

# NYBG

EDIBLE ACADEMY  
FRESH FROM THE GARDEN TASTINGS



## LATIN FERMENT—CURTIDO

Prepared for the Edible Academy Pickle Event  
by Chef Yadi of Happy Healthy Latina

Makes approx 6 cups.

### Ingredients:

- ½ large head of red cabbage or green cabbage, thinly sliced
- 3 thinly sliced radishes or turnips
- 3 medium carrots, shredded on the large holes of a box grater
- ½ large white onion, thinly sliced
- 2 serrano chiles or jalapenos, stems removed, thinly sliced
- 1 garlic clove, grated
- 2 teaspoons dried oregano (preferably Mexican)
- 5 teaspoons (or more to taste) kosher salt
- ¼ cup olive oil
- ¼ cup (or more enough to coat all ingredients) apple cider vinegar
- Optional for variations:
  - 2 cup kale de stemmed and rough chopped
  - 4 sprigs fresh thyme

### Instructions

Rinse cabbage. Place cabbage, and kale if using, in a fine mesh strainer. Very slowly pour boiling water over the cabbage. Rinse with cold water. Drain well, pressing out as much water as possible.

Combine remaining ingredients. Add cabbage, kale, radishes or turnips to a large bowl. Add carrot, onion, jalapeno, oregano, and vinegar and toss well to combine.

Marinate. Curtido tastes best after it has marinated for several hours or days, but you can enjoy it fresh if you'd like.

Store curtido in a covered container or mason jar for up to 1 week in the fridge. Best if premade 1–5 days before serving

### Note:

If serving after 24 hours, toss with oil and vinegar and season with salt, if needed. If served after 48 hours, curtido will be tangy and may not need vinegar; toss with oil, then taste and season with salt and vinegar, if needed.