MEXICAN FOOD Journal





SALSA RECIPES





CHILE PASILLA TOMATILLO SALSA

SALSA DE CHILE PASILLA CON TOMATILLO

Enjoy this mild, full flavored rustic salsa prepared with dried pasilla chiles and tangy tomatillos. The authentic taste pairs well with chicken and beef. For a vegan option, try it with roast carrots and cauliflower.



SALSA INGREDIENTS

This salsa couldn't be simpler. It only requires 3 ingredients; the dried pasilla chiles, tomatillos, garlic plus a little salt.



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DESEEDING THE CHILES

Remove the stems, seeds and veins from the chiles and discard. Don't worry if a few seeds remain. They are edible. In fact, many Mexican salsas call for the chile seeds to be included.



RECONSTITUTING THE CHILES

To get the chiles ready, they need to be reconstituted. Place the chiles in a pan with just enough water cover them, bring to a boil and then turn off the heat. Allow them to soak for 15 minutes. Notice how the chiles have absorbed some of the water and that have become soft and pliable.



COOKING THE TOMATILLOS

You need to cook the tomatillos before blending them. Place the tomatillos in a pan with just enough water to cover, bring to a boil then reduce the heat to low and simmer for 15 minutes. Notice how their color has changed which indicates that they are fully cooked.



BLENDING THE SALSA

After reconstituting the chiles and cooking the tomatillos you are going to blend them with a little of the tomatillo cooking water, about 1/2 cup. Blend for 45 seconds. Since this is a country style salsa you want it to have some texture so don't overblend.

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SIMMERING THE SALSA

Simmering the salsa for 15 minutes concentrates the flavors and give it more body.



THE REDUCED SALSA

Notice how it has darkened quite a bit. You can serve it right away but it tastes even better if you can let it sit for 1 hour to allow the flavors to meld.



PROVECHO!

Your salsa is ready to serve! Place it in a nice serving dish and serve in the center of the table so each diner can serve themselves.



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Chile Pasilla Tomatillo Salsa Recipe

prep: 10 mins | **cook:** 35 mins | **total:** 45 mins
author: douglas cullen
yield: 4 servings

Full flavored rustic salsa prepared with dried pasilla chiles and tangy tomatillos.

Ingredients

- 12 small tomatillos
- 8 pasilla chiles
- 2 cloves garlic
- 1 tsp salt + more if needed

Instructions

1. Remove the stems, seeds and vein from the chiles.
2. Remove the husks from the tomatillos and rinse the tomatillos under running water.
3. Place the chiles in a pan with just enough water cover them, bring to a boil and then turn off the heat. Allow them to soak for 15 minutes.
4. Place the tomatillos in a pan with just enough water to cover, bring to a boil then reduce the heat to low and simmer for 15 minutes. Blend the chiles and tomatillos with a little of the tomatillo cooking water, about ½ cup for 45 seconds.
5. Put the blended salsa and 1 tsp. of salt into a pan over low heat and simmer for 15 minutes.
6. Adjust the salt to taste.

Notes

- You can serve the salsa immediately but it tastes even better if you can allow it to rest for 1 hour to allow the flavors to meld.
- If you want an extra tangy salsa add 1 tsp. of apple cider vinegar when you are simmering.
- It will keep well for 2 days in the refrigerator.

courses: salsa
cuisine: mexican

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Nutrition Facts

Serving Size 1/4 cup

Amount Per Serving	% Daily Value
Calories 42	
Unsaturated Fat 1 g	
Sodium 256 mg	11%
Total Carbohydrates 7 g	2%
Sugars 2 g	
Protein 1 g	2%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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RED ENCHILADA SAUCE

A VISUAL RECIPE

Use the visual recipe as your guide. Jump to the full recipe below for preparation details. All of the ingredients should be available at your local grocery store.

HOMEMADE ENCHILADA SAUCE CAN'T BE BEAT

Homemade enchilada sauce beats canned every time. Period. If you have never made it from scratch, you should give this authentic Mexican recipe a try. It is much easier to make than you may think and the results are phenomenal.



Cheese Enchiladas with Red Enchilada Sauce

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THREE DIFFERENT NAMES, EQUALLY DELICIOUS RESULTS

Depending where you are, red enchilada sauce may also be called salsa roja, salsa roja para enchiladas or mole rojo. Whatever you call it, the results are equally delicious.

HOW TO MAKE AN AUTHENTIC MEXICAN RED ENCHILADA SAUCE

The recipe calls for dried ancho chiles and pasilla chiles. Both are mild chiles with a pleasant fruity taste. Ancho chile translates as the “wide chile” and pasilla chile translates and the “raisin chile” due to its wrinkled texture and raisin like fragrance.



Ingredients to Make Red Enchilada Sauce

TOAST THE CHILES

Toasting the chiles enhances the flavor of the chiles and make them more pliable and easy to work with. In a hot comal or pan you toast them for about 10 to 15 seconds per side. If you leave them on the heat too long they develop an acrid taste which you want to avoid. It is quite obvious from the smell that you have toasted them too long. Discard any chiles that are over toasted.



First, Toast the Chiles Until Fragrant

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CHAR THE VEGETABLES

Charring the vegetables is another step that helps develop the flavor of your sauce. You want to blacken them. Char them in a dry pan. Don't oil the pan. Avoid using a non-stick pan for charring. It's not good for the pan and it's difficult to get a good char on the veggies.



