***Dick’s***



***TOMATILLO***



***RECEPIES***

INTRODUCTION

T

his book is compiled from the internet. Recipies from divers recources are gathered. No effort has been made to exclude similar recipies. So try whatever seems agreeable, and find your own favorites.

A

native of Mexico, tomatillos are a first cousin to the ground cherry. They are closely related to the husk tomato. The tomatillo has a tart flavor, similar to green apples. The flesh of the tomatillo is different from green tomatoes. It is seedy, but solid, without the juicy cavity of the tomato. It is the key ingredient in salsa verde, the mild hot green sauce served with many Mexican dishes.

Harvesting

The fruit should be picked while still deep green, and when the husk has changed from green to tan.

Tomatillos in the Kitchen

Tomatillos look like green cherry tomatoes enclosed in papery husks. Beneath the husk, you’ll find a sticky-skinned fruit with an acidic flavor similar to that of green tomatoes. An essential ingredient in Mexican salsa verde, tomatillos can be eaten both raw and cooked. Tomatillos are a good source of vitamin C; they also provide vitamin A, thiamin, and niacin. Four tomatillos have about 35 calories. Look for smooth, firm tomatillos without bruises or noticeable shriveling. Refrigerate, unwashed, in an open container for up to 1 week. Remove husks. Wash well and cut out core.



Tomatillos aren’t usually served on their own as a cooked vegetable; instead, they’re cooked with other ingredients to make sauces. They may also be roasted separately, then added to a green chile salsa or other sauce.

Roasting.

Spread prepared tomatillos in a single layer in an ungreased 10 by 15 inch rimmed baking pan. Bake in a 260° C even until lightly singed (about 15 minutes). Let cool.

Add chopped raw tomatillos to gazpacho, guacamole, or salsa. To make a refreshing appetizer, stack thin slices of jicama, apple, and tomatillo, then drizzle with lime juice and sprinkle with coarse salt.



When used fresh in most recipes, tomatillos should be husked and simmered for about five minutes, then chopped in a blender, food processor or mashed with a mortar and pestle.

If you have lots more than you can enjoy fresh, tomatillos are easy to can. Fill sterile jars with whole simmered fruit, topping it with tomatillo puree. Process at 10 pounds for 15 minutes. Tomatillos also freeze well. (See [Annex 2](#annex2) for for HOT CHILI & SALSA SAUCE RECIPES for freezing)



Canning

Tomatillos may be canned following the instructions for canning tomatoes. Because of the firmness of the fruit, it is recommended that the hot pack method be used. Remove the husks, wash well. They do not have to be peeled or seeded. Cook the tomatillos in boiling water until tender, 5-10 minutes. Drain and pack hot tomatillos loosely into jars. Fill with boiling water. Acidify with 1 Tablespoon lemon juice per pint, 2 Tablespoons per quart, or ¼ teaspoon Citric acid USP per pint or ½ teaspoon per quart. Leave ½ inch head space, adjust lids and process.



Boiling water canner: Process pints for 40 minutes and quarts for 45 minutes. At 1,001-3,000 feet altitude, process pints for 45 minutes, quarts for 50 minutes; at 3,001-6,000 ft, process pints for 50 minutes, quarts for 55 minutes; above 6,000 feet, process pints for 55 minutes, quarts for 60 minutes.

Pressure Canner: Process pints and quarts at 240F. (10 lbs. pressure for weighted gauge; 11 lbs. for dial gauge) for 10 minutes. See your county Extension office for adjusting processing times for elevations above 1000 feet.

SALSA

Tomatillos may be substituted for tomatoes in salsa recipes. If you plan to can the recipe, be sure to use one that has been tested for canning.

Tomatillo Green Salsa (Yield: 5 pints)



5 cups chopped tomatillos

1½ cups seeded, chopped long green chiles

½ cup seeded, finely chopped jalapeño peppers

4 cups chopped onions

1 cup bottled lemon juice

6 cloves garlic, finely chopped

1 Tablespoon ground cumin (optional)

3 Tablespoon oregano leaves (optional)

1 Tablespoon salt

1 teaspoon black pepper

Combine all ingredients in a large saucepan and stir frequently over high heat until mixture begins to boil; reduce heat and simmer for 20 minutes, stirring occasionally. Ladle hot salsa into hot pint jars, leaving ½ inch headspace. Adjust lids and process in a boiling water canner: 15 minutes at 0-1000 feet altitude; 20 minutes at 1,001-6,000; 25 minutes above 6,000 ft.

Other tested salsa recipes are available in [Salsa Recipes for Canning](#annex1) Tomatillos may be substituted for tomatoes in each of these recipes.

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ANNEX 1 [Salsa recipies for canning](#annex1)

ANNEX 2 [HOT CHILI & SALSA SAUCE RECIPES FOR FREEZING](#annex2)

SOUPS

[Corn & tomatillo-soup](file:///C:\AppData\Local\Temp\Tomatillo%20-%20recepten.doc#soep_cornentomatillo)

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[Chilled Tomatillo Soup](C:\\AppData\\Local\\Temp\\Tomatillo - recepten.doc" \l "soep_chilled)

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[Black And White Bean Soup With Tomatillo Salsa](file:///C:\AppData\Local\Temp\Tomatillo%20-%20recepten.doc#soep_blackandwhitebean)

[Tomatillo, Poblano and Heirloom Bean Chowder](file:///C:\AppData\Local\Temp\Tomatillo%20-%20recepten.doc#soep_tomatillopoblanobeanchowder)

Corn & Tomatillo Soup

Servings: 8

Amount Measure Ingredient Preparation Method

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1 ½ cups tomatillos -- chopped

1 ½ cups onion -- chopped

2 cloves garlic -- minced

1 teaspoon margarine

3 ½ cups frozen corn -- thawed

1 cup frozen green peas --thawed

1 cup chicken broth

1 tbs cilantro

Add:

3 cups chicken broth

4 oz green chili peppers -- chopped

¼ cup whole kernel corn frozen -- thawed

¼ cup chopped spinach

1 teaspoon sugar

Saute tomatillos, onion and garlic in margarine five minutes. Remove to food processor and add the next four ingredients. Puree to chunky.

Pour in pan and add 3 C chicken stock, 4 oz. diced green chilies, a little chopped spinach, a little whole kernel corn, 1 t sugar.

Serve topped with a dollop of NF sour cream.

Per Serving: 146 calories, 2.7 gm total fat, 0 .6 gm sat fat, 1mg cholesterol

Tomatillo Squash Bisque

Servings: 10

Amt Measure Ingredient -- Preparation Method

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2 tb Vegetable or olive oil

2 tb Butter or margarine

2 Garlic cloves -- fine chopped

2 md Onions -- coarsely chopped

6 md Summer squash--hopped/coarsely grated

Anaheim chile --roasted peeled, seeded & chopped

1 Jalapeno chile -- seeded and chopped

6 Tomatillos -- chopped

6 c Chicken broth

Corn tortillas

1 ½ tb Fresh lime juice

1/3 c Chopped cilantro leaves

Salt and pepper

OPTIONAL GARNISHES: Sour cream, tortilla chips—crumbled and Cilantro leaves.

In a large saucepan, heat oil and butter. Add garlic and onions; saute until softened. Add squash, chiles and tomatillos, stirring until coated and heated through. Add chicken broth; bring to a boil, then cover and simmer for about 20 minutes or until squash is tender. Tear or shred tortillas into pieces and add to soup mixture. Stir in lime juice and cilantro leaves. In a blender or food processor, blend soup in batches until pureed and smooth. Return to saucepan and heat through. Add salt and pepper to taste.

Serve hot accompanied with a dollop of sour cream and a few crumbled tortilla chips and cilantro leaves. This is a thick soup; if you prefer it thinner, add more chicken broth.

Tomatillo Soup 1

This is a great soup that can be spiced up or tamed down depending on your individual taste. Keep in mind that you if can not purchase fresh tomatillos at your local grocery store you can substitute with canned tomatillos, drained and chopped. Try garnishing with sour cream, as indicated in the recipe. Top with a leaf of cilantro.

Makes 6 servings.

2 skinless, boneless chicken    breast halves - pounded thin

3 tablespoons olive oil

1 onion, chopped

3 cloves garlic, minced

1 pound chopped tomatillos

2 jalapeno peppers, seeded

   and minced

4 cups chicken stock

1/4 teaspoon cayenne pepper

1/2 teaspoon hot pepper sauce

2 tablespoons chopped fresh cilantro

1/4 cup sour cream (optional)

salt to taste

ground black pepper to taste

1 Heat oil over high heat in a large saucepan or Dutch    oven. Saute chicken in oil until both sides are browned,    approximately 2 minutes per side. Remove the chicken, and set aside.

2 Add onions and garlic to saucepan, and saute until    golden. Stir in the omatillos, jalapeno peppers, and broth.    Bring to a boil. Reduce heat, cover the pot, and simmer for    about 15 minutes.

3 Puree vegetables in batches in a blender or food    processor. Return to pot, and reheat. At this point taste the    soup; if not piquant enough, add cayenne pepper or pepper sauce.

4 Slice the chicken into thin slices, and then shred.    Stir into soup. Season to taste with salt and pepper.

5 When ready to serve, stir in the minced cilantro and    ladle into bowls. Put a dollop of sour cream on top of each    portion, and let it melt a bit. Top each dollop with a single    cilantro leaf, and serve immediately.

Black Bean Soup with Tomato-Tomatillo Salsa



Epazote, an herb often used in Mexican cooking, adds an authentic, musky undertone to this soup, and some claim it makes the beans easier to digest. Look for epazote in your local Mexican grocery store. If you can’t find chipotle chiles, use cayenne instead. Your soup will have a nice spicy kick, but you’ll miss the distinctive smoky flavor that’s found only in chipotles.

Soup:   
1 lb. Black Beans   
2 tbls. Extra-Virgin Olive Oil   
2 Onions, large, diced   
6 cloves Garlic, minced   
1 cup Tomato, peeled, seeded, and chopped (fresh or canned)   
1 sprig Epazote, fresh or dried (optional)   
1 tbls. Chipotle Chiles, canned, chopped (or ¼ tsp. Cayenne)   
1 tspn. Cumin, ground   
1 tspn. Coriander, ground   
2 tspn. Salt

Salsa:   
1 Tomato, large, diced   
3 Tomatillos, medium, husks removed, diced   
1 Red Onion, small, diced   
1 Serrano or Jalapeño Chile, diced   
1/4 cup Cilantro, fresh, roughly chopped    
Salt to taste

(Serves 4)

Soak the Black Beans for 2 hours and drain. In a deep, heavy-based pot, heat the Olive Oil over medium heat. Add the Onions and cook about 5 min. until translucent. Add the Beans, Garlic, and 6 cups cold water. Bring to a boil, skimming any foam that rises to the surface. Reduce to a simmer. In an hour or when the Beans are soft, add the Tomato, Epazote, Chipotle Chile, Cumin, Coriander, and Salt. Continue cooking until the beans start to break down and the broth begins to thicken. Taste for seasoning and add salt and pepper if needed. If you’re serving this soup immediately, you may want to thicken it by puréeing a cup or two of the beans in a blender or food processor and then recombining them with the rest of the soup. The soup will thicken on its own if refrigerated overnight.

To make the Salsa, in a small bowl, combine the Tomato, Tomatillos, Onion, Jalapeño and Cilantro. Taste for seasoning and add salt as needed. This salsa will taste best if assembled no more than an hour before serving.

Ladle the soup into individual serving bowls and garnish each portion with the salsa. Serve hot with a dollop of sour cream and snipped chives.

Chilled Tomatillo Soup

Serves 4

1 pound fresh tomatillos (small green tomatoes)

teaspoons McKay’s Chicken-style Seasoning or 1 vegetable bouillon cube

1 ½ cups water

1 ½ cups skim milk or soy milk

tablespoons flour

¼ teaspoon salt

¼ teaspoon ground cumin

2 teaspoon fresh cilantro, minced

1 dash paprika

Remove and discard husks from tomatillos. Combine tomatillos, McKay’s seasoning or bouillon cube, and water in medium-sized saucepan. Bring to boil, cover, reduce heat, and simmer 10 minutes or until tomatillos are tender. Pour mixture into blender and blend until smooth. Return mixture to saucepan. Combine milk and flour; stir until smooth. Gradually stir milk mixture into tomatillo mixture. Add salt and cumin. Cook, stirring continuously, until mixture thickens. Remove from heat. Serve chilled. Stir with wire whip just before serving. Garnish each bowl with ½ teaspoon of cilantro and dash of paprika.

Yield: 4 one-cup servings.

Cold Tomatillo Soup

Tbsp olive oil    
2  or more chili peppers, seeded    
1  onion, diced    
2 lb tomatillos, husked and  quartered    
4 cup chicken stock (preferably  homemade)    
salt    
2 Tbsp chopped cilantro leaves

Heat oil in a saucepan over medium-low heat. Add chilies and  onion and cook until tender, stirring occasionally, about 10 minutes.    Add tomatillos and stock and bring to boil. Reduce heat, cover and  simmer until tomatillos are tender, about 10 minutes. Cool and puree soup. Cover and chill. Before serving test for salt and ladle into bowls. Garnish with cilantro.

Depending on how many chilies you add, this could make a good cooler for a hot and spicy meal.

Creamy Tomatillo Soup

1 tablespoon of margarine  
1 cup of chopped scallions  
3 tomatillos, quartered  
2 garlic cloves, minced  
1 ½ cups of low sodium vegetable stock  
1/2 cup of thawed frozen lima beans  
1/4 cup of chopped fresh cilantro  
3 cups of thawed frozen corn, divided  
1/2 cup of spicy vegetable cocktail juice  
2 teaspoons of brown sugar or 1 teaspoon of honey  
1 teaspoon of lemon juice  
A pinch of ground red pepper

In a 3 quart saucepan over medium heat, melt the margarine. Add the scallions, tomatillos and garlic, cook, stirring frequently, for 4 minutes. Stir in the stock, beans, cilantro and 2 cups of the corn. Cook for 1 minute. Working in batches, puree the mixture in a blender until smooth. Return the mixture to the pan. Stir in the vegetable juice, sugar or honey, lemon juice, pepper and the remaining 1 cup corn. Simmer for 10 to 15 minutes to blend flavors.

Grilled Tomatillo Gazpacho

2 lbs. fresh tomatillos, husked

Anaheim chiles, sliced in half lengthwise and seeded

5-6 Tbsp. olive oil, divided

1 small yellow onion, diced

2-3 cloves garlic, minced

1 tsp. ground cumin

1 tsp. ground coriander

1 Tbsp. sherry vinegar

3-4 cups vegetable stock or water

Tbsp. chopped cilantro

Juice of 2 limes

Salt and white pepper to taste

Lightly oil the tomatillos and chiles, and season with salt and white pepper. Place on hot grill, and cook until tomatillos are lightly marked and beginning to soften. Remove tomatillos and chill.

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In a saucepan, over medium heat, combine 2 Tbsp. olive oil, onion, and garlic. Sauté until soft, but not colored. Add cumin and coriander and cook onion mixture 2 minutes more. Add sherry vinegar. After 1 minute, add tomatillos, chiles, and vegetable stock or water. Bring to a boil slowly over medium heat, stirring frequently. Remove from heat and cool slightly.

While mixture is still warm, pureé in batches in a blender, using caution, and adding cilantro and lime juice. If soup still too thick, add more stock or water. Season to taste with salt and white pepper. Strain, chill, and serve cold.

Roasted Tomatillo Soup

Yield:  about  6 servings

1 lb (about 20) tomatillos, husked

and washed   
1  Serrano chili pepper, broiler-roas-

ted, peeled, deseeded and diced   
1.5T   olive oil   
1  large red onion, sliced thinly   
1  garlic cloves, diced

large sprigs of fresh cilantro   
1 quart  chicken stock or broth   
1T sweet rice vinegar   
3 slices    bacon, sliced into ½ -inch

rectangles (lardons), as garnish   
2T  crème fraîche or sour cream, as

garnish

Slice each husked and washed tomatillo in half (crosswise), place all on a sheet pan and roast them in the oven at 450F for about 25 minutes.   Meanwhile, place the chili pepper under the boiler and broil it until the skin blisters turning and watching so not to burn it. When cool, scrape the skin off, slice it open, remove the seeds, dice the flesh and set aside . Remove the tomatillos from the oven and place them and their juices into a food mill,  placed over a stainless steel bowl (SSB).  Use a food mill screen big enough to pass the seeds as well as the juice. Crank the tomatillos through the food mill to force the seeds and juices into the SSB and to retain the skins in the food mill.  Set aside the puree in the SSB, discard the skins in the food mill . Finely slice the onion and sweat in olive oil, to translucent in a medium large saucepan or evasée, about 15 minutes. Add garlic, a generous amount of salt, 2 whole sprigs of cilantro, the diced chili pepper and the tomatillo puree from the SSB.  Heat at medium high heat until the mixture is almost ready to boil. Add the chicken stock and bring the soup to boil . 8.  Reduce the heat to simmer, add the rice vinegar, taste for seasoning (this soup needs quite a bit of salt) and simmer for about 25 minutes to thicken somewhat . Remove the sprigs of cilantro . Puree the whole pot of soup with a stick blender or pour into a standing blender.  Taste again . Place the soup in an ice bath or refrigerate to hold. Fry the bacon lardons to crisp, dry on a paper towel and set aside .

To serve:  Add the crème fraîche to the cold soup and stir in  Garnish each serving with fresh leaves of cilantro, 5-6 pieces of bacon and a twist of freshly ground black pepper. Note:  Only add cream to the portion to be served.  Fridge the leftovers without cream.

Black Bean Soup with Tomato-Tomatillo Salsa 2

Yields about 6 cups



Epazote, an herb often used in Mexican cooking, adds an authentic, musky undertone to this soup, and some claim it makes beans easier to digest. Look for epazote in your local Mexican grocery store. If you can’t find chipotle chiles, use cayenne instead. Your soup will have nice spicy kick, but you’ll miss the distinctive smoky flavor that’s found only in chipotles.

For the Soup:

1 pound dried black beans

2 tablespoon vegetable oil

2 large onions, finely diced

to 6 cloves garlic, minced

1 cup peeled, seeded, and chopped tomato (fresh or canned)

Small sprig fresh or dried epazote (optional)

1 tablespoon finely chopped canned chipotle chile (or ¼ tsp. cayenne; more to taste)

1 teaspoon ground cumin seed

1 teaspoon ground coriander

2 teaspoon salt

For the Salsa:

1 large tomato, finely diced

medium tomatillos (husks removed), finely diced

1 small red onion, very finely diced

1 serrano or jalapeno chile, very finely diced

¼ cup roughly chopped fresh cilantro leaves

Salt to taste

Creme fraiche or sour cream

FOR THE SOUP: Pick over the beans. Soak if desired and drain. In a deep, heavy-based pot, heat the oil over medium heat. Add the onions and cook until translucent, about 5 min. Add the beans, garlic, and 6 cups cold water. Bring to a boil, skimming any foam that rises to the surface. Reduce to a simmer and when the beans are soft, after about 1 hour, add the tomato, epazote if using, chipotle chile, cumin, coriander, and salt. Continue cooking until the beans start to break down and the broth begins to thicken. Taste for seasoning; add salt and pepper if needed. If you’re serving this soup immediately, you may want to thicken it by pureeing a cup or two of the beans in a blender or food processor and then recombining them with the rest of the soup. The soup will thicken on its own if refrigerated overnight.

FOR THE SALSA: In a small bowl, combine the tomato, tomatillos, onion, jalapeno, and cilantro. Taste for seasoning and add salt as needed. This salsa will taste best if assembled no more than an hour before serving.

TO SERVE: Ladle the soup into individual serving bowls and garnish each portion with a spoonful of creme fraiche and the salsa. Serving size = 1 cup

Black And White Bean Soup With Tomatillo Salsa

Yield: 4 Servings

1 c  Dried black beans; washed,   
           -picked over  
1 c  Dried white beans; washed,   
           -picked over  
8 c  Water  
4 sl Bacon; coarsely chopped  
2 lg Onions; diced  
2    Carrots; peeled and diced  
2    Garlic cloves; minced  
      1 ts Coarse salt  
      1 lg Tomato; diced  
      2    Bay leaves  
      2    Canned chipotle chiles  
      6 c  Vegetable Stock; see \* Note  
      1    Lime; halved  
    ½ c  Madeira wine  
     Tomatillo Salsa (Green   
           -Salsa); see \* Note

Place the black beans in a medium saucepan with 4 cups of the water and ring to a oil. Place the white beans in another medium saucepan with emaining 4 cups of ter and bring to a boil. Reduce heat to low, cover nd cook until both pots of beans are soft, about 1 hour. Remove from the hat. In another large saucepan, saute 2 slices of the bacon over medium hat until crispy. Remove bacon, saving grease in pan. Add ½ of the iced onions and all of the carrots and cook over medium-low heat until oions are lightly browned, about 15 minutes. Then add ½ of the garlic and ½ teaspoon of the salt, stirring constantly, until the garlic aroma is released, 12 minutes. Stir in the black beans and their liquid, along with the tomato, 1 bay leaf and 1 chipotle chile. Pour in 3 cups of the Vegetable Stock. Turn up the heat and bring to a boil. Reduce to a simmer and cook, uncovered, stirring occasionally, an additional 30 minutes.

Repeat the entire procedure with the white beans, using the remaining bacon, onion, garlic, salt, bay leaf, chipotle chile and stock. Remove bay leaves and transfer black bean mixture to a blender in batches and puree until smooth, pulsing the machine on and off until it begins to liquefy. (Be sure to leave space for the air to escape.) Return to a clean saucepan. Rinse out blender and repeat with white bean mixture. Reheat soups over low heat, squeeze half of a lime into each and ¼ cup ofMadeira into saucepans and stir to blend.

Adjust seasoning. Using two ladles, carefully ladle the two soups side by side into one bowl,so that half is black and half is white.

Garnish with Tomatillo Salsa.

This recipe yields 4 to 6 servings.

Tomatillo, Poblano and Heirloom Bean Chowder

Yield: 6 to 8 servings

1 pound yellow onions, halved and thinly sliced   
3 medium fresh poblano chiles, stemmed, seeded and sliced into thin strips   
1 Tablespoon garlic, finely slivered   
2 Tablespoons olive oil   
2 cups fresh tomatillos, husked and halved   
1/2 teaspoon each whole fennel, cumin and coriander seeds   
2 teaspoons dried oregano  
1/4 teaspoon ground cinnamon   
1 ½ cups diced, canned tomatoes with their juice (Italian imported preferred)   
7 cups rich, clear chicken or vegetable stock, canned   
2 cups favorite heirloom bean, cooked, or bean of your choice

Salt and freshly ground black pepper to taste   
  
Garnish   
  
4 Tablespoons cilantro leaves, roughly chopped   
3 avocado slices, fanned   
3 drops fresh lime juice   
  
In a saucepan, heat the olive oil. Add the onions, poblanos and garlic. Sauté until soft but not brown, about 5 minutes. Add the tomatillos, fennel, cumin, oregano, cinnamon, tomatoes, stock and wine. Simmer gently for 10-15 minutes. Add the beans. Simmer to heat through. Season with salt and pepper.   
  
To serve, ladle into warm soup bowls. Garnish with chopped cilantro, avocado and lime juice just before serving.

MAIN DISHES: MEATS

Beef

[Fillet Mignon in Avocado Tomatillo Sauce](file:///C:\AppData\Local\Temp\Tomatillo%20-%20recepten.doc#filletmignon)

[Beef filet with Tomatillo Chipotle Sauce 1](file:///C:\AppData\Local\Temp\Tomatillo%20-%20recepten.doc#beeffilets)

[Beef filet with Tomatillo-Chipotle Sauce 2](file:///C:\AppData\Local\Temp\Tomatillo%20-%20recepten.doc#beeffilets2)

[Spice-Rubbed Hanger Steak With Tomatillo And Lemon](file:///C:\AppData\Local\Temp\Tomatillo%20-%20recepten.doc#hangersteak)

Pork

[Tomatillo-braised pork loin with herby white beans and bacon](#pork_tomatillobraised)

[Herb-Crusted Pork Tenderloin with Tomatillo Salsa and Tortillas](#pork_herbcrusted)

[BBQ-Ribs with Peanut-Chipotle Sauce & Tomatillo-Corn Salsa](#bbqribs)

[Chipolte Pork Tenderloin with Apple Tomatillo Sauce](#pork_chipotlewithappletomatillosauce)

Fillet Mignon in Avocado Tomatillo Sauce

fillet mignon steaks, each at least 1” thick and approx. 6 oz.

Sauce:

8 tomatillos, papery husks removed and washed

fresh serrano chiles, stemmed and chopped

3 Tbsp. white onion, chopped

sprigs cilantro, chopped

½ cup chicken broth

1 ripe avocado, about 4” in length

Black pepper, freshly ground, to taste

Grill fillets.

