

# Health Tip of the Month

## Forecast on Fermented Foods



Fermentation is the process in which good bacteria break down food components under controlled, anaerobic conditions to produce acids, extending the shelf life of the food.

Examples of fermented foods include: yogurt, sauerkraut, kimchi, tempeh, miso, sourdough bread, kombucha, and curtido. Curtido is fermented Salvadorian cabbage slaw, usually served with pupusas.

### What are the benefits of eating fermented foods?

- Longer shelf life of foods
- Increased vitamins and antioxidants
- Improved gut health and improved immune system

### Potential disadvantages of fermented foods

- Gas and bloating from fiber rich fermented foods
- More vulnerable to contamination. Make sure foods are handled at appropriate temperatures and prepared using food safe practices.

## Simple Salvadorian Curtido Recipe

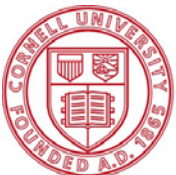
### Ingredients

- ½ head cabbage, shredded
- 2 carrots, shredded
- ½ white onion, sliced in half moons
- 2 serrano or jalapeño peppers, diced
- 2 tsp dried oregano
- 5 tsp coarse kosher salt



### Instructions:

1. Wash all vegetables. Shred or chop the cabbage, carrots and onions into thin slices. Chop jalapeño in thin slices. Optional: remove seeds to adjust spice level.
2. Combine vegetables in large bowl, mix with oregano, salt and let sit for 30 minutes. The salt will draw water out from the vegetables.
3. Sanitize the fermentation jar and lid with boiling water.
4. Pack vegetable mixture into jar; press down on mixture firmly to release liquid. Liquid should be at or above the mixture level. If there's not enough liquid to cover the vegetables, add cold or room temperature filtered water.
5. Cover the jar and let the mixture sit at room temperature for at least 24 hours. Curtido can be stored in the fridge from the day you make it or after 5 days. Curtido lasts one week in the refrigerator.



Cornell University  
Cooperative Extension  
New York City

**Worksite Wellness Initiative:** by Noelle Kovalevsky, Dietetic Intern  
Hunter College, CUNY 106:2022  
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