

Curtido A coleslaw-like, spicy condiment frequently served with pupusas in El Salvador. 6-10 servings

Ingredients

- 1 medium head of cabbage, chopped/shredded
- 2 small carrots, grated
- 1 small onion, sliced thin
- ½ teaspoon cayenne pepper, paprika, or crushed red pepper flakes
- ½ teaspoon oregano
- 1 teaspoon olive oil
- 1 teaspoon salt
- 1 teaspoon brown sugar
- ¼ cup vinegar (white or apple cider)
- ½ cup water

Method

1. Place the cabbage in boiling water for no more than one minute. Remove and discard the water.
2. Put the cabbage in a large bowl and add grated carrots, sliced onion, pepper/paprika, oregano, olive oil, salt, brown sugar, vinegar, and water.
3. Let chill in refrigerator at least two hours before serving.

Valeria: Chef #247368. "Curtido: Recipe #139725." *RecipeZaar*. 3 October 2005. 11 February 2008. <http://www.recipezaar.com/139725>.