While preparing fillets, bring salted water to a boil and boil tomatillos for 5 minutes, or until they are barely soft throughout. Drain and put them in a blender. Add the chiles, onion, cilantro and broth. Puree. Cut the avocado in half all around from the stem end to stem end. Remove the pit. Scoop out the flesh and add to blender; blend. Taste and add pepper. Pour the contents of the blender into a small pot and heat. Divide the sauce onto 4 warm plates. Lay a grilled steak in the center of each.

Beef Filets with Tomatillo-Chipotle Sauce 1

The high acidity and roasted smoky flavor of the tomatillos perfectly accents the earthy tones of the beef. The sauce does not contain any beef stock, and so seems lighter than a heavy reduced beef sauce, while the cheese provides a contrasting richness. Monterey Jack or soft Oaxaca cheese can be used as an alternative to Fontina.

Center-cut beef filets, about 6 ounces each

Salt and freshly ground black pepper to taste

3 tablespoons olive oil

4 corn tortillas

3 tablespoons corn oil

4 slices Fontina, Oaxaca or Monterey Jack cheese, about 1 ounce each

3 cups tomatillo-chipotle sauce

½ cup coarsely chopped cilantro

green onions, tops trimmed in a diagonal, brushed with olive oil and roasted whole over open gas flame

With steaks at room temperature, season with salt and pepper. Over high heat, bring the olive oil almost to the smoking point in a heavy pan, then reduce heat to medium. Saute the beef for 4-5 minutes on each side, to medium-rare.

In a separate pan, soften the tortillas in heated corn oil; remove and dry excess oil on paper towels. Keep warm.

Place a warm tortilla on each plate, and the beef on top of the tortillas. Put cheese on top of each beef filet and place under a broiler until the cheese melts.

Surround the beef with about ¾ cup tomatillo-chipotle sauce, covering the tortilla. Garnish by sprinkling about 2 tablespoons coarsely chopped cilantro over the beef, and serve 2 roasted cebollitas (green onions) with each plate.

Yield: 4 servings.

Beef Filets with Tomatillo-Chipotle Sauce 2

Serves 4

4 6-oz. CERTIFIED ANGUS BEEF™ center-cut filets

Salt and pepper to taste

3 Tbs. olive oil

4 corn tortillas

3 Tbs. corn oil

4 slices fontina cheese, about 1 ounce each

Sauce:

26 large tomatillos (about 2 lbs.)

3 cloves garlic, unpeeled

1 medium white onion, finely chopped

3 Tbs. olive oil

4 pieces of canned chipotle chiles in adobo sauce

2 tsp. adobo sauce

1 bunch cilantro, leaves only (about 1 packed cup)

1 tsp. salt

Juice of 1 lime Garnish:

Cilantro, chopped



For the sauce, husk and wash the tomatillos under hot water. In a black iron skillet, cook the tomatillos for 20-25 minutes over medium-high heat until soft and blackened all over. Do not allow to dry out. Shake pan every couple of minutes. Roast the garlic until soft but not burnt (about 20-25 minutes), peel, and remove blackened parts. Sauté onion in 1 tablespoon olive oil until soft and browned (about 15 minutes). Place the tomatillos, garlic, onion, and remaining ingredients (except lime juice) in a blender. Blend until combined: consistency should be even, with no lumps. Add water if necessary. Add lime juice and blend for a few seconds. For the beef, bring beef up to room-temperature, covered with plastic wrap. Season beef with salt and pepper. Heat olive oil in pan over high heat, then sauté beef over medium heat for 5 minutes each side. Soften tortilla with heated corn oil and set aside. To serve, place a tortilla on a plate and place the beef on the tortilla. Put the cheese on top of the beef and place under the broiler until the cheese melts. Surround the beef with about ¾ cup of sauce per plate. Garnish beef by sprinkling with coarsely chopped cilantro.

Tomatillo-braised porkloin & white beans and bacon

This is simply one of the best dishes we’ve included here. And though you’ll think “Italian” when you lay the slices of roast pork alongside the saucy white beans, one bite will convince you that Mexico gave this dish its soul. With salsa at the ready, everything about this spectacular dish is quite simple–so keep this recipe in mind when you’re entertaining without a lot of time to spare. (You could even use rinsed canned white beans to save time). If you see fresh purslane (verdolagas) at the farmers’ market or have it growing in your garden, add young 2-inch pieces to the sauce along with the beans for a traditionally Mexican flavor.

Serves 4 to 6

1 cup (7 ounces) small white beans, picked over

1 teaspoon mixed dried herbs (thyme and marjoram are classic in Mexico)

3 bay leaves

4 thick slices smoky bacon

1 2-pound boneless pork loin roast, untied

Salt, about 1 teaspoon, plus a sprinkling for the meat

3 cups Frontera Tomatillo Salsa

1 small branch fresh epazote if available

Sprigs of cilantro, parsley, watercress or epazote, for garnish

In a medium-size saucepan, combine the beans with a generous 3 cups of water, add the herbs and bay leaves, partially cover and set over high heat. When the pot comes to a good rolling boil, reduce the heat to medium-low and simmer the beans very gently (partially covered) until they are tender, about 1 hour (if you simmer them gently enough, they won’t begin to fall apart before becoming thoroughly tender). Add more water if the beans ever begin peeking up above the surface of the water.

While the beans cook, in a medium-size (6-quart) Dutch oven, cook the bacon slices over medium heat, turning them occasionally, until thoroughly crispy. Remove to drain on paper towels; when cool, crumble. Tip up the Dutch oven slightly on one end and spoon off most of the fat that collects, adding it to the simmering beans.

Heat the oven to 325 degrees. If your pork loin roast is in two sections that have been tied together, untie them. Sprinkle the meat liberally with salt. Set the Dutch oven over medium-high heat, and, when quite hot, lay in the pork. Brown thoroughly on all sides, about 10 minutes total, then pour in the salsa. Nestle in the epazote if you have it, set on the pot’s cover and place in the oven. Cook until the pork registers about 150° on a meat or instant-read thermometer–the meat will feel rather firm (not hard) to the touch, and cutting into the center will reveal only the slightest hint of pink. The total cooking time should be about 40 minutes. Remove the epazote if you’ve used it, and set the pot aside uncovered.

When the beans are tender, season them with salt, usually about 1 teaspoon. Let stand a few minutes for the beans to absorb the seasoning, then drain off their cooking liquid. Remove the pork to a cutting board, add the beans to the pork pot, set over medium heat and season with salt. Slice the pork, laying the slices slightly overlapping on a warm serving platter. Spoon the beans and sauce around the meat, sprinkle everything with the crumbled bacon, garnish with herb sprigs, and carry to the table.

Spice-Rubbed Steak With Tomatillo And Lemon

Recipe Serves 4  
  
4 12 oz. Hanger steaks (zie annex nummer 3)  
3 tbs. Olive oil  
2tbs. Lemon juice  
5 Tomatillos (husked and diced)  
1/2 C Grape tomato (quartered)  
1/4 C Cilantro leaves  
1/4 C Sliced baby fennel   
1 tbs. Ground Cumin   
1 tbs. Coriander  
1tbs. Dry mustard  
1 tbs. Cayenne  
Salt and perrer to taste  
1 small bunch chives minced (optional)

Sprinkle cumin, coriander, dry mustard and cayenne onto a large plate, being careful not to fully incorporate into each other. Generously rub the steaks with fleur de sel and cracked pepper. Roll the steaks into the spice mixture ensuring that it is judiciously coated.

Place 1 tbs. of olive oil into a heated sauté pan. Sear the steak on all sides (1-2 minutes per side) and remove from heat to let rest. Repeat 3 more times.  
  
Meanwhile toss the tomatillos, tomato and fennel in remaining olive oil and lemon juice. Divide evenly onto four plates. Top with baby fennel and cilantro.   
  
Slice the seared steak against the grain and fan onto the tomatillo salad. Garnish with chives and serve.

Herb-Crusted Pork & Tomatillo Salsa & Tortillas

Mix up a batch of margaritas, light the grill and start your celebration, Latin style. Made in Napa Valley Herbed Pork & Lamb Rub already has all of the flavor packed into one small container to make your meal preparation a snap. Complete your menu with a side dish of Black Bean and Charred Corn Salad with Avocado and coconut ice cream for dessert.

Serves 4

Tomatillo Salsa:  
1 tbsp. vegetable oil  
3/4 pound tomatillos, husks removed, rinsed and patted dry  
1 jalapeno pepper, halved lengthwise (remove seeds and veins if you like less heat)  
2 cloves garlic, paper skin intact  
1/2 medium yellow onion, outer peel removed  
1/2 c fresh cilantro leaves  
4 tbsp. fresh squeezed lime juice(approximately 2 limes)  
1/2 tsp. salt (preferably kosher)



Herb-Crusted Pork:  
2 pounds pork tenderloin, trimmed of fat  
3 tbsp. olive oil  
2 tbsp. Made in Napa Valley Herbed Pork & Lamb Rub  
2 tsp. ground cumin  
8 corn tortillas

Light grill.

Prepare the salsa. In a large skillet, heat the vegetable oil over medium-high heat. When the oil is hot, add the tomatillos, jalapeno pepper halves, garlic cloves and onion; searing and turning until charred spots appear on the vegetables (this charring provides flavor) and everything softens, about 8 minutes. Transfer the vegetables to the bowl of a blender, removing the skins from the garlic before adding. Let cool a couple of minutes and then pulse several times. Add the cilantro, lime juice and salt, and pulse again. Taste for additional seasoning and pour into a serving bowl. Stir once right before serving as this salsa has a tendency to”gel”.

Prepare the pork. In a small bowl, combine the olive oil, Pork & Lamb Rub and cumin to form a paste. Rub the tenderloin(s) with the paste, covering with a generous amount. Place on grill, and sear, turning once or twice to get a nice brown crust on all sides, about 5 minutes. Move the tenderloin(s) to the side of the grill over lower heat and cook another 10-12 minutes, turning occasionally. Check for doneness by cutting into the thickest part of the tenderloin, which should be just pink. Remove to a cutting board, cover with aluminum foil for 5 minutes before slicing on the diagonal and serving. Serve with tomatillo salsa and corn tortillas. Warm the tortillas on the grill or wrapped in foil in a 325° oven for 10 minutes.

BBQ-Ribs & Peanut Sauce & Tomatillo-Corn Salsa

2 cups soy sauce  
1 cup water  
4 tablespoons chopped ginger  
3 garlic cloves, coarsely chopped  
2 pork rib racks

Combine the soy sauce, water, ginger and garlic in a medium saucepan and bring to a boil. Turn off heat and let cool. Place ribs in a large roasting dish. Cover with the marinade and let marinate in refrigerator for 24 hours. Preheat grill. Remove ribs from marinade. Grill the ribs turning and brushing with the Peanut-Chipotle Sauce until cooked through. Serve with the Tomatillo-Corn Salsa. This recipe yields 4 servings.  
  
Peanut-Chipotle Sauce

2 tablespoons unsalted butter  
1/2 cup finely-diced onion  
2 garlic cloves, finely diced  
6 plum tomatoes, coarsely chopped  
1/4 cup ketchup  
2 tablespoons Dijon mustard  
2 tablespoons dark brown sugar  
2 tablespoons honey  
1 teaspoon cayenne  
1 tablespoon ancho chile powder  
1 tablespoon paprika  
1 tablespoon Worcestershire sauce  
1/2 cup smooth peanut butter  
1/4 cup soy sauce  
1 tablespoon rice wine vinegar  
1 tablespoon pureed canned chipotle

In a large saucepan, over medium-high heat, heat the butter and sweat the onion and garlic until translucent. Add the tomatoes and simmer for 15 minutes. Add the next 8 ingredients and continue cooking for 20 minutes. Puree the mixture in a food processor, pour into a bowl and whisk in the peanut butter, soy sauce, vinegar and chipotle. Use as a basting sauce for grilled pork.

Tomatillo-Corn Relish

8 medium tomatillos, husked, and coarsely chopped  
1 tablespoon finely-diced red onion  
1 small jalapeno, finely minced  
2 tablespoons fresh lime juice  
2 tablespoons olive oil  
3/4 cup fresh corn kernels  
salt  
freshly-ground black pepper

Combine all ingredients in a small bowl. Chill until ready to serve.

Chipotle Pork with Apple Tomatillo Sauce

Cooking for guests at the lodge is always tricky when it comes to spices; however, I have found this recipe to satisfy both spice lovers and jalapeno haters. While chipolte marinade adds a little kick to the pork itself, the onions and cooking liquid temper it, and the apple tomatillo sauce is the perfect cooling compliment....Elizabeth Turney Time: Begin to cook three hours before serving.

Ingredients Marinade:

2 canned chipoltes

1 bunch cilantro

¼ cup brown sugar

¼ cup honey

Pork: 2 pork tenderloins, about 3 lbs

1-1/2 Tablespoon olive oil

1 large onion, thinly sliced

½ cup chicken broth

½ cup rum

¼ cup cider vinegar

2 Tablespoons half and half

Apple Tomatillo Sauce:

15 tomatillos, paper skins removed

1 medium onion, large dice

3 cloves garlic

1 large apple, cored and sliced

1 Tablespoon oil

2 teaspoons sugar

1 Tablespoon calvados (optional)

Marinade: Combine all of the marinade ingredients in the bowl of the food processor or blender. (May be made 24 hours ahead and refrigerated until needed.) Pork: Two hours before cooking, spread marinade over both tenderloins, cover, and refrigerate. Preheat oven broiler. Saute the onions in olive oil until they are tender. Transfer pork to a shallow roasting pan and add the broth, rum, and vinegar. Place in oven on second rack and broil ten minutes, turning once. Turn the oven to 375 degrees and cook an additional 20 minutes, until center is barely pink. Remove the tenderloins from the pan and cover loosely with foil. Meanwhile, return the onions to medium high burner and add half and half, stirring to combine. Slice the tenderloins and top with onions. Serve with warm Apple Tomatillo Sauce.

Apple Tomatillo Sauce: Preheat oven to 425 degrees. In a small roasting pan or cast iron skillet, toss the tomatoes, onion, garlic, and apple, first with the olive oil to coat, then with the sugar. Place in the preheated oven for 20 to 30 minutes until the tomatillos break their skins, but are still green, and onions are translucent. Remove and add calvados to hot pan, if desired, tossing with the vegetables. Puree with a food processor or a blender. This can be made the day before and reheated.

Yields: 6 portions.

MAIN DISHES: FISH AND SEAFOOD

[Tomatillo Chipotle Lobster Enchilada](file:///C:\AppData\Local\Temp\Tomatillo%20-%20recepten.doc#lobster)

[Grilled Tomatillo Shrimp](file:///C:\AppData\Local\Temp\Tomatillo%20-%20recepten.doc#shrimp_grilledtomatillo)

[BBQ-Grilled Shrimp with Tomatillo and Avocado Salsa](#shrimp_bbq)

[Marinated Shrimp with Tomatillo Smoked Chile Salsa](file:///C:\AppData\Local\Temp\Tomatillo%20-%20recepten.doc#shrimp_marinatedwithtomatillosmkedchile)

[Tomatillo Posole Shrimp](file:///C:\AppData\Local\Temp\Tomatillo%20-%20recepten.doc#shrimp_posole)

[Shrimp and Crab Cake with Tomatillo Relish](file:///C:\AppData\Local\Temp\Tomatillo%20-%20recepten.doc#shrimp_andcrabcake)

[Flash Fried Softshell Crab with Garlic Tomatillo Salsa](#crab_softshell)

[PanSeared Scallops& Tom.salsa & CuminSalted TortillaChips](#scallops)

[Mahi-Mahi Filets in Tomatillo Salsa & Toasted Pistachio Nut Oil](#mahimahifilets)

[Catfish with Green Tomato Salsa](#catfish)

[Red Snapper with Tomatillo-Serrano Chile Vinaigrette](#redsnapper)

[Barbecue Glazed Alaska Salmon with Tomatillo Salsa Verde](#salmonbbqglazed)

[Tuna Steaks with Tomatillo Salsa](#tunasteaks)

[Grilled Ahi with Smoked Avocado Butter and Tomatillo Salsa](file:///C:\AppData\Local\Temp\Tomatillo%20-%20recepten.doc#ahi)

[Polenta-Crusted Sea Bass with Corn and Tomatillo Salsa](#seabass)

[Steamed Tomatillo Fish](#steamedfish)

Tomatillo Chipotle Lobster Enchilada

2 oz Olive Oil   
4 oz Slipper Lobster Meat   
1 Tbsp Roasted Poblano Chile Finely Diced  
1 Tbsp White Onion Finely Diced  
2 oz Tomatillo Chipotle Salsa  
2 oz Tequila  
½ oz Puréed Chipotle En Adobo  
1 tsp Kosher Salt  
1 tsp Fine Grind Black Pepper  
¼ C Monterey Jack Cheese



In a hot sauté pan place the oil then the garlic, onions, poblanos, and the puréed Chipotle. Deglaze the pan with the tequila. Add the remaining ingredients and cook for 2 minutes over a medium high flame.

Grill the tortilla, so it has x marks. Place the lobster mix into the center of the grilled tortillas and roll tight. Serve with Spanish rice & refried beans.

Yield = 1 Order

BBQ-Grilled Shrimp & Tomatillo and Avocado Salsa

Salsa—it’s Mexico’s answer to America’s quest for convenience without compromise. Here, tangy, grill-roasted tomatillos form a pureed base for sweet, savoury, and spicy vegetables. Dip in with some grilled shrimp for a spirited appetiser or main course.



For the salsa:

12 tomatillos, husked and washed  
1 ripe Haas avocado, cut into ¼-inch dice  
1 medium, ripe tomato, cut into ¼-inch dice  
1/4 cup finely chopped white onion  
2 tablespoons finely chopped fresh cilantro  
1 teaspoon minced jalapeno  
1/2 teaspoon minced garlic  
1/4 teaspoon kosher salt  
1/4 teaspoon freshly ground black pepper  
16 to 20 jumbo shrimp (1-1/2 to 2 pounds), peeled and deveined  
Extra-virgin olive oil  
Kosher salt  
Freshly ground black pepper  
Paprika

To prepare the salsa: Grill the tomatillos over Direct High heat until charred in spots and softened, 4 to 6 minutes, turning occasionally. Place the tomatillos in a food processor and process until smooth. Pour the tomatillos into a medium bowl. Add the remaining salsa ingredients and mix well. Set aside until ready to serve.

Lightly brush or spray the shrimp with oil. Season to taste with salt, pepper, and paprika. Grill over Direct High heat until the shrimp are just opaque in the centre and firm to the touch, 2 to 4 minutes, turning once halfway through grilling time. Serve warm or at room temperature with the salsa.

Makes 4 servings.

Grilled Tomatillo Shrimp

Tomatillo

1 avocado  
1 green tomato—cored and quarter  
2 cloves garlic  
1 jalapeno chili—seeded;  
cilantro—sprigs;  
salt  
6 mesquite chip  
1/4 cup safflower oil  
1/4 cup butter  
2 tablespoon chili powder  
2 tablespoon fresh lemon juice  
1 pound shrimp—large

For green salsa: Husk, core and quarter tomatillos. Peel, pit and cut avocado into 1-inch pieces. Finely chop tomatillos, tomato and garlic in processor, using on/off turns. Transfer to heavy medium saucepan. Simmer until beginning to soften, stirring occasionally, about 3 minutes. Pour mixture into blender. Add avocado, chili, cilantro and salt. Blend until smooth, stopping occasionally to scrape down sides of blender, about 3 minutes. Serve at room temperature or slightly chilled. Soak mesquite chips in water to cover 30 minutes and drain. Prepare grill with white-hot coals (or set gas grill on high). For marinade: Combine oil, butter, chili powder and lemon juice in small saucepan. Stir over medium heat until butter melts. Cool marinade slightly. Peel shrimp (leave tail on) and devein. Place in non-aluminum bowl. Add marinade, mixing to coat. Marinate 15 minutes, turning occasionally. Oil grill rack. Add mesquite to coals. Thread shrimp on skewers. Grill until shrimp turn opaque, about 1 ½ minutes on each side. (Can be prepared 30 minutes ahead. Wrap in foil and keep at room temperature.) Serve with green salsa.

Marinated Shrimp with Tomatillo Chile Salsa

Serves 4  
  
1/4 cup olive oil  
4 cloves garlic, coarsely chopped  
1/4 cup chopped cilantro  
18 large shrimp  
Salt and freshly ground pepper  
1 jar Bobby Flay Tomatillo Smoked Chile Salsa

Combine oil, garlic and cilantro in a medium baking dish. Add the shrimp and toss to coat with the oil. Cover and let marinate in the refrigerator for 30 minutes. Heat grill, grill pan or sauté pan. Remove shrimp from marinade and season with salt and pepper. Cook for 1 to 2 minutes on each side. Serve with the Tomatillo Smoked Chile Salsa alongside

Tomatillo Posole Shrimp

1 can (16 ounces) posole (hominy), drained   
1 can (14 ¾ ounces) creamed corn   
1 cup (about half of a 14 ½ ounce can) chicken broth   
2 canned chipotle chile peppers, chopped plus 2 teaspoons canning sauce   
1 can (12 ounces) tomatillos, drained and coarsely chopped   
1 can (4 ounces) small or medium shrimp, drained, optional )

In a medium saucepan, combine posole, corn, broth, chipotle peppers and sauce; bring to a boil. Stir in tomatillos and simmer 5 minutes stirring occasionally. Stir in shrimp and simmer 1 minute or until heated through.

Servings: 4

Shrimp and Crab Cake with Tomatillo Relish

Yield: 4 servings

ounces shrimp (peeled, cleaned and deveined)   
6 ounces Dungeness crab meat, cleaned   
1 tablespoon minced onion   
1 tablespoon minced celery   
1 tablespoon minced red peppers   
1 tablespoon minced jalapeno peppers   
1 tablespoon chopped cilantro   
Salt and pepper   
1/2 tablespoon chopped parsley   
1 tablespoon chopped cilantro   
1 tablespoon flour for dredging (optional)   
2 tablespoons olive oil for frying

Chop the shrimp in a food processor, until smooth consistency. Combine the mixture in a bowl with the crabmeat and minced vegetables and season to taste with salt and pepper. Divide the mixture into 8 portions and shape into patties. Dredge the patties in flour and pan-fry them in olive oil until golden brown, approximately 2 minutes on each side.

[TOMATILLO RELISH](file:///C:\AppData\Local\Temp\Tomatillo%20-%20recepten.doc#relish_tomatillo2)

Flash Fried Soft Shell Crab & Garlic Tomatillo Salsa

1 T Blackening spice

Garlic cloves, peeled

5 med Tomatillos, husks removed

Scallions

2 bunches Cilantro

Jalapeno peppers, seeds removed

2/3 cup Extra virgin olive oil

Salt & Pepper

1 ½ T Lime juice

1 ½ cup Milk

1 ½ cup Flour

¼ cup canola oil as needed for frying

Soft shell crabs, cleaned

2 bunches Arugula

2 oz Black beans, cooked

1 sm Red onion

Ripe Avocados

1 T Chives, chopped

Sprinkle garlic cloves with blackening spice. Heat 2 tablespoons olive oil and saute garlic cloves for about 4 minutes; place in a 350 degree oven for 30 minutes. Place tomatillos, scallions, garlic, 1 bunch cilantro, jalapeno and seasonings in blender and puree. Set aside.

In a pot of boiling salted water submerge cilantro and quickly remove. Place cilantro in a blender with 1/3 cup of the olive oil and puree. After 30 minutes strain the oil. Set aside. Combine the the remaining 1/3 cup of olive oil, lime juice, salt and pepper to make a vinaigrette.

Pour milk over crabs in a bowl. Drain crabs one at a time, dredge in flour and saute until crispy and golden. Drain on paper towels and season with salt and pepper. Mix arugula and black beans with vinaigrette and season. Divide arugula mixture onto each of 6 plates; garnish with spiced roasted garlic, avocado, cilantro, red onion

Scallops & Tomatillo sauce & Cumin Tortilla Chips

Tomatillo Sauce

1 lb. (usually about a dozen) tomatillos   
1 cup chicken stock (or vegetable or water   
1 small onion, diced   
2 jalepeno peppers, diced   
1/2 cup fresh cilantro leave, chopped   
1 tsp. salt

Cumin Salted Corn Chips

1 tbs. kosher salt   
1 tsp. ground cumin   
1/2 tsp Mexican oregano   
1 dozen corn tortillas   
oil for frying

Pan Seared Sea Scallops

1 lb. sea scallops   
1 tbs. olive oil   
1 tbs. unsalted butter   
Salt and pepper

Tomatillo Sauce

Add all ingredients for the tomatillo sauce except the cilantro to a sauce pot and bring to a boil. Cover the pot, reduce the heat and simmer for 15 minutes. Remove the pot from the heat and puree its contents with a hand blender, potato masher or in a regular blender or food processor until smooth (or chunky if you want to go for that rustic feel). Because the flavor of cilantro gets lost when it’s cooked, you should hold off on adding the cilantro (and even chopping it if you want to be persnickety) until just before serving. For this meal we’ll just set the sauce aside for now (the sauce will also keep nicely for a couple of days in the refrigerator). When we get to the scallops we’ll heat the sauce back up and add the cilantro.



