LATIN AMERICAN · SIDE · SAUCE

# Fermented Curtido (Salvadoran Cabbage Relish)

40 min · plus 3–8 days fermenting | Makes 48 × ½ cup (70 g) | 20 kcal a portion

Video 6:27 · Wyse Guide

Vegan | Paleo | Gluten-free ingredients | No nuts listed

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A crunchy, tangy relish of cabbage, carrot, onion and jalapeño, soured by fermentation with no sugar or vinegar: about 20 kcal and nearly 2 g fibre a ½-cup serve. It is salty (about 450 mg sodium a serve).

**Diet notes:** Low carb (2.9 g net carbs) but not keto: 4% of the energy is from fat, and keto meals get about 60% or more; Low saturated fat (0 g, 0% of the energy).

## Ingredients 7 · MAKES 48 × ½ CUP (70 G)

- [ ] 2.3–2.7 kg **green cabbage** (2 heads), cored and thinly sliced
- [ ] 7–10 **carrots**, shredded (440 g)
- [ ] 6 **jalapeños**, thinly sliced (seeded for less heat)
- [ ] 2 medium **onions**, thinly sliced
- [ ] 3 tbsp **sea salt** (not iodised)
- [ ] 2 tbsp **dried oregano**
- [ ] 1 tsp **ground cumin**

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

**Allergens found in the listed ingredients:** none. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

## Method TIMES = THE MOMENT IN THE VIDEO

1. Pull off any limp outer cabbage leaves, halve the heads, cut out the cores and slice thinly. Toss in a large bowl with the shredded carrots and thinly sliced jalapeños and onions. 0:59
2. Sprinkle over the 3 tbsp salt and massage it in with your hands for 5–8 minutes until the vegetables soften, shrink and release plenty of juice. Mix in the oregano and cumin. 2:48
3. Pack into a crock or large jar a handful at a time, pressing down hard with your fist until the juices rise over the top. If there isn't enough juice to cover, add a little water. 3:30
4. Weigh it down (a fermentation weight, or a jar filled with water) so everything stays under the juice, and cover with a loose lid or cheesecloth — never a tight lid. 4:22
5. Leave in a cool, dark place for 3–8 days (longer in winter), tasting from day 3 and checking it stays covered. When tangy enough, pack into jars under its juices and refrigerate. 4:44

> **Tip** Makes about 3.4 kg, roughly 48 half-cup serves (our estimate) — halve everything for a smaller jar. Serve with pupusas, tacos, eggs, sandwiches or soup.

The method is a summary in our words — the video shows every step.

## One portion, ½ cup (70 g), gives you 1 OF 48 · ESTIMATE

| ENERGY | PROTEIN | CARBOHYDRATE | FIBRE | FAT | SODIUM |
|---|---|---|---|---|---|
| 20 kcal | 0.9 g | 4.7 g | 1.8 g | 0.1 g | 450 mg |
| 80 kJ | 2% of a day | 2.9 g net · 2.4 g sugars | 6% of a day | 0 g saturated | 20% of a day |
| | | 2% of a day | | 0% of a day | |

**Energy from** net carbs 72% · protein 22% · fat 6%

**High in** (20%+ of a day) Vitamin K 35% · Vitamin C 25%

**Recipe and video:** Wyse Guide (@WyseGuide) on YouTube — youtube.com/watch?v=pjlYPKGXd24, published 20 January 2017. All credit for the recipe goes to the cook; please watch and support their channel.

**By Notbroken:** the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/fermented-curtido-cabbage-relish