

WEEKEND PASSPORT:

ESCABECHE DE REPOLLO



Discover the unique flavors and cooking styles from around the world with our Weekend Passport recipes! These recipes are a great way to introduce your child to new ingredients and expand their taste palette.

Exploring Guatemalan Cuisine:

- Guatemala is south of Mexico and north of Belize in Central America. People in Guatemala are typically of Mayan and/or Spanish descent so these cultures have heavily influenced traditional recipes.
- The foods grown in this region include many fruits and vegetables along with coffee beans, cacao, and spices.
- There are also foods that are commonly eaten on certain days of the week or are associated with special occasions. Many foods are wrapped in leaves, such as tamales, which are wrapped in corn husks.
- Escabeche de Repollo is a Guatemalan-style cabbage slaw. The flavors of this recipe comes from a combination of serrano pepper, thyme, bay leaf, peppers, and onions. Unlike cold cabbage slaw, this cabbage slaw is cooked.



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Ingredients:

- 1 Tablespoon extra virgin olive oil
- 1 sprig of fresh thyme
- 4 cups cabbage, finely shredded
- 1 serrano pepper, finely sliced
- 1/2 red bell pepper, finely sliced
- 1 large carrot, finely sliced
- 1/2 white onion, finely sliced
- 1 garlic clove, minced
- 2 bay leaves
- 1/2 teaspoon salt
- 1-2 Tablespoons vinegar

Directions:

- Heat a large skillet over medium-high heat. Add oil and let warm up a few seconds. Fry the sprig of thyme. Once the thyme releases its aroma, add the cabbage, serrano pepper, red bell pepper, carrot, white onion, and garlic. Stir constantly until the cabbage starts to soften. Add the bay leaves and continue to stir. Season with salt and stir.
- Remove the vegetable mix from the heat. Remove bay leaves and add 1-2 Tablespoons vinegar or cool for 1 hour and add vinegar.