Cumin Salted Corn Chips

Mix the salt, cumin and oregano in a small bowl or cup and set aside.

Heat 2” of oil in a heavy skillet to 380° (or crank up the deep fryer if you have one).

Cut tortillas into shapes. Try a combination zigzags, triangles, circles, strips, curved moons. I use a heart shaped cookie cutters for some. Be creative. Get the kids involved. Have fun.

Fry tortilla pieces in batches (probably about 4 batches for a dozen tortillas) until crisp: about 2 minutes. A little brown is OK, but don’t let them burn. When crisp, remove the chips from the oil with a strainer, tongs or slotted spoon, quickly drain them on a paper towel covered sheet pan, cookie sheet or plate and sprinkle on some of the salt mixture to taste. The most important thing is to get the seasoning on while the chips are still hot, otherwise it won’t stick to the chips.

Pan Seared Sea Scallops

Heat up a large skillet (not a non-stick one if at all possible) over medium-high heat. Don’t skimp on the heat. If you’re going to err, err on the side of too hot.

Season the scallops with salt and pepper. Add the oil and butter to the pan and when the butter stops foaming, add the scallops and don’t touch them. If the scallops won’t fit in the pan with a good inch or two between them, cook them in two batches. Did I mention that you shouldn’t touch the scallops? I mean it. Don’t touch them. Don’t shake the pan. Hey, I said don’t touch them! Now get away from that pan with that spatula!

When searing any meat (fish, chicken, beef, whatever) you want to put the meat in the hot pan and just leave it there until the sought after crust forms on the bottom. There are two reasons for this: 1) The crust simply will not form if you toss the meat around (or, at least, the meat will be way overcooked by the time the crust forms), and 2) when moving the meat too soon, the lovely crust you’re trying to build ends up sticking to the pan rather than the meat. If, on the other hand, you allow the meat and the pan do their little searing embrace on their own for a few minutes, you’ll be able to effortlessly lift up your precious piece of meat with a beautifully caramelized brown crust on the bottom.

To occupy yourself while not touching the scallops, you can reheat the tomatillo sauce and toss in the chopped cilantro. For sea scallops the searing process takes only about 3 minutes per side.

Plating

Spoon some tomatillo sauce in the middle of the plate. Arrange three to five scallops on top of the sauce, leaving some space in the middle for the chips. Make a pile of the chips in the middle of the plate. If you’ve made some particularly interesting shaped chips, place those around the edge of the plate. To finish, you can dust the plate with some cracked black pepper, some fresh cilantro and/or a little bit of chile powder.

Serves 4 adults

Mahi-Mahi Filets in TomatilloSalsa & Nut Oil

Serves 6

3 ears fresh corn 1 cup fresh squeezed orange juice  
6 tomatillos 1 tsp. lemon juice  
1 red pepper 1/2 cup pistachio nut oil\*  
1/2 jalapeño, seeded 6 mahi-mahi filets, 6 oz. each  
2 Tbs. cilantro 1 cup pistachios, ground

salt & pepper  
2 Tbs. vegetable oil

Mahi-Mahi also called Dolphin fish, a possible substitute is tuna.

Salsa:

Prepare a hot grill. Remove silks from ears of corn and pull husks back to cover. Place on grill and char on all sides until corn is cooked, about 5 minutes. At the same time, remove the husks from tomatillos and place on grill with red pepper and char on all sides. When vegetables are cool enough to handle remove the husks from the corn and cut off the cob. Finely dice the tomatillos. Peel, seed and dice the red pepper. Place them all in a stainless steel bowl and mix with the jalapeño and cilantro and season with salt and pepper. Reserve.

Sauce:

Place orange juice in a stainless steel saucepan and reduce by half over high heat until lightly thickened. Add the lemon juice and pistachio nut oil and reserve.

To serve: Heat a non-stick skillet over high heat. Roll fish filets in ground pistachios and season with salt and pepper. Add vegetable oil to skillet and cook filets on both sides to lightly brown and cook through. Divide salsa between six plates, place fish on top and drizzle sauce around the fish.

Catfish with Green Tomato Salsa

Serves 4.

1 lb. catfish or other lean white fish (cut into 4 serving pieces)  
1/2 c. prepared chunky salsa  
2 tomatillos or green tomatoes (chopped)  
1 tbsp. cilantro (chopped) or Chinese parsley plus sprigs for garnish  
2 tsp. lime juice  
1/4 tsp. ground coriander  
4 lg. flour or corn tortillas (optional)

Pat fish dry with paper towels. Arrange in an 8 inch square glass baking dish so that pieces are toward the sides of the dish. Combine salsa, tomatillos, cilantro, lime juice and coriander. Spoon mixture over fish. Cover with vented plastic wrap. Rotating dish midway through cooking, microwave on high 3 to 4 minutes, or just until fish flakes when tested with a fork.

Red Snapper & Tomatillo-Serrano Chile Vinaigrette

Peanut oil

red snapper fillets (about 6 ounces each), skinned

Salt and freshly ground pepper

Tomatillo-Serrano Chile Vinaigrette

Heat 2 tablespoons of oil in a large skillet. Add the fillets in batches

and cook over moderate heat for 2 minutes. Turn and cook on the other side until the fish is opaque throughout, about 3 minutes. Remove the fish to a large warm platter. Spoon the Tomatillo-Serrano Chile Vinaigrette onto 6 warm dinner plates and arrange the snapper fillets in the center. Serve warm.

[Tomatillo-Serrano Chile Vinaigrette](C:\\AppData\\Local\\Temp\\Tomatillo - recepten.doc" \l "vinaigrette)

BBQ Glazed Alaska Salmon & Tomatillo Salsa Verde

Serves 4

1 (2 lb) fillet of salmon trimmed of fatty tissue but with skin on

sea salt

freshly ground black pepper

½ cup of your favorite barbecue sauce

large sprigs of fresh cilantro for garnish

roast tomatillo salsa verde

Preheat the grill or broiler to 400 degrees.

Lay the salmon fillet on a foil lined cookie sheet. Season with salt and pepper. Brush the barbecue sauce over the salmon. Place on the grill and close the cover or place under the broiler about 4 inches from the heat source. Cook to your desired doneness. (About 20 minutes for medium)

Remove from heat. Using large spatulas, lift salmon to a platter. Garnish platter and fillet with sprig of cilantro. Serve with Roast

[Tomatillo Salsa Verde](file:///C:\AppData\Local\Temp\Tomatillo%20-%20recepten.doc#verde3)

Tuna Steaks with Tomatillo Salsa

tomatillos, remove husks and chop

2 tomatoes, peeled, seeds removed, chopped

2 finely chopped green onions

1 clove garlic, minced

½ cup olive oil

tablespoons fresh chopped cilantro

1 tablespoons lime juice

salt and pepper, to taste

1 jalapeno or other hot chile, seeded and minced

tuna steaks, 6 to 8 ounces each

2 tablespoons olive oil

In medium bowl, combine chopped tomatillos, chopped tomatoes, chopped green onions, garlic, ½ cup olive oil, cilantro, and lime juice. Season with salt and pepper. Add chili peppers, if desired. Refrigerate the salsa until about 1 hour before serving and then bring to room temperature. Brush tuna steaks with 2 tablespoons olive oil. Broil or grill tuna steaks about 4” from heat, turning once, about 4 minutes on each side, or until fish is cooked to desired doneness. Serve with salsa.  
Serves 4.

Grilled Ahi with Avocado Butter and Tomatillo Salsa

Four, 4 oz Ahi Steaks (yellowfin tuna), brushed with Olive Oil  
Salt and Pepper to taste

Smoked Avocado Butter  
1 lb Whole Unsalted Butter room temp  
1 Ripe Avocado, seeded  
1 Small Red Pepper, diced small  
1 Small Green Pepper, diced small  
1 Jalapeno, diced small  
1 Tbsp Dijon Mustard

1 tsp Liquid Smoke  
1 Small Maui Onion, diced small  
1 tsp Chopped Garlic  
1 Lime, juiced  
  
Tomatillo Salsa  
½ lb Tomatillos (husked)  
1 pint Chicken Stock  
½ cup Fresh Cilantro  
1 Tbsp Dried Oregano  
1 Tbsp Garlic, chopped  
1 Small Jalapeno, seeded / chopped  
1 Small Maui Onion, chopped

Avocado Butter

Combine all the ingredients in mixer until well blended. Refrigerate and reserve for use later.  
   
Tomatillo Salsa  
Bring all ingredients to a boil, lower heat, and simmer for 10 minutes. With a hand blender, blend until smooth, strain, and keep warm.  
Fish Preparation  
Grill Ahi to desired doneness, rare to well, depending on specific taste.

Presentation  
On a serving dish, start with a favorite rice recipe, which matches flavors of this dish. Next, place Ahi steaks on rice and top with Tomatillo Salsa. Place the Smoked Avocado Butter on top. Flash under broiler in oven until butter has started to melt. Garnish with lime wedges and cilantro sprigs.

Yields four (4) servings

Polenta-Crusted Sea Bass & Corn & Tomatillo Salsa

“A polenta coating gives the fish a crackling, nutty-tasting outer crust, leaving  
the flesh juicy and tender. The corn and tomatillo salsa is also delicious as an accompaniment to barbecued chicken or pork, or as a dip for chips.”

Serves 4

1 ear of corn, in the husk  
6 tomatillos, husks removed, rinsed (1/2 pound)  
1/3 cup peeled, seeded and diced tomato  
1/3 cup peeled, seeded and minced jalapeño pepper  
1/3 cup peeled, seeded and diced cucumber  
1/3 cup peeled and diced red onion  
1/3 cup diced red bell pepper  
2 tablespoons coarsely chopped fresh cilantro  
1 tablespoon lime juice  
1 ½ teaspoons kosher salt  
1/4 teaspoon freshly ground black pepper  
1/4 cup olive oil  
1/2 cup buttermilk  
1/2 cup medium-ground polenta or cornmeal  
Four 6-ounce fillets of sea bass, red snapper, or catfish

Preheat the oven to 400 degrees F. . Pull back the corn husk just enough to expose the silk. Remove the silk and close the husk back over the ear of corn. Roast the corn for 10 minutes. Remove from the oven and, when cool enough to handle, peel the husk and cut the kernels from the cob. Place the tomatillos in a small saucepan with enough water to barely cover. Bring to a boil, lower the heat, and simmer until soft but not falling apart, about 5 minutes. Drain the tomatillos and purée in a blender until completely smooth. In a bowl, combine the puréed tomatillos, roasted corn, tomatoes, jalapeño, cucumber, red onion, red pepper, cilantro, and lime juice. Season with 1 teaspoon salt and 1/8 teaspoon pepper. The salsa may be prepared 6 to 8 hours ahead to this point and kept covered in the refrigerator. Heat the olive oil in a 12-inch skillet over medium heat. 6. Pour the buttermilk into a shallow bowl and sprinkle the polenta onto a dinner plate. Season the fish fillets with the remaining salt and pepper. Dip the fillets into the buttermilk then dredge in the polenta.. Sauté the fish until lightly browned, 3 to 4 minutes a side. Transfer  
the fillets to a warm platter and serve with the room-temperature salsa on  
the side.

Steamed Tomatillo Fish

(serves 4)

1 lb. fish fillets

½ lb. mushrooms, sliced

1/3 cup olive oil

¼ cup soy sauce

4 tomatillos, chopped

2 jalapeños, chopped

1 medium bunch cilantro

1 clove garlic

½ onion, sliced

1/3 cup water

Salt to taste

4 medium-sized sheets of aluminum foil

Salsa:  
Put the tomatillos, cilantro, jalapeños, garlic, salt and water in the blender. Blend well and set aside.

Fish:  
Place each fish fillet on a piece of aluminum foil. Spread olive oil and soy sauce over both sides of each fillet. Place onion slices and mushrooms on top of the fillets. Pour salsa over each fillet.

Close the aluminum foil tightly over the fillets. Be sure they are well sealed.

Heat a comal, frying pan or griddle on medium heat. Place the foil packets on the heated comal, frying pan or griddle. Leave packets for approximately 5 minutes or until packets puff up with air.

Remove from foil and serve.

When the fish is finished cooking, you can serve it with more salsa if you like.

MAIN DISHES: FOWEL

[Turkey Breast with Tomatillo Sauce](#turkeybreast)

[Grilled Chicken W. Beans, Smoked Tomato & Tomatillo](#chicken_grilledsmokedtomato)

[Chicken With Tomatillo Sauce](#chicken_tomatillo)

[Yucatan-style Chicken Skewers with Papaya-Tomatillo Salsa](#chicken_skewewrs)

[Tequila Chicken With Tomatillo Sauce](#chicken_tequila)

[Green Tomatillo Chicken](#chicken_green)

[Tomatillo Chicken](#chicken_tomatillo2)

[Roast Chicken With Tomatillo Sauce](#chicken_roast)

[Huevos Con Tomatillo Salsa](#huevos)

Turkey Breast with Tomatillo Sauce

Servings: 24

Amnt Measure Ingredients Preparation

5 Pounds tomatillos peeled and coarsely chopped

1 Each green bell pepper coarsely chopped

1 Each red bell pepper coarsely chopped

1 Each yellow bell pepper coarsely chopped

5 Each jalapeno peppers coarsely chopped

1 Each red onion coarsely chopped

1 Cup garlic cloves peeled

2 Bunches fresh cilantro stems removed

To Taste salt and pepper

24 Each TURKEY TENDERS patted dry

As needed Cajun spice blend

3 Pounds unsalted butter

24 Ounces sour cream

Tomatillo Sauce :Place tomatillos, peppers, onion, and garlic into large baking pan and cook in preheated 350 degree F oven. Roast until skin begins to char and peppers are tender. Place in food processor. Add cilantro and blend thoroughly. Season with salt and pepper. Set aside.

Turkey: With a meat mallet, pound turkey tenders until approximately ½-inch thick. Spread Cajun seasoning evenly on a plate then firmly press both sides of turkey breast into spice blend, allowing excess to shake off. Service Preheat saute pan until hot, add 2 ounces of butter and allow it to melt; sear both sides of the turkey, reduce heat, and cook until done, turning once. Serve turkey tenders with mashed potatoes or brown rice and fresh steamed vegetables. Ladle Tomatillo Sauce over turkey and streak 1 ounce of sour cream over sauce.

Grilled Chicken & Beans, Tomato & Tomatillo

Yield: 4 Servings

      4    whole boneless skinless  
      1    chicken breasts  
      1 lg onion—peeled and sliced  
      2    cloves garlic—peeled and  
      1    minced  
      3    stemmed jalapeno chilies --  
      1    finely chopped  
      1 sm bunch fresh cilantro --  
      1    washed, picked, and  
      1    chopped  
  1 ½ ts crushed cracked black  
      1    pepper  
      1    salt—to taste  
    ½ c  corn or olive oil  
      1    drunken black beans—see  
      1    recipe  
      1    smoked tomato ranchero --  
      1    see recipe  
      1    tart tomatillo relish—see  
      1    recipe  
      1    cotija queso—see note  
      1    cilantro sprigs—for  
      1    garnish

Note: Cotija is a Mexican hard crumbly cheese similar to feta but not  
as salty. It is usually available in supermarkets in the Southwest or  
Latin American markets around the country.

Prepare smoker for cold smoke. Place chickens on rack and cold smoke with as little heat as possible for 15 to 20 minutes. Remove from smoker and place chickens in a large bowl. Add onion, garlic, chilies, cilantro, pepper, salt and oil to bowl with chickens. Mix to combine. Marinate overnight or at least 8 hours.  
  
Prepare grill. Make sure grates are clean and lightly rubbed or brushed with oil. Remove chicken from marinade and place skin side down on hot grill. Cook for 4 minutes. Turn and grill other side for 3 minutes or until chicken is cooked through. Remove from grill and keep warm.

Spoon a portion of the Drunken Black Beans in the middle of each warm  
plate. Surround the beans with a ladle of the Smoked Tomato Ranchero.  
Place the chicken breast slightly off center in the middle of the  
plate, showing a small portion of beans. Top each chicken breast  
with a small spoon of Tart Tomatillo Relish. Sprinkle the middle of  
each plate with Chateauguay Queso and garnish with a large sprig of  
cilantro.

Yucatan-style Chicken & Papaya-Tomatillo Salsa

Serves 6  
  
1 cup Yucatan Marinade (recipe follows)  
9 skinless, boneless chicken thighs  
36 6-inch wooden skewers, soaked  
2 cups Papaya-Tomatillo Salsa (recipe follows)  
  
Combine chicken and marinade in a zip-lock plastic bag. Refrigerate 4 to 6 hours or overnight.  
  
Prepare your grill or broiler. Thread each piece of chicken onto 2 skewers flattening the meat so it stays flat on the grill. Grill about 4 minutes on each side until done, basting once on each side with extra marinade. Serve with the salsa and [Margaritas](http://www.bellaonline.com/articles/art9620.asp).  
  
Papaya-Tomatillo Salsa, makes about 3 cups

1 large papaya, peeled, seeded and coarsely chopped  
4 medium tomatillos, husked, rinsed and coarsely chopped  
2 tablespoons finely diced red onion  
1 tablespoon minced jalapeno  
1/4 cup fresh lime juice  
1/4 cup coarsely chopped cilantro  
1 teaspoon honey  
Salt and freshly ground pepper

Combine all ingredients in a bowl and stir gently to mix. Season with salt and pepper.

Yucatan Marinade, Makes 1 cup

1/4 cup fresh orange juice  
1/4 cup fresh lime juice  
2 tablespoons fresh lemon juice  
1/4 cup chile powder  
1 teaspoon cayenne pepper  
1 teaspoon black pepper  
1/2 teaspoon salt  
1/4 cup olive oil

In a food processor, combine all ingredients except the olive oil and process for 30 seconds. With motor running, add the oil through the feed tube and process until emulsified.

Tequila Chicken With Tomatillo Sauce

Yield: 8 Servings

MARINADE  
1/3 c  tequila  
2 tb fresh cilantro—minced  
1/3 c  chicken broth  
1 ½ ts garlic—minced  
¼ c  fresh lime juice  
4    chicken breast halves with  
¼ c  olive oil  
1    bone and skin—each cut in  
2 tb fresh jalapeno peppers  
      1 half crosswise,  1  minced  
    
TOMATILLO SAUCE  
12    tomatillos (about 1-1/4 lb)  
 1 c  chicken broth  
 1    husked, rinsed—cored and  
 1 tb all purpose flour  
 1    halved  
 1 tb chopped fresh cilantro  
 2 md fresh jalapeno pepperse  
 ½ ts salt (optional)  
 1    halved—cored and seeded

Mix marinade ingredients in a plastic food bag. Add chicken and close bag,  
squeezing out as much air as you can. Marinate in refirgerator 4-8  
hours turning bag once. TOMATILLO SAUCE: Put tomatillos, jalapenos,  
tequila, and all but 2 tabl. chicken broth into a medium size  
saucepan. Cover and cook over medium high heat 4-5 minutes until  
tomatillos are tender. Stir flour and remaining 2 tabl. broth until  
smooth. Stir into tomatillo mixture. Add cilantro and salt. Simmer  
4-5 minutes over medium low heat, stirring occasionally, until  
mixture is slightly thickened. Puree in blender or food processor.  
Remove chicken from marinade. Discard marinade. TO GRILL: Cook  
chicken 4-6 inches above hot coals for about 15-20 minutes, turning  
once, until opaque in center when pierced with tip of knife. TO  
BROIL: Broil 4-5 inches from heat source as directed above. TO SERVE:  
Pour 1 cup hot Tomatillo Sauce onto serving platter. Arrange chicken  
on sauce. Serve sauce separately.

Chicken With Tomatillo Sauce

ounces fresh tomatillos or 1 can (13 ounces) tomatillos, drained

1 teaspoon salt

½ tablespoon finely chopped jalapeñ pepper

1 OSO Sweet onion, coarsely chopped

2 tablespoons vegetable oil, divided

2 large cloves garlic, finely chopped

3 boneless chicken breast halves, about 1 pound, cut in ½-inch dice

1/3 cup chicken broth

3 tablespoons chopped fresh cilantro

12 corn tortillas, preferably handmade, warmed

For fresh tomatillos, cover with water; bring to boil, add 1 teaspoon salt. Reduce heat; simmer until tender, about 10 minutes, then drain. Purée cooked or canned tomatillos and jalapeñ in food processor or blender; reserve. Over medium heat, sauté onion in oil until tender, about 5 minutes. Stir in garlic; sauté 1 minute. Raise heat to medium-high; stir in chicken. Cook, stirring constantly, until chicken is opaque, about 2 minutes. Stir in reserved tomatillo Purée and broth. Cook, stirring constantly, until sauce thickens, about 5 minutes. Add more salt to taste, if desired. Stir in cilantro. Serve in tortillas.

Makes about 3 cups

Green Tomatillo Chicken

Yield: 4 servings

Whole chicken legs w/thighs

2  tb Salad oil

1  lb Fresh tomatillos\*

Large onion,chopped

Large fresh jalapeno chilies

Garlic clove,pressed/minced

½  c Fresh cilantro leaves

Salt

Pepper cored and chopped

Remove chicken skin. Pour oil into 10-12” frying pan over medium-high heat. Add chicken and brown, turning as needed, 8-12 minutes. Add tomatillos, onion, chilies, and garlic. Cover and simmer, turning chicken occasionally, until meat is no longer pink at thigh bone (cut to test), about 30 minutes. With a slotted spoon, transfer chicken to a platter; keep warm.

Boil sauce, uncovered, over high heat until most of the liquid evaporates, 6-8 minutes. Pour sauce over chicken. Sprinkle with cilantro. Add salt and pepper to taste.

Tomatillo Chicken

Green salsa is made from tomatillos, fruits that look like green tomatoes wrapped in paper with a tart lemony flavor and tomato-like texture. Green salsa, especially roasted green salsa, makes a great cooking sauce and is lower in carbs than red salsa.

Chicken:

1 tablespoon olive oil

¾ teaspoon salt

1 teaspoon cumin

large whole chicken legs

1 cup roasted tomatillo salsa, mild or medium (depending on preference)

½ cup reduced-sodium chicken broth

Garnish:

½ teaspoon olive oil

¼ cup pumpkin seeds

¼ teaspoon salt

For the chicken: Arrange rack in top third of oven (about 6” from heat source). Heat oven to 350°F. Heat oil in a 12” skillet over medium-high heat. Combine salt and cumin and sprinkle chicken evenly on both sides. Brown legs 6 minutes per side, turning once, until deep golden (be careful not to let the chicken burn—reduce heat slightly if it gets too dark).

Pour in salsa and broth; cover loosely with foil. Transfer to oven and bake 35 minutes.

Meanwhile, prepare the garnish: Heat oil in a small skillet. Add seeds and cook, shaking pan, 1 to 2 minutes, until seeds are lightly toasted and slightly puffed (seeds may pop). Sprinkle with salt; set aside.

Uncover chicken and bake 5 to 6 minutes more, until deeply browned. To serve, transfer to a platter, spoon juices over chicken and sprinkle with pumpkin seeds.

Huevos Con Tomatillo Salsa

corn tortillas

eggs

tomatoes, cut in wedges

avocados, sliced

grated Jack cheese

chopped cilantro

Tomatillo Salsa:

fresh tomatillos

2 Tablespoons oil

1 cup chopped onion

green chiles, chopped

2 teaspoons chopped garlic

1 Tablespoon oregano

1 Tablespoon lime juice

½ teaspoon sugar

salt

1 cup chicken broth

1 bay leaf

Salsa: Remove husks from tomatillos, place in a saucepan, cover with water, and bring to boil over medium heat. Cook until translucent and tender, about 5 minutes. Drain, rinse, and drain again. Heat oil in pan, add onion, and cook until soft. Transfer to food processor along with tomatillos, chiles, garlic, oregano, lime juice, sugar, salt to taste, and ½ cup of chicken broth. Blend until smooth. Transfer mixture to a saucepan and add remaining stock and bay leaf. Bring to boil, reduce heat, and simmer until slightly thickened, about 30 minutes.

To assemble the dish: Fry corn tortillas in oil until crisp. Fry an egg and place on tortilla. Cover egg with salsa and sprinkle with cheese. Garnish with tomato, avocado, and chopped cilantro.

Note: We always serve a black bean/Monterey Jack cheese quesadilla as a side dish.

