



Salvadorian Slaw

Curtido

As Erika Lopez and Herson Peraza from La Palma, El Salvador, taught Lindsay Sterling in Portland, ME. Photos and video by Lindsay Sterling.

Note: Curtido is a cabbage slaw served with [Savadorian stuffed corn patties](#) called *pupusas*.

Makes: enough to accompany 8 pupusas

Cooking time: 20 minutes

Ingredients

- 1/2 small cabbage, sliced thinly
- 1/2 large carrot, grated on a grater
- 1/8 onion, cut into 1/4 inch thick slices
- 1/2 jalapeno, sliced into thin rounds
- 1/2 small beet, sliced into 1/4-inch rounds or grated
- 1/4 cup cider vinegar
- 1/2 cup water
- 1/2 tsp salt
- 1/2 tsp oregano

Instructions

1. Fill a medium pot half full of water and bring to a boil. Add cabbage and submerge. After 15 seconds strain it in a colander (you just want to soften the cabbage a little bit).
2. In a large mixing bowl mix cabbage, carrot, onion, jalepeño, and beet.
3. Mix salt, vinegar, water, and oregano in a separate container. Pour the liquid into the cabbage and mix. Curtido keeps well in a jar in refrigerator for weeks with liquid covering the veggies.