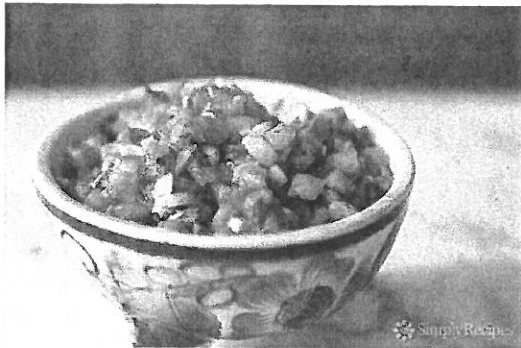


# Fresh Tomato Salsa



*When using fresh chile peppers always taste first before adding! Some peppers are hotter than others and you really can't tell unless you taste them. Just take a very small taste. You'll be able to gauge the heat of the pepper and will be better able to judge how much you need.*

**Prep time:** 6 minutes    **Yield:** Makes 3 to 4 cups of salsa

## INGREDIENTS

- 2-3 medium sized fresh tomatoes (from 1 lb to 1 1/2 lb), stems removed
- 1/2 red onion
- 1 bag of tortilla chips
- Juice of one lime
- 1/2 cup chopped cilantro
- Salt and pepper to taste (Teacher will bring in)
- Pinch of dried oregano (crumble in your fingers before adding), more to taste

## METHOD

**1** Start by roughly chopping the tomatoes, chiles, and onions. Be very careful while handling the chile peppers. If you can, avoid touching the cut peppers with your hands. (I often use disposable gloves or hold the peppers with a plastic sandwich bag.) Wash your hands thoroughly with soap and hot water after handling and avoid touching your eyes for several hours. Set aside some of the seeds from the peppers. If the salsa isn't hot enough, you can add a few for more heat.

**2** Place all of the ingredients in a food processor. Pulse only a few times, just enough to finely dice the ingredients, not enough to purée. If you don't have a food processor, you can finely dice by hand.

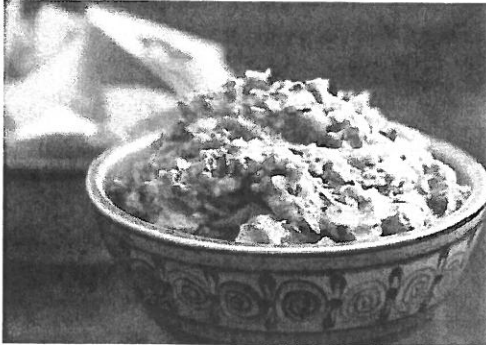
**3** Place in a serving bowl. Add salt and pepper to taste. If the chilies make the salsa too hot, add some more chopped tomato. If not hot enough, carefully add a few of the seeds from the chilies, or add a little more ground cumin.

Let sit for an hour for the flavors to combine.

Serve with chips, tortillas, tacos, burritos, tostadas, quesadillas, pinto or black beans.

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# How to Make Perfect Guacamole



Be careful handling chiles if using. Wash your hands thoroughly after handling and do not touch your eyes or the area near your eyes with your hands for several hours.

**Prep time:** 10 minutes    **Yield:** Serves 2-4

## INGREDIENTS

- 2 ripe avocados
- 1/2 teaspoon Kosher salt (teacher will bring in)
- 1 Tbsp of fresh lime juice or lemon juice
- 2 Tbsp to 1/4 cup of minced red onion or thinly sliced green onion
- 1 bag of tortilla chips
- 2 tablespoons cilantro (leaves and tender stems), finely chopped
- A dash of freshly grated black pepper (teacher will bring in.)
- 1/2 ripe tomato, seeds and pulp removed, chopped

## METHOD

**1 Cut avocado, remove flesh:** Cut the avocados in half. Remove seed. Score the inside of the avocado with a blunt knife and scoop out the flesh with a spoon. (See [How to Cut and Peel an Avocado](#).) Place in a bowl.

**2 Mash with a fork:** Using a fork, roughly mash the avocado. (Don't overdo it! The guacamole should be a little chunky.)

**3 Add salt, lime juice, and the rest:** Sprinkle with salt and lime (or lemon) juice. The acid in the lime juice will provide some balance to the richness of the avocado and will help delay the avocados from turning brown.

Add the chopped onion, cilantro, black pepper, and chiles. Chili peppers vary individually in their hotness. So, start with a half of one chili pepper and add to the guacamole to your desired degree of hotness.

Remember that much of this is done to taste because of the variability in the fresh ingredients. Start with this recipe and adjust to your taste.

**4 Cover with plastic and chill to store:** Place plastic wrap on the surface of the guacamole cover it and to prevent air reaching it. (The oxygen in the air causes oxidation which will turn the guacamole brown.) Refrigerate until ready to serve.

Chilling tomatoes hurts their flavor, so if you want to add chopped tomato to your guacamole, add it just before serving.

## Variations

For a very quick guacamole just take a 1/4 cup of salsa and mix it in with your mashed avocados.

Feel free to experiment! One classic Mexican guacamole has pomegranate seeds and chunks of peaches in it (a Diana Kennedy favorite). Try guacamole with added pineapple, mango, or strawberries.

The simplest version of guacamole is just mashed avocados with salt. Don't let the lack of availability of other ingredients stop you from making guacamole.

To extend a limited supply of avocados, add either sour cream or cottage cheese to your guacamole dip. Purists may be horrified, but so what? It tastes great.

For a deviled egg version with guacamole, try our [Guacamole Deviled Eggs!](#)

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