Char the Vegetables

PREP THE CHILES

Remove the stems, seeds and veins from the chiles. Tear the stems off then using your fingers split the chiles down the side to get to the seeds and veins. Don't worry if you are unable to remove every last seed from the chiles. A few seeds won't affect the flavor or texture. Save the seeds. They are edible. You can toast them and use them as a condiment to add heat to a variety of dishes.





Remove Stems and Seeds From Chiles

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RECONSTITUTE THE CHILES

Add the chiles and all of the other ingredients to a pan. You are going to simmer the chiles for 15 minutes to reconstitute them and to soften the vegetables. Add just enough water to the pan until the ingredients are nearly covered.







Add Water and Simmer Until Chiles are Reconstituted



Blend Until Smooth

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GETTING A SMOOTH TEXTURE

After blending, strain the sauce to give it a smooth texture and to remove the chile skin which is hard to digest. Push down firmly on the pulp to extract as much flavor as possible. Discard the pulp that remains in the strainer.





Strain the Sauce

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FRY THE SAUCE

Once you have strained the sauce, **you must fry it.** I know frying the salsa sounds crazy but this is the step that most helps it develop a rich flavor. **Do not skip this step**. Add 2 tablespoons of oil or enough to cover the bottom of your pan and get it really hot. Then you slowly pour the sauce into the hot oil. The sauce will begin to sizzle and the oil continues to sizzle as you pour all of the sauce into the pan. Once you have fried it, which takes about 30 seconds, be sure to turn the heat down to low. (**NOTE**: The oil tends to spatter. Be very careful with this step to avoid getting burned.)

TIME TO START COOKING!

The first batch you make will be really good, the second batch will be excellent and your third batch will be out of this world. It doesn't take long to learn to make and authentic salsa for enchiladas. **Well? What are you waiting for?**



The Secret Step, Frying the Sauce

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Red Enchilada Sauce Recipe

prep: 35 mins | **cook:** 30 mins | **total:** 1 hour, 5 mins
author: douglas cullen
yield: 8 servings

Recipe for an easy red enchilada sauce, also known as salsa roja or mole rojo, prepared with dried ancho and pasilla chiles. Use it as a base for Pozole too.

Ingredients

- 8 ancho chiles (mild fruity dried chili pods)
- 4 pasilla chiles (mild fruity dried chili pods)
- 1 medium onion quartered
- 2 plum tomatoes
- 3 cloves of garlic
- 1/2 teaspoon Mexican oregano
- 1/2 teaspoon marjoram
- 2 tablespoons cooking oil
- Salt to taste

Instructions

1. Toast the chiles in a hot pan until fragrant. (about 10 to 15 seconds per side)
2. Allow chiles to cool and then remove stems, seeds and veins.
3. Char the onion, tomatoes and garlic in a hot pan.
4. Place the chiles, onion, tomatoes, garlic oregano and marjoram in a pot with just enough water until the ingredients are almost covered.
5. Bring to a boil and then reduce the heat to low.
6. Simmer for 15 minutes to reconstitute the chiles and soften the veggies.
7. Blend the chiles, onion, tomatoes, garlic, oregano marjoram and the soaking water until smooth. It usually takes about a minute.
8. Add water little by little if necessary to blend. You may have to blend in two batches
9. Strain the mixture.
10. Add two tablespoons of cooking oil to a hot pan add the strained sauce to fry it.
11. Reduce the heat and simmer for 30 minutes until the sauce has thickened.
12. Add salt to taste.
13. Allow the sauce to sit for at least 2 hours so that the flavours meld.
14. Warm the sauce before serving.

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Notes

Preparation Notes

The sauce is ready when it coats the back of a spoon. If it is a little runny and you need to thicken it just simmer until it has reduced the desired consistency. If it is a little too thick, add water a couple of tablespoons at a time until it has reached the desired consistency. Use any neutral flavor cooking oil to fry. Serving size is about 1/2 cup per person. The sauce will keep in the refrigerator for 5 days. It freezes very well. Try making a double or even triple batch and freezing the extra into portioned 2 cup bags.

Alternative Uses

- You can also use this enchilada sauce as the base for red posole or on poached chicken breasts.

courses: salsa, sauce
cuisine: mexican

Nutrition Facts

Serving Size 1/2 cup

Amount Per Serving	% Daily Value
Calories 113	
Total Fat 4 g	6%
Sodium 497 mg	21%
Total Carbohydrates 17 g Sugars 5 g	6%
Protein 4 g	8%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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CASCABEL SALSA

SALSA DE CHILE CASCABEL

Enjoy this amazing chile cascabel salsa created by Mely Martinez from **Mexico in My Kitchen**, our favorite Mexican food blog. Mely was born and raised in Tampico, Tamaulipas in Northern Mexico where she learned to cook traditional dishes from a young age. Now she shares her favorite recipes on her blog and her Facebook page. Be sure to visit. You won't be disappointed.



AN UNCOMMON SALSA

There are very few popular dishes or stews in Mexico that mention the Cascabel pepper as an ingredient. In fact, I have only seen it as a part of salsas cooked with tomato or tomatillo in Central Mexico, in those small street stands where a woman offers freshly made thick corn tortillas cooked on a small charcoal stove.

