**MEXICAN SALSA COMPARISON LAB**

**~ 6 RECIPES ~**

**EACH UNIT MAKES ONE RECIPE TO SHARE**

**SALSA VERDE (GREEN SAUCE)**

1-1½ large jalapeño chili peppers, roasted and peeled

2 large or 3 small fresh tomatillos, roughly chopped

(or 200 mL canned, drained)

1 clove of garlic

15 mL cilantro

Salt to taste (pinch or 2)

**DIRECTIONS:**

1. Set the oven to broil.
2. Slice the jalapeño peppers in half lengthwise and place them skin sides up on a lightly oiled baking sheet and broil about 10 minutes, or until skins are thoroughly blackened.
3. Remove peppers from oven.
4. Add jalapeño peppers to a plastic zipper-bag and seal. Allow to steam in the bag for about 5 minutes to loosen the skin.
5. Remove peppers from baggie and peel off the skins. A towel will help, or a fork. Discard the skin.
6. Place roasted jalapeño, tomatillos, cilantro and garlic in a food processor and process until finely ground.
7. Add salt to taste.
8. Place in a serving bowl and refrigerate until ready to serve.

**SALSA PICANTE DE CARMEN (CARMEN’S HOT SAUCE)**

2 medium tomatoes

1 clove of garlic

![C:\Users\heather\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\6AOLY7NE\MC900278540[1].wmf]()½ onion, coarsely chopped

1 jalapeño pepper (stem, seeds and membranes removed)

15 mL vegetable oil

1 mL salt

**DIRECTIONS:**

1. Cut tomatoes in half or quarters. Cut stem off of jalapeño pepper and slice in half. Remove seeds and membranes. Coarsely chop onion.
2. Combine tomatoes, onion and garlic in food processor and process until tomatoes are chopped but not pureed (still a little chunky).
3. Add jalapeño and blend for an additional few seconds (until chopped).
4. Heat oil in a small pot. Add tomato mixture and salt; bring to a boil. Reduce heat and simmer uncovered for 5-10 minutes.
5. Transfer to a small metal mixing bowl and set on top of some cold water in sink to cool more quickly. Serve at room temperature.

**SALSA FRESCA (FRESH SAUCE)**

2½ Roma tomatoes, chopped (fairly small)

30 mL onion (⅙ sm-med), finely chopped

½ jalapeño pepper, seeded and finely minced

30-45 mL cilantro (6-8 stems), finely chopped

15 mL lime juice

1 mL salt

f.g sugar

**DIRECTIONS:**

1. Prepare all ingredients as stated above.
2. Combine all ingredients in a bowl.
3. Refrigerate before serving for at least 15 minutes.

**SALSA CRUDA (RAW SALSA)**

2 green chilies/jalapeños, finely chopped

2 medium tomatoes, diced (small)

2 green onions, chopped

1 clove of garlic, minced

30 mL cilantro, finely chopped

15 mL vinegar

Salt to taste

**DIRECTIONS:**

1. Prepare all ingredients as stated above.
2. Combine all ingredients in a bowl.
3. Refrigerate before serving for at least 15 minutes.

**SALSA RICA (RICH SALSA)**

3 medium tomatoes, roughly chopped

½ green bell pepper, roughly chopped

½ onion, roughly chopped

1 jalapeño, roughly chopped

1 clove of garlic, minced

50 mL tomato paste

15 mL cilantro, finely chopped

Salt and pepper to taste

**DIRECTIONS:**

1. Mix all ingredients in a food processor and blend until desired consistency.
2. Scrape into a bowl and refrigerate until serving.

![C:\Users\heather\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\6AOLY7NE\MC900436908[1].png]()**GUACAMOLE**

2 avocados

1 Roma tomato, diced (small)

¼ onion, finely chopped

1 clove of garlic, minced

½ jalapeño, seeded and finely chopped

15 mL cilantro, chopped (3-4 stems)

15 mL lime juice

**DIRECTIONS:**

1. Cut avocados in half and remove seed.
2. Scoop the flesh out and place in a food processor. Blend until almost smooth.
3. Scoop avocado into a bowl and add lime juice.
4. Add the diced tomato, finely chopped onion and jalapeño, minced garlic and cilantro to the avocado mixture and mix.
5. Cover with plastic wrap and refrigerate before serving.