentic texture.
- Add some diced fresh jalapeños if you like it spicy
- Massage thoroughly—this begins the soft fermentation process.
- Flavor improves overnight as acidity mellows.
- Adjust vinegar slightly based on cabbage sweetness.
- Serve at cool room temperature for best flavor contrast with warm pupusas.