Those thick tortillas, made of either white or blue corn, are a really delicious treat when topped with this Cascabel salsa and fresh crumbled cheese. And that's just the way I like to use the salsa in this recipe!

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CASCABEL CHILES, THE "RATTLE" CHILES



The Cascabel pepper has a dark brown-colored skin with a spherical shape, and is unique because of its particular taste and aroma. The peppers are not too spicy; I would say they are rather mild and sweet for my personal taste. The flavor, however, is incomparable. It has a rustic nutty taste after you roast it and soak it for some minutes, in order to soften them.

Cascabel means “rattle” in Spanish, and this spherical pepper rattles when you shake it because of its loose seeds inside (hence the name Cascabel). It’s Scoville rating is 1,300-2,000 SHU. Just to give you an idea, Ancho and Pasilla peppers are also around the same spiciness level.

PREPARING THE CHILES



Toast the chiles to develop flavor.



Reconstitute the chiles.



Perfectly reconstituted cascabel chiles.

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PREPARING THE TOMATILLOS



Roast the tomatillos on a griddle, or “comal.”



Blacken the tomatillos all over.



Perfectly roasted tomatillos ready to make salsa.

Cascabel Salsa

prep: 10 mins | **cook:** 20 mins | **total:** 30 mins
author: mely martinez
yield: 4

Recipe for a smoky cascabel chile salsa typically served at street stands in Central Mexico, created by Mely Martinez from Mexico in My Kitchen, our favorite Mexican food blog.

Ingredients

- 5 ½ ounces tomatillo
- 1 ounce cascabel peppers (about 7 peppers)
- 1 garlic clove
- salt and pepper to taste

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Instructions

1. Break the peppers into pieces for a better roasting. Slightly roast the peppers on a medium hot griddle, turning the peppers to have an even roasting. Turn frequently to avoid burning the peppers. This step will take about 1-2 minutes.
2. Once you roast the peppers, place them in a small saucepan with 2 cups of hot water to soak for about 15 minutes, or until they are soft.
3. Meanwhile, roast the tomatillos on the hot griddle, and once they are roasted, wrap them in an aluminum foil to keep warm while the peppers are soaking.
4. Place tomatillos, softened peppers, garlic clove, and ½ cup of water into your blender pitcher and process until you have a smooth sauce. If you like, you can also puree the sauce in a food processor to give the salsa a coarse texture. Season with salt and pepper.

Notes

Serve over meats, beans, eggs, and potato tacos.

courses: salsa
cuisine: mexican

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SALSA VERDE

SALSA VERDE OR "GREEN SAUCE"

Salsa verde is a staple in every Mexican kitchen. It's great for making enchiladas verdes or for topping carne asada tacos. We also think it is great on eggs. It is a simple to make, versatile salsa. Use it on just about anything. The taste of home-made salsa puts the store bought version to shame. Give this one a try!



Classic Salsa Verde

SIMPLE AND DELICIOUS

Salsa verde is really easy to make and the ingredients are available at at almost supermarket. You can use tomatillos which look like small green tomatoes and are covered in a papery husk or the larger green tomatoes, tomatoes verdes. The to-matillos in the picture already have the papery husks removed.

The taste is tart and vibrant and adds a lot of pop to any dish that you use it on. The recipe calls for three serrano chiles but you can use fewer if you want to reduce the heat. We like it on the hot side.

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Ingredients for salsa verde.

Preparation is really simple. Add the ingredients to your pot.



Add the ingredients to a large pot and just cover with water.

Cook for about 20 minutes.



The ingredients change color when cooked.

Blend the ingredients.



Blend all of the ingredients except the salt.

Then fry the salsa. The is **the magic step** that is used in making almost all cooked salsas. Do not skip this step.



Heat two tablespoons of oil in your pot.



Pour the blended salsa into the hot oil. This is called "seasoning" it.

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Simmer for about 20 minutes. Now you have the perfect salsa verde!

What dish do you plan to use it on?

Time to start cooking. Buen provecho!



Cooked salsa verde. Notice how the salsa darkens in color when cooked.

Salsa Verde Recipe

prep: 10 mins | **cook:** 30 mins | **total:** 40 mins
author: douglas cullen
yield: 8 servings

Recipe for a authentic "salsa verde" or "green sauce," a staple in every Mexican kitchen. It is simple to make from easy to find ingredients. You will love it. Give it a try!

Ingredients

- 1 pound tomatillos or tomate verde
- 1 medium white onion
- 3 serrano chiles
- 4 cloves of garlic
- 12 sprigs of cilantro
- 1 teaspoon salt

Instructions

1. Remove the papery husks from the tomatillos and rinse to remove the sticky residue.
2. Quarter the onion.
3. Add all of the ingredients except the cilantro and salt to a large pot and just cover with water.
4. Bring the water and ingredients to a boil and then simmer for 10 minutes.
5. Blend the cooked ingredients and the cilantro with the cooking water until smooth. (About 30 seconds)
6. Heat 2 tablespoons of cooking oil in the pot.
7. Pour the blended salsa back into the pot with the hot cooking oil.
8. Reduce the heat and simmer for 20 minutes.
9. Add the salt and adjust if necessary.