Roast Chicken With Tomatillo Sauce

Serves: 4

½ pound fresh tomatillos, husks removed and quartered  
4 cloves garlic, minced  
2 ounces diced green chilis  
1/2 bunch fresh cilantro, chopped  
1 small onion, chopped  
Freshly ground pepper  
2 whole chicken breasts, halved, skin and fat removed  
4 red pepper rings

Puree the first six ingredients. Place in a 9 inch quiche pan or pie plate, cover with microwave plastic wrap, and microwave on high for 5 minutes. To cook on top of stove: place pureed ingredients in a saucepan and simmer 20 minutes.

Place the chicken in the sauce, flesh side up, with the thick side toward the outside of the dish. Baste with the sauce mixture. Cover tightly with double plastic wrap and cook on high for 7 minutes. Uncover and cook on high for 2 minutes. Place a pepper ring on each piece of chicken, return to oven, and microwave on high for 2 minutes more.

To bake in oven: Spoon the sauce over the chicken, cover, and bake in a preheated 350 degree oven for 35 to 40 minutes.

MAIN DISHES: VEGETABLES

[Sweet Potato Bean Cakes with Tomatillo-Lime Salsa](#potato_sweet)

[Tomatillo and Chile Pepper Salsa Salad](#salad)

[Honeyed Potato and Tomatilla Salsa Dueto](#potato_honeyed)

[Eggplant ParmigiAno with Shrimp](#eggplant)

[Turkey-White Bean Salad And Tomatillo-Chipotle Spread](#salad_turkey)

[Tomatillo-Serrano Chile Vinaigrette](#vinaigrette)

Sweet Potato Bean Cakes & Tomatillo-Lime Salsa

Warm up the cold late-winter nights with these sumptuous orange cakes topped with tangy green salsa. The cakes make use of sweet potatoes, rich in cancer-and heart-disease-fighting carotenoids. The salsa, high in vitamin C, could help you ward off late-season colds.

Sweet Potato Bean Cakes  
1 ½ cups cooked sweet potatoes, mashed (2 medium sweet potatoes)  
1 heaping tablespoon grated fresh ginger  
1 large egg  
1/3 cup chopped fresh parsley  
1 tablespoon flour  
Pinch of ground red pepper  
2 scallions, white and green parts, chopped  
1 teaspoon ground allspice  
½ teaspoon salt  
1 tablespoon brown sugar  
1 cup navy beans, cooked and drained well  
¾ to 1 cup dry, unseasoned breadcrumbs3 tablespoons vegetable oil

In a large bowl, combine the sweet potatoes, ginger, egg, parsley, flour, red pepper, scallions, allspice, salt, brown sugar, and beans. Mix well with a fork, taking care that the beans don’t become mashed.

Refrigerate at least one hour, or until the mixture is firm enough to form into balls. Roll the mixture into golf-ball sized balls, roll each ball in the breadcrumbs, then press the balls into 10 cakes with a fork.

In a medium-sized frying pan, heat 2 tablespoons of the oil over medium heat. Add 5 of the cakes and fry, turning once, until golden, about 8 to 10 minutes. Remove the cakes. Add the remaining 1 tablespoon of oil and fry the remaining cakes. Serve with [Tomatillo-Lime Salsa](file:///C:\AppData\Local\Temp\Tomatillo%20-%20recepten.doc#verde_lime). (Serves 2 to 3).

Honeyed Potato and Tomatilla Salsa Dueto

(created in honor of Pope John Paul II’s triumphant return to Mexico)

Visually resplendant—and gastronomically exciting—this double soup is easy to make and worth it even if it weren’t. The sweetness and creaminess of the potato soup foundation perfectly sets off the complex tang of the serrano chile-tomatillo soup swirled into its center—and they are scrumptious eaten together with a sprinkling of finely chopped red pepper. Serve this spectacular first course to 4-6 people in flat soup plates as a first course.

The Honeyed Potato Soup

cups vegetable or chicken stock

1 pound potatoes (about 3 medium), peeled and cut in same-sized chunks (or sweet potatoes, although they will change the colors of the Mexican flag)

salt and white pepper to taste

1 onion, cut in chunks

¼ cup heavy cream

1 Tablespoon honey

The Serrano-Tomatillo Soup

1 pound tomatillos, husks removed

serrano chilies, cored and seeded

1 cup water

salt to taste

¾ cup cilantro, roughly chopped

1 Tablespoon lard

1 onion, finely chopped

Garnish: finely minced sweet red pepper

Make the potato soup in one large saucepan: Bring the stock to a boil, add the potato and onion chunks, and salt and pepper to taste. Reduce heat and simmer, partially covered, until tender, about 15-20 minutes. Puree in a blender, then blend in the cream and the honey. Pour back into the saucepan and keep on a bare simmer.

Make the serrano-tomatillo soup in another saucepan: Bring the water to a boil, add the whole tomatillos and serranos, and salt lightly. Reduce heat and simmer until tender, about 15-20 minutes. Puree in a blender with the chopped cilantro. Heat the lard in the saucepan and saute the finely chopped onion until transparent. Pour in the soup, bring to a boil, and cook for 10 minutes.

When ready to serve, pour the potato soup into each flat soup bowl in equal portions, not filling too high. Carefully pour a scant cup of the tomatillo soup directly in the middle of each bowl of potato soup and swirl through. Sprinkle the chopped red pepper in the center of each and serve immediately.

Eggplant Parmigiano with Shrimp

Classic Eggplant Parmigiano with bell peppers and sautéed shrimp makes a complete and very tasty low carbohydrate dinner.  If you have a set of small gratin or crème brûlée dishes, this can also be prepared and served as an appetizer for 6.

Yield:  2 dinner or 6 hot appetizers

2        medium-large eggplants    
1        red bell pepper   
2T      McCormick’s Italian Seasoning (marjoram, thyme, rosemary,  savory, sage, oregano and basil)   
3T      EVOO           S/P   
8 oz    tomato sauce, of choice   
1T      fresh parsley or cilantro   
½ C    freshly grated Parmigiano Reggiano    
12      medium shrimp   
2t       butter   
1t       garlic infused EVOO

1.  Slice the eggplants lengthwise into slices, a generous ¼-inch thick, discard the skin-backed outer slices

2.  Open, deseed and slice the bell pepper into rectangles about 2-inches by ½-inch   
3.  Place the eggplant and bell pepper slices on a sheet pan lined with parchment paper   
4.  Season generously with Italian seasoning and some salt    
5.  Drizzle EVOO generously on each piece of eggplant and a little on the peppers   
6.  Roast in a pre-heated oven at 400F for 25 minutes

7.  Remove sheet pan from oven and let cool. Leave oven on at 400F   
8.  When cool, remove the eggplant and carefully slice away the skin-edge   
9.  Fine tune the tomato sauce with fresh parsley, cilantro or herbs of choice   
10. In individual gratin dishes or in one large gratin: Line the bottom of the dish with slices of eggplant Drizzle tomato sauce over each slice     ·   Dust generously with freshly grated Parmigiano Reggiano     ·   Place in a few pieces of the roasted red bell pepper     ·   Lay in another layer of eggplant, sauce and grated cheese ·   Top with remaining bell peppers and cheese     ·   Place gratin(s) in the oven to reheat and melt the cheese, about 8 minutes

11.  Meanwhile, sauté the shrimp in a little hot butter, S/P and garlic infused olive oil, about 3 minutes, don’t overcook

12.  (Optional) Turn on the broiler and brown the top of the gratin(s).  Watch carefully   
13.  Remove the gratin(s) from the oven and arrange a nice array of shrimp on top  of each dish

14.  Garnish with a few leaves of cilantro or parsley

15.  Serve immediately

Tomatillo and Chile Pepper Salsa Salad

Try this fresh-tasting, crunchy salsa-style salad with fajitas or grilled chicken or pork. You’ll be surprised at how such a little bit of cheese adds such a big flavor change.

1 cup finely chopped peeled cucumber  
3 ounces tomatillos, finely chopped  
1 ½ ounces reduced-fat Monterey Jack or mozzarella cheese, cut into ¼-inch cubes  
1 medium Anaheim pepper, seeded and ribs removed, finely chopped  
1/4 cup snipped fresh cilantro  
2 tablespoons finely chopped green onions (green & white parts)  
3 to 4 teaspoons fresh lime juice  
1/8 teaspoon salt

In a medium bowl, combine all the ingredients. Let stand for 10 minutes to allow the flavors to blend. Serve immediately or cover and refrigerate for up to 2 hours.

Variation: Tomato and Bell Pepper Salsa Salad  
Substitute tomatoes for tomatillos, ½ medium green bell pepper for Anaheim pepper and parsley for cilantro.

Turkey-Bean Salad & Tomatillo-Chipotle Spread

Yield: 8 Servings  
  
    ½ c  Mayonnaise  
      2 tb White wine vinegar  
      1 tb Olive oil  
      1 tb Creole mustard  
           Salt; to taste  
           Freshly-ground black pepper;  
           - to taste  
      1 lb Cooked turkey meat; diced  
           (both white and dark meat)  
      1 cn White beans - (15 oz);   
           -rinsed and drained  
      1 c  Grated carrots  
    ½ c  Diced celery  
      2 tb Chopped green onions  
      1 tb Chopped parsley  
      1    recipe Tomatillo-Chipotle            -Spread;

In a small bowl combine the mayonnaise, vinegar, olive oil, and Creole mustard. Season highly with salt and pepper. In a large bowl combine the turkey, white beans, carrots, celery, green onions, and parsley. Add the dressing, toss to coat. Refrigerate for 30 minutes before serving. Serve with Tomatillo-Chipotle Spread.

This recipe yields 8 servings.

Tomatillo-Serrano Chile Vinaigrette

fresh tomatillos, husked, rinsed and cut into small dice

1/3 cup diced jicama

1 ½ tablespoons diced red bell pepper

1 ½ tablespoons diced yellow bell pepper

½ mango, peeled and cut into small dice

1 serrano chile, seeded and finely diced

1/3 cup peanut oil

2 tablespoons olive oil

2 tablespoon white wine vinegar

1 ½ tablespoons balsamic vinegar

1 tablespoon fresh lime juice

1 tablespoon fresh lemon juice

1 small garlic clove, minced

1 to 2 tablespoons minced fresh coriander

Salt

In a bowl, combine the tomatillos, jicama, red and yellow bell peppers, mango and serrano chile; toss to mix. In a small bowl, combine the peanut oil, olive oil, white wine vinegar, balsamic vinegar, lime juice, lemon juice, garlic and coriander. Whisk to blend well. Pour the dressing over the diced vegetables and stir lightly to mix. Season with salt to taste.

Tortilla & other Tex-Mex DISHES

Enchiladas

[Judy’s Chicken Enchiladas with Tomatillo-Sour Cream Sauce](#enchilades_chickenjudy)

[Chicken Enchiladas with Tomatillo Sauce](#enchilades_chicken)

[Seafood Enchiladas with Cream and Tomatillo’s](#enchilades_seafood)

[Shrimp Enchilada with Tomatillo Salsa 2](#enchilades_shrimp2)

[Squash Enchiladas with Tomatillo Sauce](#enchilades_squash)

Tacos

[Cajun Shrimp Tacos with Tomatillo Salsa](#taco_shrimp)

[Tomatillo Chicken Tacos](#taco_chicken)

[Spicy Chicken Tacos with Green Salsa](#taco_chickenspicy)

[Pulled Pork Tacos With Tomatillo Salsa](#tacos_pulledpork)

[Tacos filled with Spicy Fish and Tomatillo](#tacos_specyfish)

[Buffalo SoftTacos & TomatilloSalsa & Cilantro-Lime Sour Cream](#tacos_buffalo)

Chili

[Tomatillo Chili 1](#chili1)

[Tomatillo Chili 2](#chili2)

[Pork and Tomatillo Chili](#chili_pork)

Others

[Corn, Cheese and Chile Tamales with Tomatillo-Avocado Salsa](#tamale_corncheesechile)

[Camembert Quesadillas with Tomatillo Salsa](#quesadilla)

[Chicken Chilaquiles with a Roasted Tomatillo Sauce](#chilaquiles)

[Tomatillo-Chicken “Mockiladas” 2](file:///C:\AppData\Local\Temp\Tomatillo%20-%20recepten.doc#mochiladas)

[Stuffed Poblano Peppers](#stuffedpepper)

[Tomatillo and pepper-ring escabeche with garlic](#escabeche_tomatilloenpepperring)

Chicken Enchiladas with Tomatillo Sauce

Crisp chicken enchiladas topped with sour cream, a lime slice, and cilantro are served in lively green tomatillo sauce. The tart fruity flavor of tomatillos blended with green chilies and lime juice gives a refreshing character to the sauce for these make-ahead chicken enchiladas.

Salad Oil

corn tortillas (6- to 7-in. diameter)

Chicken filling (recipe follows)

2 cups (8 oz.) shredded jack cheese

Tomatillo sauce (recipe follows)

Toppings (directions follow)

Garnishes (suggestions follow)

Pour ½ inch oil into a 6- to 8-inch frying pan. Set on medium-high heat until oil ripples when pan is tilted. Fry a tortilla just until it begins to brown, about 5 seconds a side. Lift out and lay flat; while hot, spoon about ½ cup chicken filling down center. Roll to enclose.

Lay tortilla, seam side down, in a 10- by 15-inch rimmed baking pan. Repeat until all tortillas and filling are used. At this point, you can cover the enchiladas and refrigerate as long as overnight.

Bake enchiladas, covered with foil, in a 350° oven until hot, about 15 minutes (30 minutes if chilled). Uncover and top with jack cheese. Bake, uncovered, until cheese is melted, about 10 minutes more.

To serve, spoon about ¾ cup tomatillo sauce onto each of 6 warmed dinner plates. Then set 2 enchiladas on each plate. Add toppings as directed. Offer garnishes to add individually. Makes 6 servings.

Chicken filling. Mix together 4 cups coarsely shredded cooked chicken, 2 cups shredded jack cheese, 1 can (7 oz.) diced green chilies, and 1½ teaspoons dry oregano leaves. Add salt to taste.

Tomatillo sauce. In a 3- to 4-quart pan, cook 2 chopped medium-size onions in 6 tablespoons salad oil over medium-high heat, stirring, until onion is soft, about 5 minutes. Stir in 1 can (7 oz.) diced green chilies, 2 cans (13 oz. each) tomatillos (drained), 1 cup regular-strength chicken broth, 3 tablespoons lime juice, 2 teaspoons each dry oregano leaves and sugar, and 1 teaspoon ground cumin. Simmer 25 minutes over low heat to blend flavors. Salt to taste. Whirl in a blender until smooth. Use hot. If made ahead, cover and chill as long as overnight; reheat.

Toppings. You’ll need 2 cups finely shredded lettuce, ½ cup sour cream, about 1/3 cup fresh cilantro (coriander) leaves, and ½ lime (thinly sliced). Put a sixth of the lettuce onto each serving of enchiladas; top equally with sour cream and lime slices, then sprinkle with cilantro.

Garnishes. Purchase or make from a favorite recipe about 1 cup guacamole (thaw if frozen); spoon into a small bowl. Spoon into another bowl about ½ cup shredded or grated Parmesan cheese.

Seafood Enchiladas with Cream and Tomatillo’s

1 pk Flour tortillas large

Filling

1 pk Imitation crab meat thawed

½ pk Mexican Natural Cheese

( or Farmers Cheese) 7.5oz

oz Cream cheese

1 T Lemon juice

2 t Cumin powder

Scallions chopped with some

Of green tops

Cream Sauce

2 T Flour

¼ c Margarine or butter

( you can use non fat)

1 pk 8oz nonfat yogurt plain

1 pk 8oz nonfat sour cream

1 sm Cn evaporated milk skim

½ Bunch fresh corriander chop

2 cl Garlic minced

1 sm Onion finely chopped

1 t Cumin powder

Salt and pepper to taste

2 t Lemon pepper

Tomatillo Sauce

Fresh tomatillor or more

To taste

1 sm Onion chopped

Salt and pepper to taste

Garnish

Red bell pepper chopped

Or jar of pimiento chopped

Prepare filling. Cream cheeses in food processor, transfer to bowl and add remaining ingredients stirring gently. 2. Prepare Cream Sauce: melt butter in saucepan and add Garlic and onion stirring gently till transparent. Add flour and stir to make a roux.

Add liquids and stir gently until it thickens.Add ½ bunch cilantro chopped. I used no salt in this.

Tomatillo Sauce: peel skins from tomatillos and wash them. Put in a cup of boiling water in saucepan and cook until tender with onion. Add salt and pepper to taste. Transfer to food processor with liquid and add liquid if needed.

Put a dollop of filling on a flour tortilla and fold up into a little package. I did not roll these but folded each long end in and then the short ends and put in greased casserole seam side down. Continue until all filling and tortillas are used.

Cover with cream sauce. Top with tomatillo sauce.

Sprinkle chopped red bell pepper or pimiento on top of tomatillo sauce to decorate.

Bake at 350 until bubbly and cheese is heated through These are to die for and as low fat as I could make them.

Chicken Enchiladas & Tomatillo-Sourcream Sauce

Poach 1 whole chicken or 4 chicken breast halves in simmering water until cooked through. Reserve broth. Remove meat from bones and shred. You should have about 3-4 cups shredded chicken.

Other ingredients:

oz. Monterrey Jack cheese, shredded

1 medium onion, chopped

oz. sour cream (lowfat is OK)

1 pkg. [frozen tomatillo salsa](file:///C:\AppData\Local\Temp\Tomatillo%20-%20recepten.doc#salsa_tomatilloforfreezing) (1 to 1-1/2 cups)

cups chicken broth

Tbsp. margarine

2 Tbsp. flour

2 pkg. (10-12) corn tortillas, or 18 homemade ones

oil for frying tortillas

Melt margarine in saucepan. Add flour and cook about 1 minute. Do not burn. Add broth and stir until thickened. Stir in sour cream. Stir in tomatillo salsa which has been cooked as in above directions.

Fry tortillas in ½” oil in small skillet for a few seconds until limp. Place on paper towels. Start with 12 tortillas. In each tortilla, place some chicken meat, some chopped onion and some grated cheese. Roll up. Place in long baking dish. Do as many as you have meat for. (Are delicious reheated in microwave.) Pour sour cream mixture over top, covering all exposed tortillas. Put leftover cheese on top. Bake at 350 d. for 20-30 minutes until heated through and bubbly.

Shrimp Enchilada with Tomatillo Salsa

(Serves 2)

Shrimp Enchilada ingredients:  
8 ounces shrimp, peeled and deveined  
2 quarts water  
2 tablespoons salt  
1 cup Jack cheese, shredded on top of salsa  
2 tablespoons sour cream  
¼ tsp chili powder  
2 10-inch flour tortillas  
fresh cilantro

Shrimp Enchilada: boil the shrimp in salted water for 2 minutes. Remove the shrimp and mix together with the sour cream, chili powder, and ½ cup of the shredded cheese. Spread half of the shrimp mixture in the center of each tortilla and then roll up the tortillas with the mixture inside. Top with Tomatilla Salsa and sprinkle ¼ cup of grated cheese over each enchilada. Bake for 10 minutes in a 350 degree oven. Garnish with fresh chopped cilantro and serve with rice and beans.

Tomatillo Salsa ingredients:  
6 tomatillo, peeled  
¼ cup chicken stock  
1 jalapeno pepper, seeded and ribbed  
pinch cumin

Tomatillo Salsa: Blend all ingredients in a food processor and then cook for 15 minutes over medium heat, stirring occasionally.

Squash Enchiladas with Tomatillo Sauce

People will be calling for seconds long before anybody guesses what’s so mystifyingly good about these corn tortilla rollups with cheese and tangy tomatillo sauce. Nice with broiled salmon.

1 21/2-pound butternut squash, halved  
2 tablespoons olive oil  
1/4 cup chopped onion, set aside  
1 tablespoon minded garlic  
1 cup frozen corn kernels  
12 6-inch-diameter corn tortillas  
11/2 cups crumbled feta cheese, about 8 ounces  
11/2 cups grated jack cheese, about 8 ounces   
1/3 cup chopped green onion tops

[Tomatillo Sauce\*](file:///C:\AppData\Local\Temp\Tomatillo%20-%20recepten.doc#salsa_tomatillo9)

Garnishes:

Sour cream

small whole black olives

1/3 cup cilantro, chopped

1/3 cup chopped green onion tops

Cut butternut squashes in half, rub cut side with butter and roast cut-side-down for 45 minutes. Cool. Remove seeds. Spoon squash into bowl. Discard skin.

Heat oil in heavy, large skillet over medium heat. Add onion and garlic. Saute at low heat until very soft. Mix in squash and corn. Season with salt and pepper. Heat 1 tortilla over direct flame or electric burner until soft and heated through, turning with tongs, about 10 seconds per side. Repeat with remaining tortillas.

Place 1 heaping tablespoon squash mixture down center of each tortilla. Top with 1 tablespoon feta cheese. Roll up tortillas. Arrange seam-side-down in a 13- by 9- by 2-inch baking dish. Prepare up to 6 hours ahead, cover and chill. Preheat oven to 350 degrees. Spoon tomatillo sauce over enchiladas (you may have a little left), and sprinkle with jack cheese. Bake 20 minutes or until enchiladas are heated through. Sprinkle with black olives and chopped cilantro. Pass sour cream and green onion tops. Serves 4-6.

Tamales & Tomatillo-Avocado Salsa

Makes 18.

[Tomatillo-Avocado Salsa](file:///C:\AppData\Local\Temp\Tomatillo%20-%20recepten.doc#salsa_tomatilloavocado)  
  
Tamales  
1 6-ounce package dried corn husks  
1 pound poblano chiles, stems cut short  
2 cups Masa Harina  
6 tablespoons unsalted butter, softened  
3 tablespoons sugar  
2 ¼ teaspoons salt  
1/2 cup canned low-salt chicken broth  
5 cups fresh white corn kernels  
3 cups coarsely grated cheddar cheese  
1 teaspoon baking powder  
1/8 teaspoon ground black pepper

Select the largest and cleanest husks and place in a large bowl. Fill with boiling water. Weigh the husks down with a plate and soak for about 2 hours until softened. Form 36 ties by tearing several husks into ½-inch wide strips.  
  
Char chiles under broiler until blackened on all sides. Place in a paper or plastic bag (make sure the stems are not hot embers or the bags will ignite or melt), seal and let stand 10 minutes. Peel, seed and chop chiles.

To make the dough, blend Masa Harina, butter, sugar and 1 teaspoon salt in processor until coarse meal forms. Add broth and blend in. Transfer mixture to large bowl. Blend 2 ½ cups corn, 1 cup cheese, baking powder, pepper and   
1 ¼ teaspoons salt in processor until coarse puree forms. Stir puree, then  
2 ½ cups corn into masa.

For each tamale, open 1 large softened husk. Place 1/3 cup tamale dough in center of husk. Make depression in center of dough; fill with 1 tablespoon chiles, then 1 tablespoon cheese. Using moistened fingertips, press dough over filling to cover. Fold 1 long side of husk over and roll up to enclose filling completely. Tie ends of filled husks tightly (tootsie-roll fashion) with husk strips.

Add enough water to large pot containing steamer insert to reach bottom of insert. Layer tamales in insert. Bring water to boil; cover pot. Steam until tamales are firm, adding boiling water to pot to maintain water level as needed, about 1 hour. Open husks and serve tamales with salsa.

Cajun Shrimp Tacos with Tomatillo Salsa

Chili Sour Cream  
2 cups sour cream  
2 teaspoons chili powder  
1/2 teaspoon cayenne pepper  
  
Shrimp  
1 ½ teaspoons chili powder  
1 ½ teaspoons paprika  
2 pounds uncooked medium shrimp, peeled, deveined  
2 tablespoons olive oil  
1 tablespoon minced garlic  
  
Tomatillo Salsa  
16 purchased taco shells  
1 large bunch watercress, trimmed  
2 avocados, peeled, pitted, cubed

For Sour Cream:  
Whisk all ingredients in medium bowl to blend. Season with salt. (Can be made 1  
day ahead. Chill.)

For Shrimp:

Combine chili powder and paprika in large bowl. Add shrimp; toss to coat. Let  
stand 5 minutes. Heat oil in heavy large skillet over high heat. Add garlic and  
saute until fragrant, about 1 minute. Add shrimp; saute until opaque in center,  
about 5 minutes. Season with salt and pepper. Transfer to a small bowl.  
Preheat oven to 350°F. Arrange taco shells on heavy large baking sheet. Bake  
until hot, about 8 minutes. Place shells in napkin-lined basket. Arrange half of  
watercress on platter. Top with shrimp. Chop remaining watercress. Place in  
small bowl. Place sour cream, salsa, avocados and chopped watercress in  
separate bowls.

Serves 8.

