

Shopping List

Produce

Tomatoes

Onion (red or white)

Cilantro

Jalapeño

Lime

Bulk

Sea Salt



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Traditional Pico de Gallo



Source: adapted from
www.mexicanfoodrecipes.org
and Wikipedia

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Pico de Gallo

INGREDIENTS

- 4-6 ripe tomatoes, seeded and finely diced
- 1 medium onion, finely diced (red or white)
- 1/2 c finely minced cilantro
- 1 T fresh lime juice
- 1 jalapeño
- ~ 1 t sea salt

INSTRUCTIONS

1. Heat a skillet (cast iron works best) over medium-high heat and toast the whole jalapeño, turning it frequently until you hear the seeds start to pop and it is slightly wrinkled.
2. Tent jalapeño with foil and allow to cool.
3. Once pepper is cool enough, remove the stem and seeds and finely dice.
4. Mix all ingredients in a bowl, adding jalapeño to taste—the pan roasting will intensify the flavor of the jalapeño, so add about half of it at first and taste it before adding more.
5. Serve with corn chips, tacos, nachos, black beans, fajitas, etc.

Best when eaten the day you make it, but it will keep for a day in the refrigerator.

To seed your tomatoes, slice in half and use a spoon to scoop the seeds out into a small bowl (let the tomato juice run out as well).

When the jalapeño seeds start to pop, you will feel them as well as hear them. Let it cook until you have quite a few “pops” and then remove from heat.

Pico de Gallo is a traditional “dry” salsa used as a condiment throughout Mexico, using equal parts tomatoes and onions—although it is sometimes made using fruit. You can add other ingredients to traditional Pico de Gallo, like minced garlic, minced roasted peppers (either Bell or hot peppers), cucumber, hard fruit like mango, or radish for a slightly different flavor profile.