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Notes

- You do not have to seed the serrano chiles. You can seed them if you want to reduce the heat of the salsa.
- You can substitute jalapeño chiles for the serranos.
- The salsa will keep in the refrigerator for 3 days.
- This salsa freezes very well. Make a double batch so that you always have some on hand.
- You may also know this salsa a green salsa, green sauce, verde salsa or tomatillo salsa.

courses: sauce
cuisine: mexican

Nutrition Facts

Serving Size 1/2 cup

Amount Per Serving	% Daily Value
Calories 28	
Unsaturated Fat 1 g	
Sodium 245 mg	10%
Total Carbohydrates 5 g	2%
Sugars 3 g	
Protein 1 g	2%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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HABANERO SALSA

SALSA HABANERA

If you like your salsa hot, this is the one for you, a fiery **red tomato habanero sauce** like they make in the Yucatán. Habanero chiles have a fruity taste and are very hot, not for the faint of heart. A little goes a long, long way.



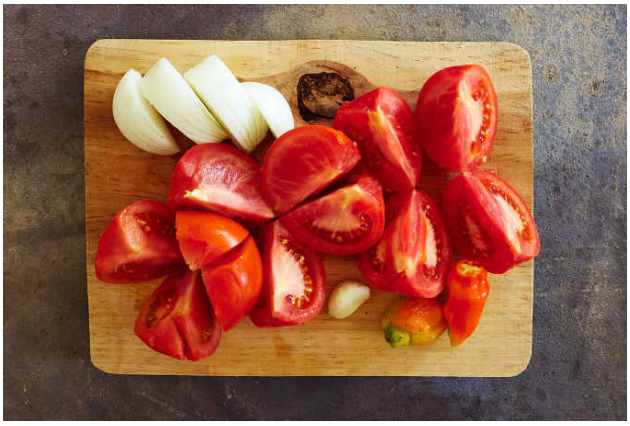
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HOW TO MAKE

Gather your ingredients. You need 3 very ripe tomatoes (about 1 lb.), 1/2 white onion, 2 habanero chiles, 1 clove of garlic, 1tsp. apple cider vinegar, and 3 tbsp. oil.



Remove the stems from the tomatoes and chiles and quarter the tomatoes and onion.



Preheat 1 tbsp. oil to medium hot. Cook the tomatoes, onion, chile and garlic until they start to brown, about 10 minutes.



Blend with the salt, vinegar.



You're salsa before being cooked. It's starting to look good. The next step is "seasoning."



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Fry the Salsa. This is an important step. Heat 2 tbsp. of oil to hot. Once the oil is hot, pour the blended salsa into the hot oil. This is called “seasoning” the salsa and it adds depth of flavor.

Reduce the heat and simmer for 20 minutes. During this time the salsa will darken in color, slightly thicken and take on a more intense flavor. It’s now ready to serve.





Looks good, doesn’t it?



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Habanero Salsa Recipe

prep: 10 mins | **cook:** 30 mins | **total:** 40 mins
author: douglas cullen
yield: 8 servings

Yucatán style tomato habanero hot sauce recipe. Habanero chiles have a fruity taste and are very hot, not for the faint of heart. If you like it hot, this is the salsa for you.

Ingredients

- 3 very ripe tomatoes (about 1 lb.)
- 2 habanero chiles
- 1/2 white onion
- 1 clove garlic
- 1 tbsp. apple cider vinegar
- 1 tsp. sal + to taste
- 3 tbsp. cooking oil

Instructions

1. Remove the stems from the tomatoes and chiles and quarter the tomatoes and onion.
2. Preheat 1 tbsp. oil to medium hot. Cook the tomatoes, onion, chile and garlic until they start to brown, about 10 minutes.
3. Blend the browned tomatoes, onions and garlic with the salt, vinegar.
4. Heat 2 tbsp. of oil to hot. Once the oil is hot, pour the blended salsa into the hot oil to “season” it.
5. Reduce the heat to low and simmer for 20 minutes to thicken and intensify the flavor.

Notes

Reducing the Heat

You can reduce the heat by only using 1 habanero chile. You can also remove the stems and seeds which will reduce the heat even more.

A Word of Caution

Habanero chiles are very hot. If you touch your mouth or eyes after handling them it will burn. Wash your hands thoroughly after working with chiles. Wearing gloves will help you avoid an uncomfortable situation.

courses: salsa
cuisine: mexican

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EASY SALSA ROJA

EASY MEXICAN RED TOMATO SALSA

The two most common salsas in Mexico are **salsa roja**, a red salsa prepared with tomatoes and salsa verde, a green salsa prepared with tomatillos. Both are versatile salsas enjoyed with a wide variety of dishes. Every family has its favorite variations. Give this very easy recipe for an authentic **salsa roja** a try. Guaranteed happiness! Make a double batch to freeze so that you always have salsa on hand when you want it.



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FRESH INGREDIENTS MAKE THE BEST SALSA



Fresh ingredients always make the best salsas. Make sure that your tomatoes are really red and ripe which gives the salsa better color and a richer flavor. Really fresh cilantro give the salsa a nice herbal tang. Avoid tired wilted cilantro because it has lost much of its flavor.