Tomatillo Chicken Tacos

Yield: About 3 cups of filling, enough for about 12 tacos

5-6 medium tomatillos, husked and rinsed (see cook’s notes)   
2 fresh serrano chilies, or to taste, stemmed   
1 ½ tablespoons olive or vegetable oil, divided use   
1/2 medium white onion, roughly chopped   
1 garlic clove, peeled and roughly chopped   
1 cup chicken broth   
3 tablespoons roughly chopped cilantro   
Salt, ¼ to ½ teaspoon, depending on saltiness of broth   
12 warm corn tortillas (plus a few extra, in case some break)   
2 cups firmly packed sliced chard or spinach (all pieces should be about ½ inch wide and 2 inches long)   
1 1/3 cups coarsely shredded cooked chicken   
1/2 to ¾ cup crumbled Mexican queso fresco   
  
1. Roast tomatillos and chilies on baking sheet 4 inches below a very hot broiler until blackened and soft on one side, about 5-6 minutes, then turn over and roast on other side, 3-4 minutes. Transfer (including all juices) to a food processor fitted with the metal blade or to a blender.

2. Heat 1 tablespoon of oil in a large, heavy skillet over medium heat. Add onion and cook, stirring frequently, until deep golden, about 8 minutes. Stir in garlic, cook 1 minute, then scrape into food processor or blender. Process to medium-coarse puree.

3. Heat ½ tablespoon oil in skillet over medium-high heat. Add puree and stir for about 5 minutes, until noticeably darker and thick. Stir in broth, partially cover and simmer over medium-low heat for 10 minutes. The sauce will be a little soupy. Stir in cilantro and generously season with salt.

4. Bring sauce to a boil and add greens. When the mixture returns to a boil, stir in chicken and simmer until greens are done. Taste and season with additional salt, if needed.   
  
5. Guests will spoon a portion of filling into warm tortilla, sprinkle on cheese and fold it over. As with all these tacos, fold and eat immediately.

Advance preparation: The Tomatillo-Serrano Sauce (the procedure through step 3) can be prepared several days in advance and stored in the refrigerator, covered. Reheat and finish as directed.

Pulled Pork Tacos With Tomatillo Salsa

red bliss potatoes—cooked,  
-- sliced ¼” thick  
1 pound pork pull—see \* note  
1 cup grated Monterey Jack cheese  
8 white corn tortillas  
salt—to taste  
freshly-ground black pepper—to taste  
olive oil  
tomatillo salsa—see \* note

Note: See the “Pork Pull” and “Tomatillo Salsa” recipes which are included in this collection. Prepare a wood or charcoal fire and let it burn down to embers. For each serving, lay 1 ½ ounces of pork over half of the tortilla, top with potato slices, 1/8 cup of cheese and season to taste with salt and pepper. Fold over the tortilla and brush with olive oil. Grill for 3 minutes on each side, or until crispy and cheese has melted. Serve with Tomatillo Salsa.

Pork Pull

pounds pork butt  
salt—to taste  
freshly-ground pepper—to taste  
jack s coleslaw—see \* note  
soft white rolls  
\*\*\*marinade\*\*\*  
1 quart cider vinegar  
3 chipotles—chopped  
4 garlic cloves—minced  
2 tablespoon freshly-ground black pepper  
2 tablespoon salt

Note: See the “Jack’s Cole Slaw” recipe which is included in this collection. For marinade: Mix all together and let stand overnight. For pork pull: Season with salt and pepper. Smoke over hickory at 225 to 250F for 8 to 10 hours. Let pork cool slightly. Pull the meat apart with a fork. Chop it up slightly and pour marinade over it. Allow it to rest for 1 hour. Mix the meat up thoroughly. Serve with Jack’s Cole Slaw and soft white rolls.

Spicy Chicken Tacos with Green Salsa

SPICY CHICKEN:

2 whole chicken breasts, skinned & boned  
1 tsp. ground cumin  
1 tbsp. ground red chili (California or New Mexico)  
1 tsp. crushed oregano or thyme  
1/2 tsp. garlic powder  
1/2 tsp. salt  
2 tbsp. canola (or other) oil  
1 garlic clove, minced  
1 jalapeno chile, seeded & minced (wear gloves)  
1/2 - ¾ c. beer  
12 corn tortillas

Cut the chicken breasts crosswise into 1” strips. Blend the cumin, chile, oregano and garlic powder and salt together and rub generously over the strips. Heat 1 tablespoon of the oil in a heavy 12” skillet that has a lid. Briefly saute 1 cup of chicken at a time over medium heat. When the chicken is golden, remove and add the next batch of chicken. Add more oil as needed. When all the chicken has been browned, pour off the excess oil from skillet, and return chicken to skillet. Add the garlic and jalapeno (omit jalapeno if you do not want the chicken too spicy). Pour in ½ cup beer. Cover and reduce heat to low. Check every 5 minutes, turning the chicken in the beer. If the liquid cooks away too fast, add ¼ cup beer. Simmer for 15 minutes, at which time the chicken will be coated with a spicy beer glaze.

Spoon into tortillas and top with green or red salsa, grated cheeses and chopped crisp iceberg lettuce, if desired. 12 tacos.

[Creamy Green Salsa](file:///C:\AppData\Local\Temp\Tomatillo%20-%20recepten.doc#salsa_creamygreen)

Tacos filled with Spicy Fish and Tomatillo

Yield: 4 Servings  
  
1 lb Firm-fleshed white fish fillets  
2 c Unsalted chicken broth  
2 tb Juice from pickled jalapeno peppers  
1 tb Fresh lime juice  
1/4 c Thinly sliced scallions  
1 md Tomato, finely diced  
1/4 ts Salt  
1/8 ts Pepper  
8 Taco shells  
1 ½ c Thinly sliced iceberg lettuce  
1/2 c Tomatillo (green tomato) salsa 

Halve or quarter fish fillets so they fit into a medium sized saucepan. Combine the chicken broth, jalapeño juice and lime juice. Bring to a boil, then reduce heat to medium-low. All the fish and simmer 3 to 4 minutes. Remove the pan from the heat and let fish cool in the liquid for 30 minutes. Remove fish and pat dry with paper towels. Place fish in a medium-sized bowl and break into flakes. Add the scallions and tomato and toss to mix. Season with salt and pepper. Arrange 2 tablespoons of fish filling down the center of each taco shell. Divide lettuce among the shells and top each taco with 1 tablespoon of tomatillo sauce.

Tacos & TomatilloSalsa, Cilantro-Lime SourCream

Yield: 6 Servings

2-3 lbs. 100% Ground Buffalo

2 tablespoons butter

2 tablespoons Lance Montana’s Magical Marinades (Mexican)

1 full recipe of Raw Tomatillo Salsa

1 cup sour cream

1 lime, juiced

1 bunch of cilantro, cleaned and chopped

1 head lettuce, chiffonade (thinly sliced)

1 lb. Smoky cheddar cheese, grated

1 package of flour tortillas

Preheat oven to 400 degrees.

Place buffalo, butter, and first spoonfuls of Lance Montana’s Magical Marinades in a heavy duty roasting pan or large iron skillet. Cover with foil and place in oven.

Cook buffalo for 30-40 minutes, or until done, removing the pan from the oven occasionally to stir meat and distribute the spices and juices evenly. Once meat is done keep warm but do not let it continue to cook, since it is very lean.

Mix the sour cream, lime juice and cilantro in a bowl until the cilantro is evenly distributed and the lime juice is completely absorbed.

Assemble the tacos placing the meat first, then cheese, lettuce, salsa, and sour cream, or set up buffet style and let the diners assemble them.

Tomatillo Chili 1

1 whole chicken  
3 cloves crushed garlic  
1 large yellow onion-chopped  
1 tblsp chopped fresh rosemary  
2 or 3 poblano peppers-roasted, pealed, and seeded  
4 cups cooked white navy beans   
2 lbs tomatillos (husk tomatoes) dehusked and diced  
1 or 2 chayote squash pitted and diced  
5 nopales (cactus leaves) diced or juliened  
1 cup chopped cilantro  
1 shot tequilla (optional, but recomended)

Place the chicken in a large stock pot with onion, garlic, salt  
and pepper to taste. Cover with water and bring to a boil, reduce  
heat, allow to simmer for 1 hour, adding more water if neccesary.  
Remove chicken from stock and place on cutting board to cool.  
Strain stock, replace vegetables in pan and reserve stock to one  
side.  
  
Debone chicken, add meat to pot. Add pablanos, beans, tomatillos,  
squash, and napales. Add enough of the reserved stock to cover,  
bring to a boil, reduce heat and simmer at least 1 hour, stirring  
occasionally and adding more stock if needed. 15 minutes before  
serving, stir in the cilantro and tequilla.

Substitutions: For the tomatillos you can substitute an equal amount of green omatoes. or the napales you can use two cups of fresh green beans, the lavor and texture is almost identical. For the chayote squash, 4 or 5 green apples and the juice of 1 lime, for this recipe it will work, but not for most.

Tomatillo Chili 2

1 whole chicken  
3 cloves crushed garlic  
1 large yellow onion-chopped  
1 tblsp chopped fresh rosemary  
2 or 3 poblano peppers-roasted, pealed, and seeded  
4 cups cooked white navy beans   
2 lbs tomatillos (husk tomatoes) dehusked and diced  
1 or 2 chayote squash pitted and diced  
5 nopales (cactus leaves) diced or juliened  
1 cup chopped cilantro  
1 shot tequilla (optional, but recomended)  
  
Place the chicken in a large stock pot with onion, garlic, salt  
and pepper to taste. Cover with water and bring to a boil, reduce  
heat, allow to simmer for 1 hour, adding more water if neccesary.  
Remove chicken from stock and place on cutting board to cool.  
Strain stock, replace vegetables in pan and reserve stock to one  
side.  
  
Debone chicken, add meat to pot. Add pablanos, beans, tomatillos,  
squash, and napales. Add enough of the reserved stock to cover,  
bring to a boil, reduce heat and simmer at least 1 hour, stirring  
occasionally and adding more stock if needed. 15 minutes before  
serving, stir in the cilantro and tequilla.  
  
Substitutions: For the tomatillos you can substitute an equal amount of green tomatoes. For the napales you can use two cups of fresh green beans, the flavor and texture is almost identical. For the chayote squash, 4 or 5 green apples and the juice of 1 lime, for this recipe it will work, but not for most.

Pork and Tomatillo Chili

1 cup orange juice   
1 (12-ounce) bottle dark beer   
1 pound tomatillos, husks removed, quartered   
1/4 cup peanut oil   
10 cloves garlic, minced  
2 pounds boneless pork, cut into cubes   
2 large yellow onions, quartered   
2 pounds roma tomatoes, seeded and chopped   
2 jalapeño chiles, seeded and diced (see note)  
2 serranos chiles, seeded and diced (see note  
2 habaneros chiles, seeded and diced (see note)  
3 tablespoons hot pepper sauce   
1 bunch cilantro, chopped (leaves only)  
1 (16-ounce) can black beans, drained

In a large saucepan, combine orange juice, beer and tomatillos. Cook over medium heat for 15 to 20 minutes; set aside.

Heat oil in a large skillet. Add garlic and cook for 2 minutes. Stir in half of the pork and season with salt and pepper to taste. Brown on all sides, then remove from skillet and add to tomatillo mixture. Cook remaining pork the same way, seasoning with salt and pepper. Add to tomatillo mixture.

Brown onions in the same skillet before adding to pork and tomatillo mixture. Add tomatoes, all chiles, hot pepper sauce and cilantro. Cover and simmer over low heat for 2 hours.

Add beans and cook, uncovered, for 30 minutes more. Adjust seasonings to taste. Serve over rice.

Makes 6 servings.

Camembert Quesadillas with Tomatillo Salsa

Quesadillas must be one of the most popular Mexican dishes around. They are usually served with tomato salsa and guacamole, but why not try with FifthSense Organic Tomatillo Salsa for a zesty alternative. Easy to whip up and great as a unique and informal dinner party or party appetizer, and very kid-friendly for family suppers, see them vanish fast..........

6 large flour tortillas (20-25cm/8-10 inches)  
300g (10oz) Camembert (not too ripe), cut into strips  
1 T butter  
1 T vegetable oil  
1 Jar Tomatillo Salsa  
  
Prepare the quesadillas by simply covering three of the tortillas with camembert slices. Top each with one of the remaining three tortillas and set aside.  
  
Pour salsa into a pretty serving bowl.  
To cook, warm a large frying pan over moderate heat. Melt the butter with the vegetable oil in a separate dish. Brush the pan with this mixture, and then place the cheese tortilla in the pan. Cook for about 2 minutes on each side, or until golden brown.  
  
Keep the quesadillas warm in a low oven while you continue to cook the others. But each quesadilla into 4-6 wedges, and serve as soon as possible. Arrange on the plates with a good scoop of the tomatillo salsa and a few salad or herb leaves.

Chicken Chilaquiles & Roasted Tomatillo Sauce

Yield: Approx. 8 Servings

In honor of Cinco de Mayo, Christina Hernandez, Chef and Owner of Sabor Restaurant in Schaumburg, joined ABC7 News to make her signature Mexican dish, Chicken Chilaquiles. Hernandez grew up in the Northwest suburbs and was inspired to become a chef who could cook as well as her Cuban grandmother.

To Make Roasted [Tomatillo Sauce](file:///C:\AppData\Local\Temp\Tomatillo%20-%20recepten.doc#fresca_chipotle2):

To Make Filling:

1 ½ Lbs. Canned or jarred cactus

½ C. Olive oil

1Tbsp. Garlic, minced

Tomatoes, cored, peeled, seeded, and medium diced

½ Red onion, medium diced

1 Bunch Cilantro, minced

½ C. Añejo Chihuahua cheese, grated

½ C. Red wine vinegar

1 ½ tsp. Cayenne pepper

Core the tomatoes, and score them on the opposite end of the core with an “x”.

Bring a pot of water to a boil. While heating the water, get an ice bath ready.

When water is boiling, gently drop the tomatoes into the boiling water and allow to sit in the water until you see the skin begin to rip or pull away from the tomato (approximately 30 sec.). Remove tomatoes from water with a slotted spoon and place into ice bath to cool them immediately.

Thoroughly rinse the cactus under cool water. Place cactus and garlic in a sauté pan with a little oil and place in a 400-degree oven for approximately 8 minutes, or until garlic starts to turn golden. Remove from oven and allow to cool. Refrigerate for at least 2 hours.

Take the tomatoes and remove their skins. Slice tomatoes horizontally and squeeze each half of the tomato to remove the seeds. Dice up the tomatoes into a medium dice.

In a mixing bowl, combine tomatoes, roasted cactus and garlic, onion, cilantro, cheese, oil, vinegar, cayenne, and salt and pepper to taste. Set aside for later.

To Make and Assemble Chilaquiles:

oz. Cream cheese, softened

1/3 C. Sour cream

2C. Añejo Chihuahua cheese, grated

2C. Tomatillo sauce from above

3C. Shredded grilled chicken breast

¾ tsp. Ground cumin

½ tsp. Dried oregano

1 Jalapeno, seeded and minced

2 Shallots, minced

4 12-inch Sun dried tomato tortilla shells

In a mixing bowl with a paddle attachment, cream together cream cheese and sour cream.

Stir in the tomatillo sauce and 1 cup of the Añejo Chihuahua cheese.

In another bowl, toss together chicken, cumin, jalapeno, shallots, salt and pepper to taste.

Combine the 2 mixtures.

Take one of the sun dried tomato tortilla shells and spread a thin layer of the chicken cheese mixture on it. Sprinkle a thin layer of the cactus mixture on top.

Carefully roll up the tortilla

In a glass baking dish, place a thin layer of the tomatillo sauce on the bottom of the pan (just enough to cover the bottom).

Place the tortilla roll seam side down into the glass baking dish.

Continue rolling the remaining tortillas and placing them all seam side down in the baking dish.

Take the leftover tomatillo sauce and spread evenly over the top of the tortilla rolls. Sprinkle the remaining Añejo Chihuahua cheese over the top of the rolls. Place baking dish of tortilla rolls into a 350-degree oven for approximately 30 minutes, or until cheese begins to toast lightly on top.

To Make the Black Bean Corn Salsa:

1C. Cooked black beans

1 ½ C. Cooked yellow corn

½ Red onion, medium dice

2Tbsp. Honey

¼ Scotch bonnet (Habanero) pepper, seeded and minced

¼ C. Cilantro, minced

2 Tomatoes, peeled, seeded, and medium dice

1 Green bell pepper, seeded and medium dice

2tsp. Ground cumin

2tsp. Key lime juice

¼ C. Olive oil

Salt and pepper to taste

In a mixing bowl, toss together all ingredients and season with salt and pepper.

To plate up the Chilaquiles:

Scoop a nice portion of the chilaquiles onto a plate. Top it with a nice dollop of sour cream. Sprinkle black bean corn salsa on top.

Stuffed Poblano Peppers

Though it’s a bit time consuming, this main dish is well worth the effort. Not only will guests be convinced that you’re a culinary whiz, your family will appreciate that you’ve made something special just for them. To make preparation a little easier, make the Tomatillo Salsa a day ahead. It keeps for several days in the refrigerator and retains flavor quite well.

If you’re not acquainted with fresh Poblano peppers, also called Pasilla peppers, here’s a bit of info that may help. You never know if you’ve purchased spicy ones or those that are on the mild side. Even in the same bin there are some of each. Another phenomenon of the Poblano is that it could be spicy at one end and mild at the other. In rating the degree of spiciness, however, we’ve noticed these peppers are never as hot as jalapenos yet offer exceptional flavor.

1 large broccoli crown, about ¾ to 1 lb (340g to 453g)., cut into quarters   
Water



1 lb. (453 g) extra firm tofu   
1 green onion, chopped   
1 clove garlic   
1 ¼ t. salt or to taste   
1/4 t. pepper   
3 T. lemon juice

large or 8 medium fresh poblano peppers

Garnish 2 T. finely diced red bell pepper

Put about ¼” of water into a 2-quart (2 liter) saucepan, add broccoli, and cover pot. Bring to a boil over high heat, then turn heat to low, and steam until just tender, about 6 minutes. Set aside.

Crumble tofu into food processor workbowl. Add green onion, garlic, salt, pepper, and lemon juice. Process until well blended.

When broccoli is soft, cool briefly under cold water, drain, and chop coarsely. Add to tofu mixture in food processor, and process until well incorporated. Season to taste if needed.

Wash and dry peppers. Put peppers on stovetop gas or electric burners over high heat. Using tongs to turn peppers, cook them until almost blackened, turning constantly. Plunge them into a bowl of cold water to cool. Under running water, use fingers to rub off blackened skins.

Using a serrated knife, cut around top of peppers to remove stem and core. Rinse out any remaining seeds.

Fill peppers with tofu broccoli mixture and arrange them in a 7” x 9” (17 ½ x 23 cm) glass baking dish. Pour three-fourths of the Tomatillo Salsa over them, reserving the remainder to serve at the table.

Sprinkle diced red bell pepper over the top, and bake at 350 F(Gas Mark 4) for 20 to 25 minutes to heat through. Serves 6.

Tomatillo-Chicken “Mockiladas”

Pico de Gallo:  
1 jalapeno chile pepper—diced  
1 medium onion—diced  
1 diced tomato  
1/3 cup chopped cilantro  
  
Sauce:  
2 cups light sour cream  
1 can Herdez green tomatillo sauce (in the  
Ethnic Foods aisle)  
  
Enchiladas:  
6 chicken breast halves—grilled or boiled,  
with cumin and fajita seasonings  
2/3 cup heavy cream  
3 cups shredded monterey jack cheese  
2 cans green tomatillo sauce

Dice chicken. Pour 1/3 cup of heavy whipping cream in the bottom of a glass casserole dish. Layer ½ of the chicken on top. Sprinkle 1 cup of shredded monterey jack cheese on top of chicken. Repeat cream, chicken and cheese layer. Pour 2 cans of Herdez green tomatillo sauce on top of all. Sprinkle 1 cup of shredded monterey jack cheese on top. Cover with foil and bake at 350 degrees for 40 minutes or until cheese is bubbly. Serve with sour cream/ tomatillo sauce and pico de gallo.

Shrimp Enchiladas with Tomatillo Salsa

1 tablespoon olive oil

1 tablespoon red onion, chopped

1 clove garlic, crushed

½ pound shrimp, broken

2 tablespoons cilantro, chopped

1 cup jack cheese, grated

4 6-inch flour tortillas

Place the olive oil in a saucepan over medium heat. Add the onions and garlic and cook for 30 seconds. Add the shrimp and cook for 2 minutes. Add the cilantro. Place the ingredients in a medium-sized bowl and stir in half of the grated jack cheese. Spoon the shrimp mixture equally into the center of each tortilla and roll up. Set aside.

Tomatillo Sauce

tomatillos

1 jalapeno pepper, seeded and ribbed

1/3 cup water

1 tablespoon cilantro, chopped

pinch of salt

Puree all ingredients in a blender. Transfer to a saucepan over medium heat and bring to serving temperature.

Place the enchiladas in an oven-proof baking dish. Sprinkle with the remaining half-cup of grated cheese. Pour the tomatillo Salsa over the top. Bake at 325 degrees for 8 minutes.

Tomatillo and Pepper-ring Escabeche with Garlic

Makes about 6 cups



This is a great side dish to serve with sandwiches in place of slaw or fries. It also goes well with sausages and roasted fowl. As with all escabeches, be sure to serve it well chilled.

1 red bell pepper

1 yellow bell pepper

1 large poblano chile

½ onion, cut into ¼ inch-thick slices

to 6 large tomatillos, soaked in warm water for 30 minutes, husked, and cut into quarters

to 8 cloves garlic, halved

For the Brine

4 cups rice wine vinegar

2 cups water

2 pods star anise

4 sticks canela or 2 sticks cinnamon, cracked

1-1/4 teaspoons dried thyme

2 teaspoons fennel seed

1-1/4 teaspoons whole allspice

2 teaspoons coriander seed

4 cloves

serranos, halved dried

New Mexico red chile, split, stemmed, and seeded

1-1/2 cups sugar

¼ bunch fresh cilantro

Trim the stem ends of the peppers and poblano. Seed and devein while keeping the peppers and poblano intact, and cut them into ¼-inch-thick rings. Put all the vegetables except the garlic in a large heat-resistant bowl.

Combine all of the brine ingredients except for the cilantro in a large nonreactive saucepan and bring to a simmer over moderate heat. Reduce the brine by one third, about 8 to 12 minutes. Remove from heat, add the cilantro, and let steep.

Strain the brine into another large saucepan and bring it to a boil. Reduce the heat to low, add the garlic and cook for 2 to 4 minutes, or until the garlic is tender but not mushy. Pour the brine over the vegetables and let them cool to room temperature, uncovered. When cool, cover and refrigerate the escabeche for at least 6 hours or overnight. When ready to serve, drain off the brine and reserve it for another use.

MAIN DISHES: PASTAS

[Curly Pasta with Vegetables in Green Mexican Salsa](#pastacurly)

[Cilantro Gnocchi with Tomatillo-Tomato Sauce](#gnocchi)

[Ancho Chile Fettuccini with Cilantro-Tomatillo Cream Sauce](#fettuccini)

Curly Pasta with Vegetables in Green Mexican Salsa

fresh tomatillos, or 1 can (12 oz.) tomatillos, drained  
2-3 fresh or canned hot chili peppers, seeded  
1 clove garlic  
1 c. chopped yellow onion  
1/4 c. chopped fresh coriander (cilantro)  
1/4 c. plus 2 tbsp. vegetable oil  
1 lb. long fusilli (curly long strands) or other fancifully

shaped pasta  
1 sm. red onion, chopped  
2 med. sized ripe tomatoes, chopped  
1 lg. green or gold sweet pepper, chopped  
1 c. cooked chopped prickly pear cactus leaves or nopalitos(see note)  
1/2 c. finely minced fresh parsley or coriander (cilantro)  
Salt  
1/2 c. freshly grated queso Chihuahua or Parmesan cheese  
Fresh coriander (cilantro)  
Sprigs (garnish)  
Red onion, thinly sliced into rings & rings separated (garnish)

As an alternative to this festive buffet dish for any season, serve the pasta in halved avocados for the opening to a sit down Mexican meal. To make salsa, remove and disregard dry husk from fresh tomatillos, wash and boil in water to cover until barely tender. Drain boiled or canned tomatillos and combine with chili peppers, garlic, yellow onion and chopped coriander in a blender or food processor. Puree to chunky texture, about 5 seconds. Heat 2 tablespoons vegetable oil in a frying pan, add the tomatillo mixture, and cook, stirring constantly, for about 3 minutes. Set aside to cool. Cook pasta in 4 quarts boiling water until very al dente. Drain and toss in a large bowl with remaining ¼ cup vegetable oil. Cool to room temperature, occasionally stirring the pasta to coat thoroughly. Stir about half of the reserved salsa into the pasta. Add red onion, tomatoes, sweet pepper, cactus leaves, minced parsley or coriander and salt to taste; mix thoroughly with your hands. Sprinkle with cheese; garnish with coriander sprigs and onion rings. Pass remaining salsa at the table. Serves 10-12 as salad or first course.

