

Spicy Coleslaw (Cortido Americano)

Ingredients

- 3 carrots, peeled
- ½ large green cabbage
- 2 green bell peppers
- 1 large onion
- 1 jalapeño (optional)
- ½ apple (optional)
- ½ - 1 tsp dried (or ½ - 1 tbsp fresh) oregano (optional)
- salt 2% of total vegetable weight (Alex used 40 g (2¼ tbsp) of salt for his recipe)

Special Equipment

- vegetable grater, shredder or food processor
- mason jars
- large mixing bowl

How-to

1. Slice vegetables finely or grate in a food processor
2. Add approximately 2% salt by weight. (Alex' mix weighted 6 kg (2,000 g, 4 lb), so he used 40 g or 2¼ tbsp of salt)
3. Mix everything together in a bowl. Squeeze the vegetable mixture in your hands, or pound it with a meat tenderizer or the bottom of a jar or cup, until it starts to release liquid
4. Pack it tightly into mason jars and leave on a counter at room temperature for 3 or 4 days, give or take, depending on the weather and on your preference
5. Open it every day to release gases; taste it; pack it down again if it needs it
6. When you decide it's done, put it in the refrigerator, where it will keep for months

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