HOMEMADE SALSA IS ALWAYS BETTER



Homemade salsa is always better. It really doesn't take much work and the results are so much more delicious. Once you get in the habit of making salsa from scratch you will never buy salsa again. Your tastebuds just won't let you. Really!

Time to make some salsa! Provecho!

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Easy Salsa Roja

prep: 5 mins | **cook:** 40 mins | **total:** 45 mins
author: douglas cullen
yield: 8 servings

Versatile salsa roja recipe that is really easy to prepare. Made with plum tomatoes, white onion, serrano chile, cilantro and garlic. Great with chilaquiles, eggs, beef and chicken.

Ingredients

- 5 plum (Roma) tomatoes
- 1 white onion
- 12 stalks of cilantro
- 2 serrano chiles
- 2 cloves garlic
- 1 teaspoon salt + salt to taste
- 2 tablespoons cooking oil
- 4 cups water

Instructions

1. Cut the onion in quarters
2. Cut the tomatoes in half
3. Cut the stems off the chiles
4. Peel the garlic
5. Add all of the ingredients except the cilantro and salt to a pot
6. Our just enough water in to almost cover the ingredients (about 4 cups)
7. Bring the water to a boil and then reduce to low. Simmer 20 minutes
8. Blend all of the ingredients including the cilantro with the cooking water (blend in 2 batches)
9. Heat 2 tablespoons of cooking oil in the same pot over medium heat
10. Pour the blended salsa into the hot oil
11. Reduce the heat and simmer for 20 minutes
12. Adjust the salt to taste

Notes

- With 2 serrano chiles the salsa is medium hot. Reduce the quantity of chiles to 1 if you prefer a mild salsa or increase the quantity to 3 if you prefer a very hot salsa.
- You don't need to remove the seeds and veins from the chiles.
- This salsa freezes very well.
- Divide the salsa into 2 cup batches and pour into freezer bags. The next time you need salsa you will have four 1/2 cup portions ready to use.

courses: salsa
cuisine: mexican

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Nutrition Facts

Amount Per Serving	% Daily Value
Calories 24	
Total Fat 2 g	3%
Sodium 247 mg	10%
Total Carbohydrates 5 g Sugars 3 g	2%
Protein 1 g	2%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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RESTAURANT SALSA

SALSA ROJA OR SALSA DE MESA OR SALSA MEXICANA

Simple, fresh and easy to make. A winning Mexican restaurant style salsa prepared with plum tomatoes, onion cilantro and serrano peppers. Fresh tomatoes, not canned, star in this recipe. In Mexico, it is known as salsa roja (red sauce) or salsa de mesa (table sauce). And just like in the U.S., it is served in every restaurant before your meal with tortilla chips.



HOW TO MAKE RESTAURANT SALSA

This is an easy salsa that you will make again and again. Follow the simple steps to get a great salsa.

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FRESH INGREDIENTS COUNT

Start with fresh ingredients. The fresher they are the better the results. Don't use canned tomatoes. It gives the salsa a metallic taste. Notice that there aren't any limes. Whhhaaatt? Limes throw off the balance of flavors by overpowering the flavor of the tomatoes. If you prefer your salsa with lime try adding the juice from only one lime.



All the ingredients you need, tomato, onion, cilantro and serrano chile. Make sure they're really fresh.

CHOP BEFORE BLENDING

You need to chop the ingredients before adding them to the blender. Precise chopping isn't important. You just need smaller pieces so that it is easier to blend.



Chop ingredients coarsely before blending.

DON'T ADD WATER

Put all of the ingredients in your blender. Adding the tomatoes first makes it much easier to blend. Do not add an water unless it won't blend and then only add 2 tablespoons of water at a time. Most of the time you won't have to add any. Too much water makes the salsa runny. You want a full-bodied salsa.



Add vegetables to blender. Don't add water.

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PULSE TO GET IT STARTED

The easiest way to get it started it too pulse the blender 5 or 6 time until the blades start to catch. Then blend for about 30 to 45 seconds until it is fully blended but still has a coarse texture. The salsa sticks to tortilla chips better when it has a little texture.



Coarsely blend the salsa. This is how it should look.

FRY IN HOT OIL

Once the salsa is blended, you are going to fry it in 2 tablespoons of hot cooking oil. To fry it you just pour it into the hot oil. This step is important to develop the flavor of the salsa and helps bind it. Don't skip it.



Pour the salsa into 2 tablespoon preheated oil. This develops a richer flavor.

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SIMMER UNTIL PERFECT

Bring it to a boil and then reduce the heat to low. Simmer for 15 minutes until it has taken on a deep red color and has more body. Looks good, doesn't it?



Simmer for 15 minutes. Notice how the color has changed to a beautiful dark red.

COOL AND SERVE

Allow your restaurant salsa to cool and then serve with tortilla chips, tacos or anything else you enjoy with salsa.

It is so easy to make you should always have some in your refrigerator.

Let us know what you think!

TRY WITH THESE DISHES

This salsa goes really well with quesadillas, carne asada, chorizo tacos, and chicken taquitos.

Provecho!

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Restaurant Salsa Recipe

prep: 10 mins | **cook:** 15 mins | **total:** 25 mins
author: douglas cullen
yield: 4 servings

Authentic Mexican restaurant salsa prepared with fresh plum tomatoes, white onion, cilantro and serrano peppers just like they make in Mexico. It's simple, fresh tasting and easy to make.