Note: Prickly pear cactus leaves are available in markets that cater to Spanish populations. To prepare, carefully cut away the sharp spines with a paring knife. Dice the smooth cactus pad and simmer in salted water until tender. Drain and rinse in cold water to eliminate slippery juice. Prepared cactus leaves, called nopalitos, are also available in jars.

Cilantro Gnocchi with Tomatillo-Tomato Sauce

Gnocchi small Italian dumplings are noted for their dense, chewy texture. This version, made with ricotta cheese, flour, and eggs, is a bit lighter. If desired, other fresh herbs can be substituted for the cilantro, and prepared tomato sauce makes a good stand-in for the Tomatillo-Tomato SauceGnocchi: Serves: 6

1 15-ounce container part-skim ricotta cheese

2 cups unsifted all-purpose flour

½ cup finely grated Parmesan cheese

¼ cup finely chopped fresh cilantro leaves

1 teaspoon salt

¼ teaspoon ground black pepper

2 large eggs, beaten

Tomatillo-Tomato Sauce:

¼ pound tomatillos

1 28-ounce can whole tomatoes, undrained

1 tablespoon vegetable oil

1 small onion, chopped

2 cloves garlic, finely chopped

1 teaspoon sugar

Fresh cilantro sprigs (optional)

3 tablespoons chopped fresh or canned mild green chiles

One day before preparing Gnocchi, place ricotta cheese in fine mesh strainer or cheesecloth-lined strainer set over large bowl. Cover with plastic wrap and refrigerate overnight, allowing liquid in cheese to drain.

Prepare dough for Gnocchi: In large bowl, combine flour, ¼ cup Parmesan cheese, the cilantro, salt, and pepper. Make a well in the center of the mixture; place drained ricotta and eggs in well. With rubber spatula, gently fold ricotta and eggs into flour mixture until dough forms. Gather into a ball and set aside to rest 20 minutes.

Meanwhile, prepare Tomatillo-Tomato Sauce: Remove and discard papery husks from tomatillos. Rinse and cut tomatillos into thin slices and set aside. Drain canned tomatoes, reserving liquid. Seed and chop tomatoes; set aside.

In large skillet, heat oil over medium heat. Add onion and sauté 5 minutes. Stir in tomatillos and garlic; sauté 3 minutes. Add chopped tomatoes and their liquid, the chiles, and sugar; heat mixture to boiling, stirring occasionally. Reduce heat to low and simmer sauce 15 minutes.

To shape dough for Gnocchi, cut into eighths. On floured surface, roll each piece of dough against surface to a ½-inch-thick rope. Cut ropes crosswise into 1-inch piece over the floured tines of a 4-tine dinner fork, pinching edges together.

Just before serving, in 5-quart saucepot, heat 3 quarts water to boiling. Cook Gnocchi in boiling water 5 to 6 minutes or until they float on top and are cooked through. Drain well and divide among 4 serving plates. Top each serving with some Tomatillo-Tomato Sauce and sprinkle with remaining ¼ cup Parmesan. Garnish with cilantro sprigs, if desired, and serve immediately.

Ancho Chile Fettuccini & Cilantro-Tomatillo Sauce

Rather than make fettuccine colored with spinach or  tomatoes, I wanted to create something with color AND flare. Here is my idea. Try serving with grilled skewered chicken and mushrooms, marinated with lime, garlic, cumin, salt and pepper.

Prep Time: approx. 45 Minutes, cCook Time: approx. 15 Minutes, makes 4 servings.

1 tablespoon olive oil  
3 ancho chiles, stemmed and seeded  
4 cloves unpeeled garlic  
2 eggs  
2 cups all-purpose flour  
1/2 teaspoon salt  
1 bunch chopped fresh cilantro  
3 tomatillos, husked and chopped

½ jalapeno pepper, seeded and chopped  
1/2 cup cream cheese, softened  
1/2 cup sour cream  
1/4 cup chicken stock  
1 tablespoon olive oil  
1/2 teaspoon ground cumin  
salt and pepper to taste

Heat 1 tablespoon olive oil in a skillet over medium    high heat. Roast ancho chiles and 4 cloves unpeeled garlic.    Press the chiles flat against the pan with a spatula until    they begin to pop and smoke, then flip. When done,    rehydrate chiles in a bowl of warm water for 30 minutes. Turn    garlic until all sides are browned, about 15 minutes. Allow    to cool, then peel.

In a blender or food processor, combine chiles, 2    cloves roasted garlic, and eggs. Blend until smooth. Place    the flour in a mound on a clean surface. Stir in ½ teaspoon salt with a fork, then make a well in the center. Pour    in egg mixture. orking from the center outward,    gradually incorporate the flour with a fork until dough is    formed. Knead dough for 5 minutes, adding more flour if  necessary. Prepare fettuccini according to your pasta machine’s    instructions. Lay the fettuccine flat on lightly floured surface for

MAIN DISHES: OTHERS

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[Three Sisters Frittata with Tomatillo Sauce](#quiche_frittata)

[Red Chile-Citrus Zest Pesto](#pesto)

Stuffed Polenta with Tomatillo Sauce

The taste of cheeses and tomatillos contrast and complement one another in this savory main course. Serves 4

*Polenta:*

3 cups vegetable stock or water   
1 teaspoon salt   
1 cup polenta   
10 ounces mild goat cheese

*Tomatillo Sauce:*

1 pound fresh tomatillos  
1/2 teaspoon salt   
2 teaspoons ground cumin   
1 cup diced white onion   
3 cloves garlic, minced   
1/2 cup cilantro, packed   
1 large fresh tomato, chopped   
1 serrano pepper, seeded and minced   
1 teaspoon tomato paste   
2 teaspoons honey   
1/4 cup orange juice   
1/4 cup sour cream or plain yogurt

*Filling:*

ounces mild cheese   
1 cup roasted red peppers, sliced   
2 tablespoons olive oil or melted butter   
Cilantro sprigs   
Lime wedges

To cook the polenta, combine the stock and salt in a two-quart saucepan and bring to a boil. Pour the polenta into the boiling water in a thin stream, stirring constantly as you pour. Allow the polenta to return to a boil, stirring constantly, then reduce the heat to medium-low and continue to cook. Stir the polenta constantly, working the spoon back and forth across the bottom and around the corners of the pan, until the polenta is extremely creamy, about 25 minutes. Pour cooked polenta into a 9” x 13” baking pan and spread it out evenly. You may need to dampen your fingers or a spatula with cold water to spread. Place a sheet of plastic wrap over the polenta, pressing it to touch the surface and avoid having a tough film form on top. Chill. The polenta may be prepared up to two days in advance to this stage. To prepare the sauce, warm a heavy skillet over medium heat. Place the tomatillos in the pan and cook quickly, tossing frequently, until they brown and sizzle, about 5 minutes. Immediately turn them out onto a clean kitchen towel and when they are cool enough to handle, remove and discard their husks. Quarter each tomatillo. In a blender or food processor, combine the tomatillos with the remaining ingredients for the sauce except the sour cream. Purée until smooth. Transfer sauce to a small saucepan and heat for five minutes. The sauce may be prepared to this point up to four days in advance if refrigerated in an airtight container. Warm sauce before using, then whisk in the sour cream and serve. To prepare the final dish, preheat the oven to 3508 F. Cut the cooled polenta into three-inch long triangular pieces. Place half of the polenta pieces on a lightly oiled baking sheet and cover each of these pieces with cheese. Top with a slice of red pepper and another piece of polenta. Brush the top of each polenta “sandwich” with oil and bake until piping hot. To serve, spoon warmed sauce onto individual plates. Place the polenta on top and pour more sauce over the polenta. Garnish with cilantro and a lime wedge.

Three Sisters Frittata with Tomatillo Sauce

Tip: Make the Tomatillo Sauce the night before and refrigerate overnight; then gently rewarm in the morning before serving. Prepare the Three Sisters vegetables the night before too.

1 sm yellow onion, quartered  
4 medium tomatillos, husked, washed and quartered  
1 clove garlic, peeled  
2 tablespoons olive oil  
1/2 cup zucchini, cubed

1/2 cup frozen corn kernels, thawed  
1/2 cup frozen green beans, thawed  
3 green onions, coarsely chopped  
6 eggs  
1/2 cup Ricotta cheese  
1/4 cup milk  
1/2 teaspoon dried oregano, crushed  
1/2 teaspoon ground cumin  
1/2 teaspoon salt  
1/4 teaspoon white pepper  
1/2 cups shredded cheddar  
1 jalapeno, washed and seeded  
2 tb coarsely chopped cilantro leaves  
1 cup chicken broth  
1/8 teaspoon ground black pepper  
1 small zucchini, scored with a fork, then sliced for garnish  
1 red bell pepper, minced for garnish

Preheat oven to 400 degrees F to roast the vegetables for the Tomatillo Sauce: Prepare yellow onions, tomatillos and garlic. Toss with olive oil and spread on baking tray. Roast in oven for 15-20 minutes. While tomatillos are roasting, prepare Frittata vegetables: Cube the zucchini. Spread on paper towels, in a single layer; sprinkle with salt and let stand for 30 minutes. Meanwhile, spread frozen corn and frozen green beans on paper towels to thaw. The paper towels will absorb moisture from the vegetables as they thaw. (Or thaw in microwave.) Trim and chop the green onions. After 30 minutes, rinse the salt from the zucchini and set on paper towels to drain. Pat dry. After tomatillos are roasted, remove from oven to cool slightly. Puree roasted vegetables, seeded jalapenos and cilantro leaves in food processor. Pulse until most of the chunks are gone. While the processor is running, slowly add the chicken broth in a steady stream through the feed tube. Add ground black or white pepper to taste. (Prepare to here the night before; store sauce in airtight container in refrigerator overnight; store the 3 Sisters vegetables in a separate airtight container in refrigerator overnight. In the morning, continue...) Preheat oven to 350 degrees F. Spray 9” round pie pan with nonstick cooking spray. n a large mixing bowl, beat together eggs and Ricotta just until mixed. Stir in milk, oregano, cumin, salt and white pepper. Fold in vegetable mixture with the shredded cheese. Fill pie pan. Bake uncovered for 45 minutes, turning and rotating once after 22 minutes. While Frittata is baking, prepare the zucchini and red bell pepper garnishes and reheat the Tomatillo Sauce: In a large saucepan, over medium low heat, bring Tomatillo Sauce to gentle simmer. To serve: Cut into 6 wedge shaped servings. Top with a spoonful of Tomatillo Sauce. Garnish plate with 2 slices of scored zucchini and a sprinkling of minced red bell pepper.

Red Chile-Citrus Zest Pesto

This is a decidedly Southwestern pesto! Try whisking about 2 tablespoons into a cup or so of plain vinaigrette for a flavorful and spicy salad dressing. I also like to brush it on fish or chicken before it goes on the grill.

Ingredients  
6 dried ancho chiles  
2 tablespoons grated lime zest  
2 tablespoons grated lemon zest  
3 tablespoons grated orange zest  
2 tablespoons chopped fresh cilantro leaves  
3 garlic cloves, peeled and chopped  
1/4 cup toasted pumpkin seeds  
1 tablespoon sugar  
1/4 cup grated queso fresco or crumbled feta cheese  
1/2 cup corn oil  
Salt to taste

Preheat the oven to 450°F. Place the anchos on a cookie sheet and toast in the oven for 3 or 4 minutes, or until fragrant. Transfer the anchos to a mixing bowl, cover with warm water, and weight down with a plate or pan so the anchos remain submerged. Let soak for 10 to 15 minutes, or until just pliable. Drain the anchos; stem and seed them under running water. Transfer to a food processor and add the citrus zests, cilantro, garlic, pumpkin seeds, sugar, and cheese. Process until smooth, then drizzle in the oil with the motor running. Season with salt to taste. Keeps, refrigerated, for up to 1 week or frozen for up to 2 months.

Makes 1 cup

SALSA’S

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Salsa Fresca (raw and smooth)

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[Salsa Fresca - Avocado 1](#fresca_avocado1)

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[Salsa Fresca - Papaya](#fresca_papaya)

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[Salsa Fresca - Chipotle 4](#fresca_chipotle4)

[Salsa Fresca - Chipotle 5](#fresca_chipotle5)

[Salsa Fresca - Serrano 1](#fresca_serrano1)

[Salsa Fresca - Serrano 2](#fresca_serrano2)

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Salsa Cruda (raw and course)

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[Salsa Cruda 3](#cruda3)

[Salsa Cruda 4](#cruda4)

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[Salsa Cruda Peppers](#cruda_peppers)

[Salsa Cruda Serrano](#cruda_serrano)

[Salsa Cruda Serrano & Green Chillies](#cruda_serranogreenchillies)

Mole Amaraillo de Oaxaca (Yellow Mole of Oaxaca)

Traditionally served over chicken pieces, enchiladas or as a dipping sauce for small tamales.

fresh chiles, roasted, peeled, deveined and chopped

1 raw onion, chopped

cloves garlic, peeled and chopped

2 lb. tomatillos, husked, simmered and drained

1 medium onion, roasted

1 head garlic, roasted

1 cinnamon stick, toasted

1 t dried oregano or 2 t fresh

whole cloves, toasted

2 medium tomatoes, roasted and peeled

½ c. cooking oil

2 T sesame oil

1 slice raw onion generous

pinch of saffron

½ c. tortilla dough

4 c. strong chicken broth

Saute chiles, raw onion and garlic until soft. Puree and set aside.

Puree tomatillos, roasted onion, garlic, cinnamon, oregano, cloves and tomatoes. Heat oils in heavy skillet. Add onion slice and brown. Stir in tomatillo mixture and cook about 30 minutes, stirring occasionally until the fat separates and rises to the top. Stir in chile mixture and simmer about 1 hour or until mixture thickens. Fat on top may be skimmed off. Crumble and dissolve saffron in warm chicken broth. Dissolve tortilla dough in the broth. Add to the mole and simmer about 20 minutes until texture of custard, stirring often.

Salsa Verde 1

1 pound tomatillos, husks removed, rinsed, coarsely chopped  
1/2 cup cilantro leaves  
2 cloves garlic, roughly chopped  
2 tablespoons diced onion  
Salt

Place tomatillos in a saucepan and barely cover with water. Bring to a boil, then simmer until soft - about 10 minutes.

Place half of the tomatillos in a blender jar. Add the cilantro, garlic, and onion. Blend until smooth. Add the remaining tomatillos, and pulse a few times, just enough to break up any larger pieces. Return sauce to the pan and cook for another 10 minutes. Season with salt.

Salsa Verde 2

1 lb. tomatillos  
1 chopped onion  
1 chopped green onion  
2 tsp. minced jalapeno  
1 c. chicken stock  
Salt and pepper to taste

Saute onion in large skillet until soft. Cook tomatillos in boiling, salted water for 2 to 3 minutes, then puree in blender. Add green onions to skillet just before regular onions are ready. Combine all ingredients in a saucepan and simmer for 20 minutes. Serve at room temperature.

Salsa Verde 3

medium tomatillos

1 green bell pepper, stem and seeds removed

2 TB fresh lime juice

3 TB extra virgin olive oil

2 cloves of garlic

1 ripe avocado, diced

½ cup of fresh cilantro leaves, chopped

salt to taste

1 Jalapeno pepper, roasted, peeled, and diced (optional) or substitute Tabasco

Preheat broiler oven to 450 degrees. Remove the tomatillo husks. Rinse and place in an ovenproof dish without overlapping. Lay the green pepper skin side up on the pan with tomatillos. Broil until all are blackened on the outside, but tender on the inside, turning so that all sides get blackened (approx. 10–15 minutes) Remove and allow to cool. Peel away blackened skin. Chop the tomatillos and green pepper into a chunky dice. Meanwhile in a small skillet, heat the olive oil with garlic over medium heat, cooking until tender (about 5 minutes) Remove from heat. Combine tomatillos, green pepper, lime juice, and garlic olive oil in a food processor and process until coarse. Add the avocado and cilantro processing to just coarsely combine all ingredients. Season with salt.

Salsa Verde 4

(makes 3 cups)

1 pound fresh tomatillos, husked

1 cup oven-roasted (page 104) and chopped onion

1 cup vegetable stock

4 teaspoons minced garlic

1 tablespoon minced serrano chili

¼ teaspoon cider vinegar

Pinch of ground cumin

Pinch of sugar

½ cup chopped fresh cilantro

Salt

Preheat the oven to 350 degrees.

On a parchment-lined baking sheet, roast the tomatillos for 30 minutes, or until very soft but not split. Coarsely chop them.

In a large saucepan, combine the tomatillos, onion, vegetable stock,

garlic, chili, vinegar, cumin, and sugar. Bring to a boil. Reduce the heat and simmer, covered, for 20 minutes. Add the chopped cilantro, and transfer to a blender or food processor. Puree until smooth. Season to taste with salt.

Salsa Verde - Mole

Yield: 6 Servings   
 

3 oz Hulled raw pumpkin seeds OR ¾ lb Tomatillos, husked & washed

3 c  Chicken stock (no salt)   
2 ea Jalapenos or serranos (2-3)   
3 ea Garlic cloves, rough chopped   
¼ ts Cumin seeds or ground cumin   
¾ ts Ground cinnamon   
5 ea Lg Romaine lettuce leaves OR 5 ea Leaf lettuce leaves   
1 x  Salt to taste   
3 oz Pine nuts   
½ ea Medium onion, rough chopped   
4 ea Cilantro sprigs (4-5)   
¾ ea Inch cinnamon stick OR   
2 ea Whole cloves OR pinch ground   
1 tb Safflower or sunflower oil

Toast the pumpkin seeds in a dry frying pan, shaking   pan or stirring constantly until they are browned and   toasty (for pine nuts) or until they have browned and   
 popped (for pumpkin seeds). Remove from the heat and   transfer to a blender jar if you’re using pine nuts or   to a bowl if you’re using pumpkin seeds.  If you’re   using pine nuts, blend with 1 cup of the stock until   smooth, then strain through a medium-mesh strainer. If   you’re using pumpkin sees, pulverize in a spice mill   
in batches and sift into a bowl.  Stir in 1 cup of the   stock and mix well. Set aside. Simmer tomatillos in   water to cover with the chilies (remove stems, seeds   
and membranes from chilies) and simmer for 10 to 15   minutes. Drain and place in the blender jar.  Add the   onion, garlic, and cilantro. Grind the spices in a   
 spice mill and add to the blender jar. Add the lettuce   leaves and salt. Blend until the mixture is smooth.

Heat the oil in a heavy-bottomed saucepan or casserole   over medium heat. Add the nut or seed mixture and   cook, stirring constantly, until the mixture thickens,   
about 5 minutes. Add the tomatillo mixture and cook   again, stirring for about 5 to 10 minutes, until the   mixture is thick. Stir in the remaining 2 cups chicken   
stock, bring to a simmer, cover partially, and simmer   for 30 minutes. Taste and correct seasonings. If the   mixture seems too thick, stir in a little more chicken   
stock. Yield: About 3 cups sauce. Serve with grilled   or poached chicken breasts as main course. Use as a   dip with crudites, as a topping for nachos or   enchiladas. Add lime or lemon juice or vinegar and use   as a salad dressing.   
Sauce freezes well.

Salsa Verde - Relish

Makes 41/2 cups

1 lb tomatillos, husked, washed and chopped

1 lb Roma tomatoes, cored, seeded and chopped

1 large onion, chopped

½ cup olive oil

1/3 cup white vinegar

1 bunch cilantro, leaves only, chopped

¼ cup sugar

garlic cloves, minced

1 jalapeño chile, stemmed, seeded and diced

1 red bell pepper, cored, seeded and chopped

2 tsp salt

1 tsp freshly ground black pepper

Combine all ingredients in a pot. Cover and simmer about 1 hour. Set aside and cool to room temperature. Tomatillo relish can be stored in the refrigerator up to a week.

Salsa Verde - Tomato

1 lg. tomato, diced (1 ½ c.)  
1 sm. onion, chopped  
1 fresh or canned tomatillo, diced  
1 or 2 fresh jalapeno peppers, seeded and finely chopped  
1 tbsp. snipped fresh cilantro  
1 clove garlic, minced  
1 to 2 tsp. lime juice  
1/4 tsp. salt

In a small mixing bowl, combine tomato, onion, tomatillo, jalapeno pepper, cilantro, garlic, lime juice, and salt. Stir gently to mix. Cover and chill for 1 hour before serving.

Salsa Verde - Lime

2 tablespoons vegetable oil  
1 small onion, chopped  
1 clove garlic, minced  
½ teaspoon or more chopped fresh jalapeno chile  
1 teapoon cumin  
1 teaspoon coriander  
20 fresh tomatillos or 1 28-ounce can canned tomatillos, drained well  
¼ cup chopped cilantro  
1 teaspoon sugar  
1 tablespoon or more lime juice

In a large frying pan, heat the oil over medium-low heat. When hot, add the onions, garlic, chiles, cumin, and coriander. Saute until the onions are translucent. Add the tomatillos and continue sautéing over low heat until the tomatillos have broken down into a sauce, about 5 minutes. Add the cilantro, sugar, and lime juice and continue cooking 1 minute. Serve warm or at room temperature.

Serves 2 to 3.

Salsa Verde - Shiitake & Bell Peppers

(makes 24 servings)

This is a great salsa. The earthiness of the mushrooms, the tangyness of the tomatillos, and the sweet of the bells make a wonderful marriage of flavors. Give it a try and enjoy the day!!

prep time: 15 minutes

½ teaspoon olive oil

onion, chopped

leek, washed and julienned

½ pound shiitake mushrooms, stemmed and sliced

garlic cloves, chopped

pounds tomatillos, cleaned and washed

cups water or stock

red bell peppers

tablespoons chopped fresh oregano

salt (optional) and freshly ground pepper to taste

In a saucepan over medium high heat, saute the onions and leek in the oil until the onions are golden brown (take care not to burn.) When the onions are ready, add the mushrooms and garlic. Cook, stirring, for 5 minutes, until mushrooms are soft. Set aside.

In a saucepan or pot, add the tomatillos and water; place over high heat to bring to a boil, reduce heat, and simmer 15 to 20 minutes, until the tomatillos are soft. Drain, discarding the cooking liquid.

Roast the bell peppers over an open flame, grill, or broiler until charred. Place in a paper or plastic bag for 10 minutes to sweat. Wash the peppers under cool water, removing the charred skin, the stems, and seeds. Set aside.

Place the bell peppers and tomatillos in a food processor or blender; process until smooth. Add to the sauteed onion-mushroom mixture. Add oregano and season to taste with salt (if using) and freshly ground pepper. Bring to a very low simmer and serve hot over the tamale casserole.

Salsa Verde - Corn

A fresh salsa with the heat of jalapenos and the tang of fresh lime juice.

Prep Time: approx. 20 Minutes.

Cook Time: approx. 5 Minutes.

Makes 3 cups (12 servings).

4 ears fresh corn kernels  
2 seeded and finely chopped jalapeno peppers  
1/2 pound husked, cored and chopped tomatillos  
1/2 chopped green bell pepper  
2 thinly sliced green onions

tablespoons fresh lime juice  
2 tablespoons water  
1/2 teaspoon ground coriander  
2 tablespoons chopped fresh cilantro  
1 (14.5 ounce) package tortilla chips

In a large skillet, combine the corn kernels and    jalapeno peppers. Cook and stir for 10 minutes, until the    jalapenos are soft.

In a saucepan over high heat, combine the corn and    jalapeno mixture with the tomatillos, green bell peppers, green    onions, lime juice, water and coriander. Cover and bring to a    boil. Reduce heat to low and simmer 5 minutes, stirring once. Remove from heat. Cool for 10 minutes. Stir in the    cilantro. Allow the mixture to cool in the refrigerator. Serve  with tortilla chips.

Salsa Verde - Apple

tomatillos, paper skins removed

1 medium onion, large dice

cloves garlic

1 large apple, cored and sliced

1 Tablespoon oil

2 teaspoons sugar

1 Tablespoon calvados (optional)

Apple Tomatillo Sauce: Preheat oven to 425 degrees. In a small roasting pan or cast iron skillet, toss the tomatoes, onion, garlic, and apple, first with the olive oil to coat, then with the sugar. Place in the preheated oven for 20 to 30 minutes until the tomatillos break their skins, but are still green, and onions are translucent. Remove and add calvados to hot pan, if desired, tossing with the vegetables. Puree with a food processor or a blender. This can be made the day before and reheated.

Yields: 6 portions.