Ingredients

- 1 pound Roma tomatoes
- 1 half medium white onion
- 2 serrano chiles
- 8 sprigs of cilantro
- 2 tablespoons cooking oil
- 1 teaspoon salt

Instructions

1. Remove the seeds and veins from the chiles (Leave them in if you want a hotter salsa)
2. Roughly chop the tomatoes, onion, chiles and cilantro
3. Add the chopped vegetables to your blender (Do not add extra water unless needed and then add a couple tablespoons at a time)
4. Add ½ teaspoon salt
5. Blend the salsa until it has a coarse texture
6. Preheat 2 tablespoons of oil in a pan
7. Pour the blended salsa in the hot oil
8. Bring to a boil and then reduce the heat to low
9. Simmer for 15 minutes
10. Adjust the salt

Notes

Only use 1 serrano chile if you prefer a milder salsa.

Add any or all of the following:

- 1 clove of garlic
- Juice from 1 lime
- 1/4 teaspoon cumin

courses: salsa
cuisine: mexican

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Nutrition Facts

Serving Size 1/4 cup

Amount Per Serving	% Daily Value
Calories 60	
Total Fat 5 g	8%
Sodium 338 mg	14%
Total Carbohydrates 5 g Sugars 3 g	2%
Protein 1 g	2%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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GRILLED TOMATO SALSA

SALSA DE JITOMATE ASADO

Any time you fire up your charcoal grill, you should make some salsa. Try this rustic grilled tomato salsa or salsa de jitomate asado. The rich smokey flavor is the perfect accompaniment for carne asada or grilled quesadillas or even just chips.



Grilled Tomato Salsa

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GRILLING DEVELOPS MAXIMUM FLAVOR

Blackening the tomatoes, onions and serrano chiles is the most important step when preparing this salsa. Hot coals are the key. Grilling vegetables until they are charred concentrates the flavors and adds a rich smokiness. The smoke from the charcoal permeates the vegetables.



Grilling Tomatoes, Onions and Chiles

EASY TO MAKE

All of ingredients. Ready to be turned into salsa.



Charcoal Grilled Tomatoes, Onions and Chiles

Add the ingredients to your blender with 3 tablespoons of water. Coarsely blend.



Tomatoes, Onions and Serrano Chiles Ready to Blend



Ready to Use!

That't it! The salsa is ready to use.

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Grilled Tomato Salsa Recipe

prep: 5 mins | **cook:** 15 mins | **total:** 20 mins
author: douglas cullen
yield: 8 servings

Rustic grilled tomato salsa or salsa de jitomate asado. The ingredients are charred on the grill which give the salsa a rich smokiness.

Ingredients

- 7 medium plum tomatoes
- 1 medium white onion
- 2 serrano chiles
- 2 cloves of garlic
- 1 teaspoon salt
- 3 tablespoons water

Instructions

1. Rinse the vegetables before grilling.
2. Place the vegetables on a hot grill for about 15 minutes.
3. Place all of the ingredients in your blender jar with 3 tablespoons of water and then blend for 30 seconds.
4. Taste and adjust the salt.

Notes

- Use fewer plum tomatoes if your tomatoes are really large.
- Substitute green tomatoes for a change of pace.
- Use only 1 serrano chile if you prefer a milder salsa. They flavor will still be bold.
- Keeps in the refrigerator for 3 days although it's unlikely that it will last that long.

courses: salsa
cuisine: mexican

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PICO DE GALLO

A MEXICAN CLASSIC

Pico de gallo is a raw salsa known as a salsa fresca, or "fresh salsa," in Spanish. It is a delicious combination of Roma tomatoes, white onion, cilantro, serrano chile and a splash of lime juice. You will find it on every Mexican table. Did you know that pico de gallo translates as "rooster's beak?"



Freshly Made Pico de Gallo

HOW TO SERVE

Serve this pico de gallo recipe with carne asada, chicken, fish or beef tacos, molletes, and of course chips. You get bonus points if you make your own chips. Use it as a topping for just about anything. Don't limit yourself to using it for Mexican food.

Serve slightly chilled or at room temperature. If you serve it really cold it tastes flat.

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The subtle flavor of the ingredients don't shine through. If you are not convinced, do a taste test. Eat a batch that is ice cold and then eat batch that is at room temperature. You will see the difference. I guarantee it.

It is a great party dish, quick to prepare, tasty and loved by everyone. You can make it year-round but it is especially delicious during summer when tomatoes are at their peak.

A HEALTHY OPTION

Mexican food has the reputation for being heavy and greasy, unjustly deserved in my opinion. This dish is the complete opposite. All vegetables, no fat. Totally guilt-free. Eat with reckless abandon. It is vegetarian and vegan to boot. Kids will eat it too because it is "salsa" not yucky vegetables and it works just as well with fussy adults who don't like vegetables.

Pico de Gallo Recipe

prep: 15 mins | **total:** 15 mins
author: douglas cullen
yield: 4 servings

This easy to make pico de gallo recipe is a delicious combination of Roma tomatoes, white onion, cilantro, serrano chile and a splash of lime juice that you will find on every Mexican table.