Salsa Verde - Green Chilies 1

1 lb tomatillos, husked and rinsed

large green chiles, peeled, seeded and chopped

1 slice white onion

3 cloves garlic, peeled

1 t instant chicken bouillon

2 T cooking oil

Place tomatillos and chiles in saucepan. Simmer over medium heat for 5 minutes.

Puree in blender with a little cooking water. Blend in onion, garlic and bouillon until smooth.

Heat oil in heavy frying pan, add sauce and cook over medium heat until slightly reduced (5 to 7 minutes).

Suiza (Swiss-style!) variation: Make a double batch. Combine 2 t. cornstarch, ½ t. white vinegar, and ¾ cup milk or light cream. Stir into the tomatillo sauce and heat to thicken. Typically served over chicken enchiladas topped with melted cheese.

Salsa Verde - Green Chilies 2

½ med. onion  
3 c. cooked tomatillos  
1 tsp. salt  
3-6 sm. hot green chilies  
1/4 tsp. coriander  
1/4 tsp. cumin  
1/4 tsp. oregano  
1 clove garlic

Either chop or blend and then cook onion and tomatillos (pronounced “tomateeos”) together. If using fresh chilies, cook them as well. Add spices to taste.

Salsa Verde - Ancho

Here’s another tomatillo sauce, but this one isn’t green. The ancho peppers turn it sort of brown, but it’s one of the tastiest tomatillo sauces of all.

Tbsp olive oil  
1/2 onion, thinly sliced  
1 serrano chile , stemmed and minced  
1 garlic clove, minced  
6 tomatillos, stemmed and quartered  
2 ancho chiles, stemmed and seeded  
2 guajillo chiles, stemmed and seeded  
1 Tbsp fresh lemon juice  
1/4 cup chicken stock  
1 cup chopped fresh cilantro  
Salt

In a medium sized skillet, heat 2 Tbsp of the olive oil over medium heat. Add the onion and cook, stirring for about 6 minutes, or until light brown. Add the serrano, garlic, tomatillos, anchos, guajillos, lemon juice, and chicken stock. Reduce the heat to low and simmer for 5-7 minutes, or until chiles are soft. Transfer the contents of the skillet to a blender, add the cilantro, and puree until smooth. Strain through a sieve into a bowl and salt to taste.

In another medium skillet over high heat, heat the remaining 2 Tbsp olive oil and carefully pour in the strained sauce. Cook for 1-2 minutes, or until it comes to a boil. Use immediately as a sauce for cooked dishes, or chill to serve as a table sauce. It will keep, tightly capped and refrigerated for up to 1 week.

Salsa Verde - Serrano

tomatillos  
1 med. tomato  
1 clove garlic  
4 serena chilies  
Salt and garlic salt to taste  
Cilantro to taste

Cook tomatillos, tomato, and chilies in water to cover. Cook until semi-soft (almost done). Blend garlic in blender, then add tomatillos, tomato and chilies. Add salt and garlic salt to taste. Blend, then add cilantro, if desired.

Salsa Verde - Jalapeňo

This is the “salsa de tomatillo” that I grew up with. It can be used as a sauce for grilled chicken, fish or shrimp, as the basis for green chilaquiles  (pour over tortilla chips, shredded cooked chicken and shredded Monterey Jack, then heat under the broiler), and as a dipping sauce for chips.  Delicioso!

Prep Time: approx. 20 Minutes.

Cook Time: approx. 10 Minutes.

Makes 2 cups (16 servings).

10 tomatillos, husked  
1 small onion, chopped  
3 cloves garlic, chopped

2 jalapeno peppers, chopped  
12 g chopped fresh cilantro  
salt and pepper to taste

Place tomatillos in a nonreactive saucepan with enough water to cover. Bring to a boil. Simmer until tomatillos soften and begin to burst, about 10 minutes.

Drain tomatillos and place in a food processor or blender with onion, garlic, jalapeno peppers, cilantro, salt and pepper. Blend to desired consistency

Salsa Verde - Jalapeňo & Serrano

tomatillo  
4-5 serrano chili  
4 jalapenos  
3-4 sm. yellow chili  
5 cloves garlic  
1/2 white onion  
1 lg. red tomato  
Cilantro (fresh)

Boil chili, garlic and tomatillo until tender. Chop chili, garlic, tomato and onion finely. (Use a Cuisinart, if available.) Add water, chili, garlic and tomatillo were boiled. Add a handful of chopped fresh cilantro.

Salsa Verde - Jalapeňo & Watermelon

to 10 medium tomatillos (peel off parchment-like coating and rinse)  
2 tablespoons vegetable oil   
1 onion, minced   
2 cloves garlic, minced   
3 jalapeno peppers or to taste, seeded and chopped  
1 tablespoon ground cumin  
2 teaspoons mild chili powder   
1 cup tomato sauce or puree  
1 cup seeded watermelon chunks salt and pepper to taste   
  
Makes About 3 Cups

Cut the tomatillos into quarters. Heat the oil in a large heavy sauté  
pan over medium high heat and in it sauté the onions for a few minutes and then add the tomatillos, garlic, and jalapenos. Sauté until the onions and garlic begin to brown. Reduce heat to low and sprinkle the cumin and chili powder over the pan. Stir in the tomato sauce and bring to a simmer. Remove from heat. Cool. Place in a blender or food processor with the watermelon and puree. Season with salt and pepper to taste.

## Salsa Verde - Jalapeňo & Green Chilies

1 lg. white onion, chopped  
2 tbsp. olive oil  
2 (3 ½ oz.) cans green chilies, chopped  
4 (10 oz.) cans tomatillos, chopped  
2 cloves garlic, finely minced  
1 tsp. sugar  
6 jalapenos, seeded and chopped

Saute garlic and onion in olive oil until onion is translucent and soft. Add green chilies, tomatillos, sugar, and jalapenos. Simmer 30 minutes.

Salsa Verde - for Freezing

1 gallon fresh tomatillos, husked and rinsed in cold water

2 cups coarsely chopped green chiles with some jalapenos or serranos, if desired

2-3 onions, quartered

4 cloves garlic, cut in quarters

In a large pot, bring tomatillos, onion, and garlic to a boil and simmer 5-10 minutes until tomatillos change color. Place in large colander to drain and cool. Place in large bowl and stir in chiles to distribute evenly. Process in food processor in batches until well-chopped but not pureed, then return all to large bowl. Place in pint-size freezer bags, about 1-1/2 cups per bag, squeezing out air.

When ready to use, thaw salsa. Place 2 Tbsp. oil in skillet and heat on medium until hot. Add salsa. Cook and stir about 3-5 minutes. Add broth or water if needed, and add salt, cilantro, or other desired seasoning to taste.

SALSA FRESCA

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Salsa Fresca 1



This green salsa is delicious with chips, or any place you would use red salsa. We use tomatillos we picked up at the farmer’s market so they’re nice and fresh. Tomatillos look like small green tomatoes - they are in the same family, but are citrusy and tart. They can be eaten raw, but cooking them mellows their taste and softens their skins. We boil them here but they can also be roasted.

Serves: 4

Preparation Time: 10 minutes

Cooking Time: 15 minutes

small tomatillos, golf-ball size

salt, kosher

¼ large onion

1 clove garlic

½ large jalapeno, fresh chile

1 tablespoon cilantro, leaves, cleaned

½ medium lime

We start off by preparing the tomatillos. We pull off the husks and rinse the sticky residue off the green flesh. We put them in a pot and cover with cold water. We bring the water to a boil, add a little salt, and boil for 5-10 minutes until tender when pierced with a knife. We use a slotted spoon to remove the tomatillos as they are done and put them in a medium bowl.

Meanwhile, we chop the onion coarsely yielding ½ cup. We mince the garlic with a little salt and mince the ½ of a jalapeno.

In our food processor, we combine the cooked tomatillos, onion, garlic, a little more salt, and the cilantro leaves. We puree until almost smooth, leaving it a bit chunky for texture. We pour into a bowl.

When we are ready to eat, we squeeze the ½ of lime into the green salsa, stir, and serve.

Salsa Fresca 2

4 lg. or 6 med. tomatillos  
1/2 med. onion  
1 med. clove of garlic, peeled  
1 ½ tbsp. seeded minced serrano green peppers  
Fresh cilantro, 2 lg. sprigs  
Salt

Remove husk, wash, core and coarsely chop tomatillos, chop onion, mince garlic, seed and mince serrano peppers, mince or cut with scissors the cilantro (exclude stems). Salt to taste and mix. Chop in manual food chopper until some liquid forms and the sauce has a loose consistency. Serve. The sauce loses flavor of the cilantro, becomes soggy and the texture breaks down when standing for a while.

Salsa Fresca 3

18-20 fresh green tomatillos  
2-3 tbsp. minced cilantro  
1 tbsp. minced fresh green chilis  
1 tbsp. lime juice  
1/2 tsp. salt to taste

Remove husks from tomatillos and cook in water until soft; drain. Put in blender with cilantro, chilies, lime juice and salt. Process until smooth.

Salsa Fresca 4

½ lb. (about 4) tomatillos  
2 tbsp. chopped onion  
1 serrano chile pepper, seeded, chopped  
1 garlic clove, crushed  
1 tbsp. lime juice  
1 tbsp. chopped fresh cilantro  
1/4 tsp. salt

Peel brown husk from tomatillos; rinse. In medium saucepan, cook tomatillos in small amount of boiling water. Reduce heat to medium; cook 8 to 10 minutes or until soft. Drain. Place cooked tomatillos in blender container or food processor bowl with metal blade; process with on-off pulses just until smooth. Just before serving, in medium bowl combine tomatillos with remaining ingredients. Serve with tacos, grilled chicken or tortilla chips. ¾ cup.

TIPS: A 16 ounce can tomatillos, drained, can be substituted for fresh tomatillos. After tomatillos are processed in blender, they can be refrigerated up to 1 day or frozen up to 3 months.

Salsa Fresca 5

1 (6 oz.) can tomato paste  
3 tsp. crushed red pepper (6 tsp. for HOT)  
3 tsp. salt  
1 lg. purple onion, chopped  
8 cloves garlic, minced  
6 tsp. cilantro  
8 green onions, chopped  
8 fresh or canned jalapeno peppers  
6 tomatillos  
6 qt. bowl of whole roma tomatoes

Combine the first 8 ingredients in a large bowl and mix well. Chop the tomatillos and tomatoes and add to the bowl, stirring once or twice. This salsa is best if it is chopped by hand to retain its chunky texture. Serve as a dip or with your favorite dishes such as tacos, burritos, eggs, baked potatoes, etc.

Salsa Fresca - Relish

1/2 cup water   
8 ounces tomatillo, husks removed, chopped   
2 jalapeno peppers, seeds removed   
2 tablespoons onions, minced   
2 garlic cloves, minced   
1 cup chopped cilantro

Bring ½ cup of water to a boil. To the boiling water add half of the tomatillos, jalapenos, onions, garlic and cilantro, cook at a low heat for 5 minutes. Let cool. Puree in a blender with the other half of the vegetables along with the lime juice and olive oil.

Salsa Fresca - Creamy

½ lb. tomatillos  
1 or 2 jalapeno chilies, seeded (wear gloves)  
1 garlic clove  
1/3 c. onion, chopped coarsely  
1 ¼ c. chopped cilantro  
2 tsp. white wine (or other) vinegar  
1/2 tsp. salt  
1 c. sour cream  
1 tsp. chile caribe (coarsely ground chile) (opt.)

Remove and discard the dry husks from the tomatillos and rinse in warm water. Place on a large plate and microwave on high power for 3 minutes (using a 600 watt microwave), or steam for 4 minutes. Place the tomatillos in a food processor, add jalapenos, garlic, onion and cilantro. Pulse until coarsely chopped. Add the vinegar and salt. Pour into a bowl and stir in the sour cream. Before serving, sprinkle the top with ground chile, 2 cups. NOTE: For a lower fat version, substitute part non fat yogurt and low fat sour cream for the sour cream.

Salsa Fresca - Avocado 1

1 tbsp. vegetable oil  
3/4 lbs. tomatillos, roasted & peeled  
2 garlic cloves, minced or 2 tsp. granulated garlic  
2 tbsp. lime juice  
1 tsp. salt  
1 tsp. white pepper  
2 avocados, peeled

Saute onion in oil. Cut tomatillos in half and add to onion, lime juice and seasonings. Cook 2 minutes, then set aside to cool. Peel and put avocados. Add tomatillos with onion mixture to food processor. Puree until smooth. Allow sauce to stand 1 hour before serving.

Salsa Fresca - Avocado 2

Tomatillo-Avocado Salsa  
12 tomatillos, husked and rinsed  
1 small onion, quartered  
6 large garlic cloves, peeled  
2-3 serrano chiles, stemmed  
2 ripe avocados, peeled and diced  
1/2 cup chopped fresh cilantro  
2 tablespoons fresh lime juice  
  
Place first 4 ingredients on a baking sheet and broil until charred in spots but still firm, stirring twice, about 5 minutes. Transfer to processor and using on/off turns chop coarsely. Add all remaining ingredients and blend to a coarse puree. Season with salt and pepper.

Salsa Fresca - Avocado 3

1 Ripe Haas avocado, peeled and cubed

Tomatillo, husked and cleaned

1/2 White onion, chopped

¼ cup Cilantro, chopped

1 clove Garlic, diced

1 Serrano chile, stem removed

water

1 tspsalt

Place Tomatillo, Onion, Cilantro, Garlic, Chile, Salt and 2TBL Water in blender; puree until smooth. Add Avocado and puree until smooth. Add more water if needed

Salsa should be a thick liquid, about the consistency of ketchup

Salsa Fresca - Avocado 4

Prep Time: 10 minutes

Cook Time: 15 minutes

Yield: 2 cups

¾ pound fresh tomatillos (available at specialty produce markets and some supermarkets), husked and rinsed   
1/4 to 1/3 cup packed fresh coriander   
1 garlic clove   
Salt   
3 avocados

In a saucepan simmer the fresh tomatillos in salted boiling water to cover for 8 to 10 minutes, or until they are tender, transfer them with a slotted spoon to a bowl, and let them cool. (Alternatively, use a drained 11-ounce can tomatillos, see note above.) In a food processor or blender, puree the tomatillos with the coriander, to taste, the garlic, and salt, to taste, and transfer the mixture to a bowl. Halve and pit the avocados, chop the flesh, and stir it into the tomatillo mixture. Serve the salsa with tortilla chips or with hamburgers, grilled meat, or fish.

Salsa Fresca - Avocado 5

This versatile sauce is served with some classic Veracruzan antojitos (appetizers, snacks). It also goes well with grilled meats, chicken and fish. Since discovering it, I’ve taken to using it like a lighter, spicier guacamole. The chunky-textured original was made with a Mexican stone mortar and pestle. If using a food processor or blender, adjust the texture to your liking. It’s good chunky, but I’ve also come to enjoy it puréed very smooth.

2 garlic cloves, cut in chunks

1 ½ teaspoons salt, or to taste

1 small white onion, coarsely chopped

2 - 3 (or to taste) serrano chiles, stems removed, cut into chunks

½ pound tomatillos (6 - 8 average-sized tomatillos), cut into quarters

4 - 6 cilantro sprigs

1 ripe Mexican-type avocado (Hass or Fuerte)

In a food processor or blender, process the garlic and salt to a paste. Scrape down the sides if necessary with a rubber spatula; add the onion, chiles, tomatillos, and cilantro. Process with an on-off motion to make a slight chunky puree. Scoop out the avocado flesh into the machine and process to the desired smoothness. Serve within 1 hour (or preferably at once).

Yield: About 2 ¼ cups

Salsa Fresca - Yellow Tomato

2 tablespoons vegetable oil  
6 tomatillos (about ½ pound), husks discarded, fruit rinsed under warm water and chopped fine  
3 large yellow tomatoes  
1 large red tomato  
1 small yellow bell pepper, chopped fine  
1 large onion, chopped fine  
1 to 2 jalapeno chilies, minced  
1/4 cup chopped fresh cilantro  
Juice of 1 lime  
Salt to taste

In a bowl combine oil, tomatillos, tomatoes, bell peppers, onion, jalapenos, cilantro and salt to taste. Chill salsa at least 1 hour or overnight. Serve with tortilla chips.

Salsa Fresca - Corn and Tomato

4 ears white sweet corn or 1 box frozen corn  
1/2 c. chopped red onion  
1 lg. ripe tomato, chopped  
1 tomatillo, husked and coarsely chopped  
Juice of 1 lime  
1 tsp. ground cumin  
1-2 cloves garlic, minced  
1 (4 oz.) can green chilies, chopped

Blanch corn in boiling water for 3 minutes, chill immediately and cut from cob. Or microwave corn for 3-5 minutes on high, chill in cold water and cut from cob. Place in medium size bowl, add rest of ingredients, served chilled. If using frozen corn, it’s not necessary to cook it; just mix with other ingredients and let stand until corn is thawed.

Salsa Fresca - Papaya

Makes about 3 cups  
  
1 large papaya, peeled, seeded and coarsely chopped  
4 medium tomatillos, husked, rinsed and coarsely chopped  
2 tablespoons finely diced red onion  
1 tablespoon minced jalapeno  
1/4 cup fresh lime juice  
1/4 cup coarsely chopped cilantro  
1 teaspoon honey  
Salt and freshly ground pepper  
  
Combine all ingredients in a bowl and stir gently to mix. Season with salt and pepper.

Salsa Fresca - Mango

It’s light and refreshing and tastes great with chips, pork or chicken dishes, and we love it with breakfast burritos.

3 cloves garlic  
2 Tablespoons cilantro  
1 jalepeno pepper, seeded  
1/2 medium onion  
6 tomatillos  
1 ripe mango  
salt to taste  
  
Place all ingredients except mango and salt in a food processor. Process until finely chopped. Peel and cut the mango into small pieces, add to the mixture. Add salt to taste. Keep refrigerated. Makes about 2 cups.

Salsa Fresca - Pistachio

1 lb. (453 g) fresh tomatillos   
1 large onion, coarsely chopped

1 clove garlic   
Fresh lime juice to taste   
Salt to taste

½ (118 ml) cup raw pistachios

Remove the husks from the tomatillos and wash them. Cut them in half and put them into a 3 or 4-quart (3 or 4 liter) saucepan with just enough water to cover.

Cover saucepan and bring to a boil over high heat. Boil about 2 or 3 minutes. Using a slotted spoon, put the tomatillos and onions into the food processor along with the garlic. Process to chunky consistency.

Add lime juice and salt, adjusting the flavors to your own personal taste. Remove to a bowl and stir in pistachios. Refrigerate until ready to use. Makes about 3 cups (717 ml).

NOTE: Since the pasilla peppers can sometimes be a bit spicy, we keep the salsa unspiced. However, if you’ve got a bent for the spicy life, add jalapeno to taste when you whirling the tomatillos and onions in the processor.

Salsa Fresca - Squash

Makes 2 cups.

1 sm. zucchini  
1 sm. yellow summer squash  
1 sm. carrot  
2 tomatillos  
1 clove garlic  
3 serrano chilies  
1/2 sm. red onion  
1 tbsp. freshly chopped marjoram  
4 tsp. extra-virgin olive oil  
1 tbsp. unseasoned rice vinegar  
Sugar and salt to taste

Trim the ends of the squashes, peel the carrot and husk and rinse the tomatillos. Finely dice (one-eighth inch or less) the squashes, carrot, tomatillo, tomato, garlic and serranos.

Dice the onion equally finely, put in a strainer, rinse with hot water and drain. Then combine all ingredients. Let sit for at least 1 hour at room temperature before serving.

Use to accompany sauteed fish, grilled chicken or pasta, or serve cold or at room temperature with tortilla chips.

Salsa Fresca - Red Bell Pepper

4 med. tomatillos, cooked, peeled

4 med. red bell peppers, seeded

½ sm. jalapeno chili pepper

¼ cup cilantro

1 ½ tsp. red chili flakes

¾ cup water

Place in the Salsa Master the red bell peppers, tomatillos, cilantro, and chili pepper.  
Mix well.

Transfer into bowl and add salt, water, and chili flakes.

Salsa Fresca - Bell Pepper & Red Onion

¾ c. diced husked tomatillos (about 8 med.)  
1/4 c. diced red bell pepper  
1/4 c. diced red onion  
2 tbsp. orange juice  
3 tbsp. white wine vinegar  
2 tbsp. fresh lime juice  
2 tbsp. fresh lemon juice  
1 tbsp. sugar  
1/2 tsp. minced seeded jalapeno chili

Puree ¼ cup tomatillos in processor. Pour into medium bowl. Mix in remaining tomatillos and all ingredients. Cover and refrigerate at least 30 minutes. (Can be prepared 1 day ahead.)

Salsa Fresca - Chipotle 1

These are the most attractive salsa flavors I know: tangy (almost citrusy) from the tomatillos; smoky and hot from the chipotles, and sweetly aromatic from the roasted garlic. Add anything else but salt (and a pinch of sugar if the tartness of your tomatillos seems to be standing out too much) and you’re gilding a naturally perfect lily. I just love this salsa.

Unlike salsas that have lots of raw ingredients, this one can be kept for days in the refrigerator. The flavors come together nicely, though the frisky, just-cooked tomatillo flavor mellows out somewhat. As you approach the final step of this simple salsa, you can choose whether you like the rusty-colored, fully integrated flavors of the smoother version, or the olive-colored, flecked-with-red, rougher-looking version that’ll offer surprise bursts of chipotle in every mouthful. When you have the time, try a third alternative in the mortar, crushing together the garlic and chiles first, then working in the tomatillos a couple at a time; the garlic and chiles will be noticeably richer and fuller, the texture of the tomatillos beautifully coarse.

Makes about 1 ¼ cups

3 to 6 (1/4 to ½ ounce total) dried chiles chipotles colorados (chiles moritas) OR 2 to 4 (1/4 to ½ ounce total) dried chiles chipotles mecos OR 3 to 6 canned chiles chipotles en adobo

3 large garlic cloves, unpeeled

ounces (5 to 6 medium) tomatillos, husked and rinsed

Salt, about ½ teaspoon

Sugar, about ¼ teaspoon

Toasting and roasting the key ingredients. Set an ungreased griddle or heavy skillet over medium heat. If using dried chiles, break off their stems. Toast the chiles a few at a time: lay on the hot surface, press flat for a few seconds with a metal spatula (they’ll crackle faintly and release their smoky aroma), then flip and press down to toast the other side. Transfer the toasted chiles to a bowl, cover with hot water and let rehydrate for 30 minutes, stirring regularly to insure even soaking. Pour off all the water and discard.

If using canned chiles, simply remove them from the adobo they’re packed in.

On a heavy, ungreased skillet or griddle over medium heat (you’ll already have it on if you’re using dried chiles), roast the unpeeled garlic, turning occasionally, until blackened in spots and soft, about 15 minutes. Cool, slip off the papery skins, then roughly chop.

Lay the tomatillos on a baking sheet and place about 4 inches below a very hot broiler. When the tomatillos blister, blacken and soften on one side, about 5 minutes, turn them over and roast the other side. Cool completely on the baking sheet.

The salsa. Method 1 (the smoother alternative): Scrape the tomatillos (and any juices that have accumulated around them) into a food processor or blender and add the rehydrated or canned chiles and garlic. Pulse the machine until everything is thick and relatively smooth (detectable little bits will add textural interest). Method 2 (the chunkier alternative): Scrape the tomatillos (and any juices that have accumulated around them) into a food processor or blender and add the garlic. Pulse until everything is coarsely pureed. Chop the rehydrated or canned chiles into tiny bits, then stir them into the tomatillo mixture.

Transfer your salsa to a serving bowl and stir in enough water, usually 3 to 4 tablespoons, to give the salsa an easily spoonable consistency. Taste and season with salt, plus a little sugar, if you want to soften the tangy edge.

Advance preparation—The finished salsa will keep about 1 week in the refrigerator, though the tomatillos have the brightest flavor for the first 24 hours.

Other chiles you can use: Dried árbol (use 3 to 6) or cascabel (use 2 to 3) can replace the chipotles. Dried chile pasilla Oaxaqueño taste delicious here (use 1 to 3) if you can lay your hands on them.

Salsa Fresca - Chipotle 2

1 Lb. Tomatillos, husks removed and cut into quarters

1 Spanish onion, peeled and thinly sliced

Cloves garlic, peeled

2 Green bell peppers

2-3 Chilpotle peppers packed in adobo sauce

2tsp. Ground cumin

½ C. Cilantro

Salt & pepper to taste

Pre-heat oven to 400 degrees.

In a large mixing bowl, combine tomatillos, onion, garlic, and green peppers. Toss vegetables together with just enough olive oil, salt, and pepper to lightly coat all the vegetables. Take the vegetables and spread them evenly on a jelly roll pan and place them in the oven for 12-15 minutes, or until the vegetables begin to caramelize.