Ingredients

- 4 plum tomatoes
- 1 white onion
- 12 cilantro sprigs
- 2 serrano chiles
- 1 Mexican lime (see notes)
- Sea salt to taste

Instructions

1. Seed the tomatoes.
2. Seed the serrano chiles.
3. Remove the cilantro leaves and discard the stems.
4. Finely chop the tomatoes.
5. Finely chop the onion.
6. Mince the serrano chile.
7. Mince the cilantro leaves.
8. Add all of the ingredients to a mixing bowl.
9. Sprinkle with the juice of one lime.

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10.Add sea salt to taste.
11.Gently mix until the ingredients are evenly dispersed.
12.Serve immediately.

Notes

Preparation Notes

- Pico de gallo is best eaten fresh but will keep for one day in the refrigerator.
- Presentation counts. It such a simple dish so make sure that the ingredients are chopped evenly.
- The juice of one lime brightens the flavor of the pico de gallo. If you add too much lime it overpowers the flavor of the other ingredients. You want to maintain a nice balance between the flavors of all of the ingredients.
- Choose the Mexican lime, also called the Key lime when making pico de gallo. It is the traditional lime for making Mexican food. Standard lime doesn't add the same bright flavor. Purdue University has some in depth information on the Mexican Lime which is quite interesting is you want to geek out on limes.

Substitutions

- You can substitute jalapeño chiles for the serranos. The taste will be similar but the salsa won't be as hot.
- Many recipes call for red onion but white onion is traditional.

courses: salsa
cuisine: mexican

Nutrition Facts

Serving Size 1/2 cup

Amount Per Serving	% Daily Value
Calories 38	
Total Fat 1 g	2%
Sodium 297 mg	12%
Total Carbohydrates 9 g Sugars 5 g	3%
Protein 2 g	4%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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CREAMY AVOCADO SALSA

SALSA DE AGUACATE CON CREMA

Make this mild Mexican taquería style creamy avocado salsa when you aren't in the mood for a big bold salsa but want something a little more subtle but still full flavored. The addition of heavy Mexican cream cuts the burn from the serrano chile but the salsa still has a pleasant tang from the tomatillos and lime juice. Plus, it's a very kid friendly salsa. It brings back good memories too. It reminds me of the salsa that they serve with the tostadas at La Siberia in Monterrey, Nuevo Leon.



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RIPE AVOCADOS AND SUPER SIMPLE PREP



Very ripe avocados are key to getting the smoothest salsa possible. This is probably the easiest salsa you will ever make. It is raw uncooked salsa that shouldn't take more than 10 minutes tops to prepare. Add a second serrano chile is you like a hotter salsa. You can also add the juice of a second lime if you want a sharper tang. It's a very flexible recipe. You can play around with it until you get it just how you like it. Just be sure to chill the salsa for 1 hour before serving to allow the flavors to blend.

WHAT TO SERVE WITH



Serve this salsa with chicken taquitos, chicken tostadas, or potato and chorizo tacos. It's a great avocado dip for a vegetable too.You'll notice that this recipe is similar to the avocado salsa recipe that is part of the chicken taquitos post but with some key differences. This recipe includes Mexican cream but doesn't include cilantro or onion. It is a little bit richer and a little bit smoother. Feel free to substitute sour cream for the Mexican cream if you are unable to find it.

What are you waiting for? Time to make some salsa!

Provecho!

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Creamy Avocado Salsa Recipe

prep: 5 mins | **cook:** 5 mins | **total:** 10 mins
author: douglas cullen
yield: 8 servings

Mild taquería style creamy avocado salsa verde perfect for when you aren't in the mood for a big bold salsa but want something a little more subtle but still full flavored. An easy salsa to make and kid friendly too!

Ingredients

- 3 ripe avocados
- 3 tomatillos
- 1 serrano chile
- 1 clove garlic
- 4 tablespoons Mexican cream or sour cream
- 6 tablespoons water
- 1 tsp. salt

Instructions

1. Pit the avocados and remove the flesh
2. Peel and wash the tomatillos
3. Remove the stem from the serrano chile
4. Peel the garlic clove
5. Squeeze the juice from the lime
6. Add all of the ingredients blender and blend until very smooth. If the salsa is too thick to blend add water 2 tbsp. at a time until the salsa blends smoothly.
7. Chill the salsa for 1 hour to allow the flavors to meld.
8. Add salt if necessary.

Notes

Substitutions

- The lime in the salsa helps keep it from turning brown but it's best to cover it tightly with plastic wrap when you refrigerate it.
- This salsa is mildly spicy. If you prefer a hotter salsa add 1 more serrano chile.
- Sour cream works just as well as Mexican cream.
- Add the juice from a second lime if your prefer a sharper tasting salsa.

courses: salsa
cuisine: mexican

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Nutrition Facts

Serving Size 1/4 cup

Amount Per Serving	% Daily Value
Calories 86	
Total Fat 7 g	11%
Cholesterol 4 mg	1%
Total Carbohydrates 6 g Sugars 3 g	2%
Protein 2 g	4%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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RAW MANGO SALSA

SUMMER SALSA SIMPLICITY

Looking for a simple refreshing summer salsa? This is it! Take advantage of mango season and prepare this raw mango salsa. We like to serve it with a vegetable platter or cocktail shrimp. It's really great with crunchy jicama. We recommend it for cold dishes that needs some kick. Sharp serrano chile and the tangy lime provide counterbalance for the sweet mango. An uncooked salsa that couldn't be easier to prepare.



Raw Mango Salsa

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LOOK FOR RIPE MANGOS

Choose just ripe mangos for this salsa. Give them a gentle squeeze and if they give a little they are ripe. If they are hard when you give them a squeeze they are not ripe and if they are mushy they are too ripe. Any variety of mango works well for this recipe. We used the Tommy Atkins variety which is common in Mexico.



Ingredients for your raw mango salsa.

ADJUST THE HEAT OF THE SALSA

We prepare this salsa with 1 whole serrano chile, seeds and all which gives it a nice kick. You can reduce the heat by removing the seeds. If you only want a hint of chile heat remove the seeds and use only 1/2 of the chile.

MAKE IT KID FRIENDLY

You can easily turn this into a kid friendly salsa by omitting the chile. The lime juice give the mango just enough tang. Kids love dipping vegetables into the sweet salsa. It's like you magically changed veggie sticks into candy, except this is guilt free "candy."

Raw Mango Salsa

prep: 10 mins | **total:** 10 mins
author: douglas cullen
yield: 8 servings

Simple, refreshing raw mango salsa that is great as a vegetable dip or with cocktail shrimp. Sharp serrano chile and the tangy lime provide counterbalance for the sweet mango.

Ingredients

- 2 mangos
- 1 serrano chile (remove the seeds if you want a milder salsa)
- 1 Mexican lime
- 1/4 cup water
- 1 tsp salt

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Instructions

1. Wash the mangos well.
2. Remove the meat of the mango (see tutorial below). Discard the pit and skin.
3. Add the mango, serrano chile, salt, water and the juice from the lime to your blender.
4. Blend until smooth. If the salsa is too thick add 1 tablespoon of water at a time until you reach the desired consistency.

Notes

How to Serve

- This salsa is best served immediately. It will keep in the refrigerator for two days but the flavors and texture are best when it is served fresh.
- Serve with a veggie platter or cocktail shrimp.
- It is also great on spring rolls.
- It's great dip for serving at parties.
- Kids love it too.

Substitutions

- You can substitute jalapeños for the serrano chile. Jalapeños are milder.

Variation

- Add a couple of strawberries when you blend to make strawberry mango salsa.

courses: salsa
cuisine: mexican

Nutrition Facts

Amount Per Serving	% Daily Value
Calories 54	
Sodium 487 mg	20%
Total Carbohydrates 14 g Sugars 12 g	5%
Protein 1 g	2%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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CHIPOTLE FISH TACO SAUCE

SALSA CHIPOTLE PARA TACOS DE PESCADO

The easiest, tastiest **fish taco sauce** ever. Saying "ever" sounds a bit over the top but it's true. The sauce is mild, yet tangy, smoky and smooth and really brings out the flavor in fish without overpowering it. Try it with our pan fried fish tacos. Just substitute it for the pico de gallo.



GATHER YOUR INGREDIENTS

For your fish taco sauce you will need, mayonnaise, sour cream or crema, chipotle peppers in adobo, garlic, lime, Mexican oregano and sea salt.



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THE ONLY PREP REQUIRED

The only prep work this recipe requires is finely chopping the chipotle peppers and the clove of garlic. The rest of the preparation is just stirring. Easy right?



ASSEMBLING THE SAUCE

Put all of the ingredients in a mixing bowl and give it a good mix with a fork. That's it. Nothing to it.







RESTING THE SAUCE

Once the ingredients are fully mixed, place the sauce in the refrigerator for two hours to let the flavors meld. Giving the sauce time really improves the flavor. The sharpness of the garlic and lime juice mellows and the smoky chipotle shines through. Don't believe it?. Taste the sauce when you first mix it and then taste it after 2 hours. You'll notice the difference.

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THE RESULTS

How does it look? Good, no? **Provecho!**



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Creamy Chipotle Fish Taco Sauce

prep: 5 mins | **total:** 5 mins
author: douglas cullen
yield: 8 servings

The easiest, tastiest fish taco sauce ever. Really! It's mild, yet tangy, smoky and smooth and really brings out the flavor in fish without overpowering it. Give it a try!

Ingredients

- 1/2 cup mayonnaise
- 1/2 cup sour cream or crema
- 2 chipotle peppers in adobo
- 1 clove garlic
- 1 tbsp Mexican oregano
- Juice of 3 small Mexican limes
- 1 tsp sea salt

Instructions

1. Finely chop the chipotle pepper and the garlic clove.
2. Place all of the ingredients in a mixing bowl including the lime juice. When you add the oregano crumble it with your fingers to break it into smaller pieces.
3. Stir briskly with a fork.
4. Refrigerate the sauce 2 hours before serving.
5. Stir before serving.

Notes

Want it hotter?

- If you prefer a spicier sauce, just add 1 or 2 more chipotles. Adding 2 chipotles will give it a big boost in heat and chipotle flavor.

A Great Sandwich Spread Too

- Try this sauce as a sandwich spread too. It's a big step up from plain mayonnaise.

Need a Fish Tacos Recipe

- Try it with our pan fried fish tacos. Just substitute it for the pico de gallo.

courses: sauce
cuisine: mexican

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