Place the roasted vegetables in a food processor with the ground cumin, cilantro, and chilpotle peppers. Puree the vegetables until they convert to a chunky salsa form.

Season sauce with salt and pepper to taste.

Salsa Fresca - Chipotle 3

This is a very versatile sauce. It can be served hot or cold, spread on roast pork sandwiches, used to compliment grilled fish, pork, rabbit, lamb or chicken, and is perfect with enchiladas. It is less acidic and softer in the mouth than sauces using regular tomatoes. If this sauce is served warm, do not let it sit too long as the cilantro tends to lose its color and gets tired in flavor.

Yield—about 3 cups.

25 large tomatillos (about 2 pounds)

3 cloves garlic, unpeeled

1 medium onion, finely chopped

3 tablespoons olive oil

4 canned chipotle chiles in adobo sauce

2 teaspoons adobo sauce

1 bunch cilantro, leaves only

1 teaspoon salt

Juice of 1 lime

Husk and wash tomatillos under hot water. With a comal or black iron skillet (dry), cook tomatillos for 20-25 minutes over medium-high heat until soft and blackened all over. Do not allow to dry out. Shake pan every few minutes.

Roast garlic until soft but not burnt. Sautée onion in 1 tablespoon olive oil until soft and browned. Place tomatillos, garlic, onion, 2 tablespoons olive oil, chipotles, adobo sauce, cilantro and salt in a blender or food processor. Process until combined; consistency should be even, wiht no lumps. Add water if necessary. Add lime juice and blend for a few more seconds. Add more cilantro if desired. Serve warm, at room temperature, or chilled

Salsa Fresca - Chipotle 4

1 Pound Tomatillos, husked

1 T Olive oil

¼ C Red onion, finely chopped

½ C Fresh cilantro leaves, chopped

2 Canned chipolte chiles, finely chopped OR 2 dried chipolte chiles (see below)

1 T White vinegar

1 t Dried leaf oregano (preferably Mexican oregano)

½ t Salt

Heat the broiler, and cover a baking sheet with aluminum foil.

With baking sheet 5 to 6 inches from flame, broil the tomatillos for 15 to 18 minutes, turning occasionally. Tomatillos will darken in spots. Remove from broiler, allow to cool, and finely chop.

Warm the olive oil in a skillet. Add the onion and sauté until softened.

In a bowl, combine the onion and tomatillos. Stir in all remaining ingredients.

May be served warm or cold. Makes about 2 cups.

Notes:   
If using dried chipolte chiles, remove stems and seeds, place them in a pan, cover with water and bring to a boil. Remove from heat and allow chiles to soak until softened (the skin may still feel papery and tough, but the pulp will be tender).

Process the chiles in a blender or food processor with only enough liquid to make a paste. If you are preparing only a small quantity, you may press the softened chiles through a sieve, rather than use a blender or food processor.

Salsa Fresca - Chipotle 5

Makes 2 cups

½ - pound Tomatillo, cut into strips

2- teaspoons Chipotle chiles, finely chopped

¼ - cup onion, finely chopped

2 – tablespoons cilantro, finely chopped

2 – teaspoons fresh lemon juice

½ - teaspoon lemon zest

1 – teaspoon fresh lime juice

¼ - teaspoon salt

¼ - teaspoon ground pepper

In a medium bowl, combine Tomatillo, chiles, onion, cilantro, lemon juice, lemon zest, lime juice, salt, and pepper. Cover and refrigerate, at least 1 hour and better a day or two, to allow the flavors to mix.

Salsa Fresca - Serrano 1

1 lb. fresh tomatillos (green tomatoes) whole  
1/2 onion, cut up  
8 sarrano peppers  
1/2 tsp. black pepper  
1/2 tsp. garlic powder  
1/4 tsp. salt  
1 tbsp. fresh or bottled cilantro  
1/4 tsp. cumin seed  
1 tsp. bottled salad herbs, optional  
1 to 2 tbsp. cooking oil

Heat oil in large heavy skillet. Add tomatoes, onions and peppers. Cook until brown on all sides (just scorched and soft.)

Put tomatoes, onions, peppers in blender. Add all other ingredients. Blend well. Store in glass jars in refrigerator. Great on meats. Also good dip.

Optional for dip: add 2 avocadoes to blender. Blend with all other ingredients.

Salsa Fresca - Serrano 2

If you’re pressed for time, you may want to try a jarred brand of tomatillo salsa instead of making it from scratch. We can’t attest to the quality of all of them, but we do love Rick Bayless’s, which has a fine, robust flavor.

Start to finish: 15 min.

Makes about 3 cups.

1 ½ lb fresh tomatillos or 3 (11-oz) cans tomatillos  
5 fresh serrano chiles  
3 garlic cloves, unpeeled  
1/2 cup fresh cilantro   
1 large onion, coarsely chopped  
2 teaspoons coarse salt

Preheat broiler.

If using fresh tomatillos, remove husks and rinse under warm water to remove stickiness. If using canned tomatillos, drain and measure out 2 cups. Broil chiles, garlic, and fresh tomatillos (do not broil canned) on rack of a broiler pan 1 to 2 inches from heat, turning once, until tomatillos are softened and slightly charred, about 7 minutes.

Peel garlic and pull off tops of chiles. Purée all ingredients in a blender.

Cooks’ note: Salsa can be made 1 day ahead and chilled, covered

Salsa Fresca - Jalapeňo

This is a spicy dip for tortilla chips or an appealing topping for burritos.

1 tbsp. vegetable oil  
1 clove finely chopped garlic  
2 jalapeno peppers, seeds removed  
Salt & freshly ground pepper  
1 sm. onion, finely chopped  
10 green plum tomatoes or tomatillos or 5 med. Green tomatoes  
2 tbsp. chopped fresh cilantro

Combine oil, onion and garlic in a small microwave safe casserole dish and microwave on high for 1 minute. In a blender or food processor, puree tomatoes, cilantro and jalapeno peppers. Stir puree into onion garlic mixture. Season to taste with salt and pepper.

SALSA CRUDA

[Salsa Cruda 1](#cruda1)

[Salsa Cruda 2](#cruda2)

[Salsa Cruda 3](#cruda3)

[Salsa Cruda 4](#cruda4)

[Salsa Cruda 5](#cruda5)

[Salsa Cruda 6](#cruda6)

[Salsa Cruda 7](#cruda7)

[Salsa Cruda Peppers](#cruda_peppers)

[Salsa Cruda Serrano](#cruda_serrano)

[Salsa Cruda Serrano & Green Chillies](#cruda_serranogreenchillies)

## Salsa Cruda 1

1 med. onion, chopped  
1 or 2 fresh jalapeno peppers, chopped  
1 tbsp. snipped fresh cilantro  
1 tbsp. sugar (optional)

In a small mixing bowl, combine tomatillos, onion, jalapeno peppers, and cilantro. Stir gently to mix. Cover and chill for 1 hour before serving.

Salsa Cruda 2

Makes 1 cup.

½ lb. fresh tomatillos (Mexican green tomato)  
4 to 6 cloves garlic  
1 c. fresh cilantro leaves  
1 tbsp. fresh green chile or pickled jalapeno pepper

Remove brown husks from tomatillos. Wash thoroughly and cut into chunks. Place all ingredients in a blender or food processor and chop finely but do not liquify.

Serving size: 1 tablespoon.

Salsa Cruda 3

13/4 pounds tomatillos, husks removed and rinsed  
3 garlic cloves, unpeeled  
1 jalapeno chile use ½ if very hot)   
1/3 cup canned chicken stock  
1 teaspoon salt  
Pepper

Broil tomatillos on rimmed baking sheet, 5 minutes, turn, and 5 minutes more. Skin will be blackened and blistered. In dry hot skillet, roast jalapeno pepper and garlic cloves 5 minutes, or until scorched and softened. Peel garlic. Stem, seed and peel jalapeno. Place tomatillos, any remaining juice, jalapeno, garlic and stock in blender or processor. Whirl to coarse chunks. Season with pepper to taste. Makes about 21/2 cups. Can be made day before.

( \* In a pinch, substitute 16-ounce jar of green tomatillo salsa, combined with 1/3 cup chicken broth.)

Salsa Cruda 4

med. tomatoes  
3 tomatillos  
1 ½ med. onion  
3 jalapeno chili peppers  
4 serrano chili peppers  
3 tbsp. sweet chili sauce, Chinese  
2 tbsp. cilantro  
1/2 tsp. garlic salt  
1/2 tsp. seasoned pepper

Salsa Cruda 5

2 c. coarsely chopped fresh tomatillos or 2 cans tomatillos, chopped and well drained  
1/2 c. chopped onion  
1/2 c. chopped fresh cilantro or parsley  
1 pickled jalapeno pepper, chopped (from jar)  
1 garlic clove, minced  
1/2 tsp. lemon pepper  
1/2 tsp. dried oregano leaves  
1/2 tsp. adobo seasoning or garlic powder  
2 to 3 tbsp. lime juice

Combine all salsa ingredients in medium bowl, mix well. Refrigerate at least 30 minutes to blend flavors. Serve with white chilli.

Salsa Cruda 6

Makes 2 cups.

2 lg. tomatoes, peeled and chopped  
4 tomatillos, husked and chopped  
2 fresh Anaheim chilies, seeded and chopped  
5 green onions, chopped  
2 fresh jalapeno peppers, seeded and chopped  
1 tsp. ground cumin  
1 tsp. fresh lime juice  
1 tsp. sugar  
1 tsp. minced fresh cilantro  
1/2 tsp. freshly ground black pepper  
1/4 tsp. salt

In lidded jar, combine all ingredients and marinate for at least 1 hour. May be stored for 2-3 weeks in refrigerator. Salsas are the salt and pepper of Mexico. This fresh salsa is a great accompaniment to most Mexican dishes and is a tasty dip for tortilla chips.

Salsa Cruda 7

med. tomatoes  
4-8 tbsp. fresh cilantro  
1/2 c. fresh basil, lemon, sweet green or opal  
2 tbsp. fresh oregano  
4-8 tomatilloes  
4-8 tbsp. fresh lemon or lime juice  
4-8 tbsp. herbal vinegar  
1 ½ tsp. salt (optional)  
5-10 garlic cloves

Seed and dice tomatoes; chop cilantro, fresh basil, lemon, sweet green opal and fresh oregano. Dice tomatilloes. Peel and finely mince garlic cloves.

Blend all ingredients together in a large bowl. Cover and refrigerate. Let stand for at least 4 hours before serving.

Serve with chips or any traditional Mexican dish.

Salsa Cruda - Peppers

1 lb. tomatillos  
1 med. onion  
1/2 green pepper  
Chili peppers (3 to 10 depending on “hotness” desired)  
1 tsp. ground cumin  
Cilantro to taste  
1 lime  
3 cloves garlic

Peel paper off of tomatillo and boil for 1-2 minutes. Chop the tomatillos, onion, green pepper, chili peppers, cilantro and garlic. Mix chopped ingredients together; add cumin and squeezed juice from the lime. Serve with chips or nachos.

Salsa Cruda - Serrano

½ lb tomatillos, husks removed

1 clove garlic, chopped

4 Serrano chiles, chopped

½ t instant chicken bouillon

2 T finely chopped onion

2 T coarsely chopped cilantro

Chop tomatillos, garlic, chiles and bouillon in a blender. Do not puree. Stir in onion and cilantro. Serve at room temperature.

Asada (roasted) variation: This condiment for meat and fish calls for doubling the ingredients. Heat tomatillos and chiles on very hot griddle. Remove chiles when slightly browned (5 minutes)and cook tomatillos until browned and mushy (about 10 minutes). Grind together with other ingredients.

Salsa Cruda - Serrano & Green Chillies

2 Anaheim chile peppers, roasted, peeled, chopped

tomatillos (1 lb.)

2 fresh Serrano chiles, cut in half

½ cup coarsely chopped onion

1 garlic clove, minced

¼ cup cilantro, chopped

1 tsp. Olive oil

1 tsp. Lime juice

¼ tsp. Salt

Pulse tomatillos in food processor until coarsely chopped. Add peppers and next 3 ingredients; pulse until diced (do not puree). Pour into a serving bowl. Stir in oil, lime juice, and salt until well blended. Cover and chill at least one hour.

Annex 1 SALSA RECIPES FOR CANNING

Most salsa recipes are a mixture of low-acid foods, such as onions and peppers, with acid foods, such as tomatoes. These salsa recipes have been tested to assure that they contain enough acid to be processed safely in a boiling water canner.

INGREDIENTS

TOMATOES

The type of tomato you use often affects the quality of salsas. Paste tomatoes, such as Roma, have firmer flesh and produce thicker salsas than large slicing tomatoes. Although both types make good salsas, slicing tomatoes usually yield a thinner, more watery salsa than paste tomatoes. Canning is not a good way to use overripe or spoiling tomatoes. Use only high quality tomatoes for canning salsa or any other tomato product. Do not use tomatoes from dead or frost-killed vines. Poor quality or overripe tomatoes will yield a very poor product and may spoil. Where recipes call for peeled or skinned tomatoes, remove the skin by dipping tomatoes into boiling water for 30-60 seconds or until skins split. Dip in cold water, then slip off skins and remove cores and seeds. You may substitute green tomatoes or tomatillos for tomatoes in any of these recipes.



PEPPERS

Peppers range from mild to fiery in taste. Very hot peppers are usually small (1 to 3 inches long); mild peppers are usually bigger (4 to 10 inches long). Anaheim, Ancho, College, Colorado and Hungarian Yellow Wax are mild pepper varieties. Choose a mild pepper such as the Anaheim when the recipe calls for long green chilies. The small, very hot peppers are used to provide a distinct taste to the salsas. Jalapeno is the most popular hot pepper. Other varieties include Serrano, Cayenne, Habañero and Tabasco. Use rubber gloves when you cut or dice these peppers because they cause extreme irritation to the skin. Be very careful that you do not touch your face. Particularly the areas around your eyes, when you are working with hot chilies. Use only high quality peppers. Do not increase the total amount of peppers in any recipe. However, you may substitute one type of pepper for another. The skin of long green chilies is rather tough and can be removed by heating the peppers. Hot peppers such as the jalapeno do not need to be peeled, but seeds are often removed.



CAUTION: WEAR PLASTIC GLOVES WHILE HANDLING HOT CHILIES

To peel chilies, slit each pepper along the side to allow steam to escape. Peel using one of these two methods:

Oven or broiler method—Place peppers in a hot oven (400° F.) or broiler for 6-8 minutes until skins blister.

Range-top method—Cover hot burner, either gas or electric, with heavy wire mesh. Place peppers on burner for several minutes until skins blister. After heating, place peppers in a pan and cover with a damp cloth. (This will make peeling the peppers easier). Cool several minutes; slip off skins. Discard seeds and chop.

TOMATILLOS

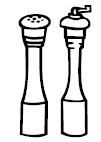


Tomatillos are also known as Mexican husk tomatoes. Tomatillos do not need to be peeled or seeded, but the dry outer husk must be removed.

ACIDS

The acid ingredients used in salsa help preserve it. You must add acid to canned salsas, because the natural acidity may not be high enough. The commonly used acids in home canning are vinegar, lemon and lime juice. Lemon and lime juices are more acid than vinegar, but has less effect on flavor. Use only vinegar, which is at least 5% acid and use only bottled lemon and lime juices. If you wish, you may safely substitute an equal amount of lemon juice for vinegar in recipes using vinegar. DO NOT substitute vinegar for lemon juice. This substitution will result in a less acid and potentially unsafe salsa.

SPICES



Spices and herbs add flavoring to salsas. The amount of spices and herbs may be altered in these recipes. Cilantro and cumin are often used in spicy salsas. You may leave them out if you prefer a salsa with a milder taste. For a stronger cilantro flavor, add fresh cilantro just before serving the salsa.

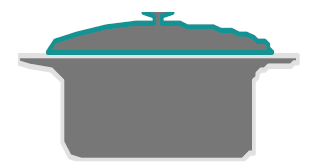
FILLING THE JARS

Follow manufacturer’s directions for pretreating lids. Fill hot jars with the hot salsa, being careful not to leave any salsa on the rims. Wipe jar rims with a clean, damp paper towel. Put on lids and screw on metal bands.

IMPORTANT: Follow the directions carefully for each recipe. Use the amounts of each vegetable listed in the recipe. Add the amount of vinegar, lemon or lime juice listed. You may change the amount of spices, if desired. Salsas, which do not follow these or other research-tested recipes, should not be canned. They may be frozen or stored in the refrigerator. Do not thicken these salsas with flour or cornstarch before canning. After you open a jar to use, you may pour off some of the liquid or thicken with cornstarch.

PROCESSING

Processing in a Water-Bath Canner



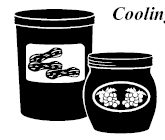
Use a rack to keep jars from touching canner bottom and to allow heat to reach all sides of the filled jars.

Put jars into canner, which contains simmering water.

Add additional boiling water, if needed, to bring water 1 to 2 inches above jar tops. Don’t pour water directly on the jars. Place a tight-fitting cover on canner. (If a pressure canner is used for water-bath canning, leave the cover unfastened and the petcock open to prevent buildup of pressure.) Bring water back to a rolling boil. Set a timer for recommended processing time. Watch closely to keep water boiling gently and steadily. Add boiling water if necessary to keep jars covered. Remove jars from canner immediately when timer sounds. Spoilage could occur if jars are left in hot water.

Cooling Jars

Put jars on a rack or cloth so air can circulate freely around them. There should not be a cold draft or fan blowing on the jars. Screw bands should not be retightened after processing.



Testing for Seal

Test each jar for a seal the day after canning. Jars with flat, metal lids are sealed if: Lid has popped down in the center Lid does not move when pressed down. Tapping the center of the lid with a spoon gives a clear, ringing sound (this is the least reliable method). If a jar is not sealed, refrigerate the contents and use soon, or reprocess. Reprocess within 24 hours. When reprocessing, the salsa must first be heated to a boil before packing in the hot jars. Wipe rims clean. Use a new lid and process for full time listed.

Storing

Wipe jars. Label with the date and contents of the jar. Remove the screw bands so lid under them will not cause rusting. Store jars in a cool, dark place. For best eating quality and nutritive value, use within one year. Heat, freezing temperatures, light, or dampness will decrease quality and shelf life of canned food.

Before Using

Before opening each jar, look for bulging lids or rings, for leaks and for any unusual appearance of the food. After opening, check for off-odor, mold or foam. If there is any sign of spoilage, destroy the food.

Time Chart for recipes below: minutes at 0-1,000 feet altitude, minutes at 1,001-6,000 feet , 25 minutes above 6,000 feet Times listed are for processing in a water bath canner.

CHILE SALSA (Hot Tomato-Pepper Sauce)

lbs. Tomatoes, peeled cored and chopped (3 quarts chopped)

2 lbs. Chile and or bell peppers, chopped (2 quarts chopped)

1 lb. Onions, chopped (2 ½ cups chopped)

1 cup Vinegar

3 t. Salt

½ t. Pepper

Combine ingredients in a large saucepan. Heat to boil and simmer 10-minutes. Fill jars, leaving ½ inch headspace. Adjust lids and process in a boiling water canner:

Yield 6-8 pints

Variations: For a milder salsa use more bell and Anaheim peppers and for hotter salsa use more of the small chile and jalapeno peppers. If the salsa is too tart, do not reduce the vinegar, but add 1-2 tablespoons of sugar.

TOMATO-TOMATO PASTE SALSA

3 quarts Slicing tomatoes, peeled, cored, and chopped

3 cups Onion, chopped

Jalapeno peppers, seeded and finely chopped

4 long Green chiles, peeled, seeded and chopped

4 clove Garlic, finely chopped

2 12-oz. cans Tomato paste

2 cups Lemon or lime juice (bottled juice only)

1 T. Salt

1 T. Sugar

1 T. Cumin, ground (optional)

2 T. Oregano leaves

1 t. Black pepper

Combine all ingredients, bring to a boil. Reduce head and simmer for 30-minutes, stirring occasionally. Ladle hot into pint jars, leaving ½ inch headspace. Adjust lids and process.

Yield: 7 pints

TOMATO SALSA (Using slicing tomatoes)\*

4 cups Tomatoes, peeled, cored and chopped



2 cups Long green chiles, seeded and chopped

½ cup Jalapeno peppers, seed and chopped

¾ cup Onions, chopped

4 cloves Garlic, finely chopped

2 cups Vinegar

1 t. Cumin, ground (optional)

1 T. Oregano leaves

1 T. Cilantro (preferably fresh, but optional)

1½ t. Salt

Combine all ingredients in a large saucepan and bring the mixture to a boil, stirring frequently. Reduce heat and simmer for 20 minutes, stirring occasionally. Ladle hot into pint jars, leaving ½ inch headspace. Adjust lids and process.

Yield: 4 pints

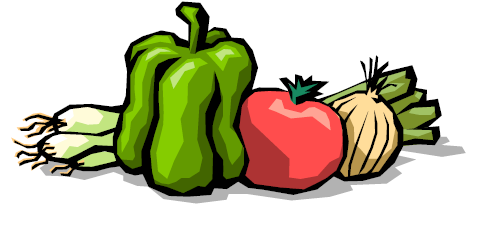
\*Although slicing tomatoes will give satisfactory results in this recipe, paste tomatoes are better.

TOMATO-GREEN CHILE SALSA

3 cups Tomatoes, peeled cored and chopped

3 cups Long green chiles, seeded and chopped

¾ cup Onion, chopped



1 Jalapeno pepper, seeded and finely chopped

cloves Garlic, finely chopped

1½ cups Vinegar

½ t. Cumin, ground (optional)

2 t. Oregano leaves

1½ t. Salt

Combine all ingredients in a large saucepan and heat, stirring frequently, until mixture boils. Reduce heat and simmer for 20 minutes, stirring occasionally. Ladle hot into pint jars, leaving ½ inch headspace. Adjust lids and process.

Yield: 3 pints

TOMATILLO GREEN SALSA

cups Tomatillos, chopped \*

1½ cups Long green chiles, peeled, seeded and chopped

½ cup Jalapeno peppers, seeded and finely chopped

4 cups Onion, chopped

1½ cups Lemon or lime juice (bottled juice only)

cloves Garlic, finely chopped

1 T. Cumin, ground (optional)

3 T. Oregano leaves

2 T. Salt

1 t. Black pepper

Mix all ingredients and stir frequently over high heat until mixture begins to boil, then reduce heat and simmer for 20 minutes, stirring occasionally. Ladle hot into pint jars, leaving ½ inch headspace. Adjust lids and process.

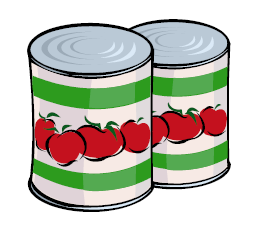
Yield: 4 pints

\*Green tomatoes may be used in this recipe instead of tomatillos.

TOMATO TACO SAUCE

2 quarts Tomatoes, peeled cored and finely chopped\*

2 cloves Garlic, crushed



cups Onion, chopped

4 Jalapeno peppers, seed and chopped

2½ cups Vinegar

2 T. Salt

1½ t. Black pepper

1 T. Sugar

2 T. Oregano leaves

1 t. Cumin, ground (optional)

Bring to a boil, then reduce heat and simmer, stirring frequently until thickened (about 1 hour). Pack hot mixture into pint jars, leaving ½ inch headspace. Adjust lids and process.

Yield: 11 pints

\*This recipe works best with paste tomatoes, as slicing tomatoes will yield a thin, watery product. If you only have slicing tomatoes available, you can use the Tomato-Tomato Paste Salsa.

TOMATO SALSA (Using paste tomatoes)

2 quarts Tomatoes, peeled cored and chopped\*

4 cups Long green chiles, peeled, seeded and chopped

5 cups Onion, chopped

½ cup Jalapeno peppers, seeded and finely chopped

cloves Garlic, finely chopped

2 cups Lemon or lime juice (bottled juice only)

2 T. Salt

1 T. Black pepper

2 T. Cumin, ground (optional)

3 T. Oregano leaves

2 T. Cilantro (preferably fresh)

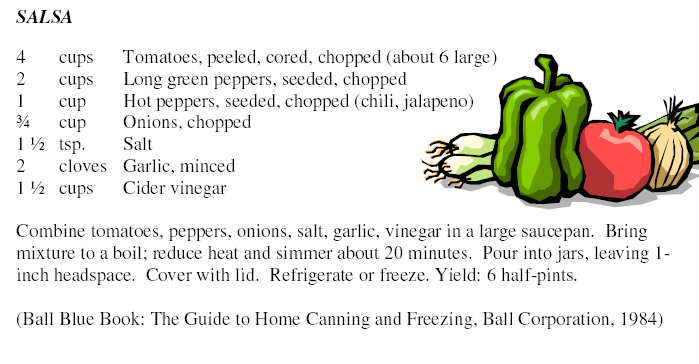
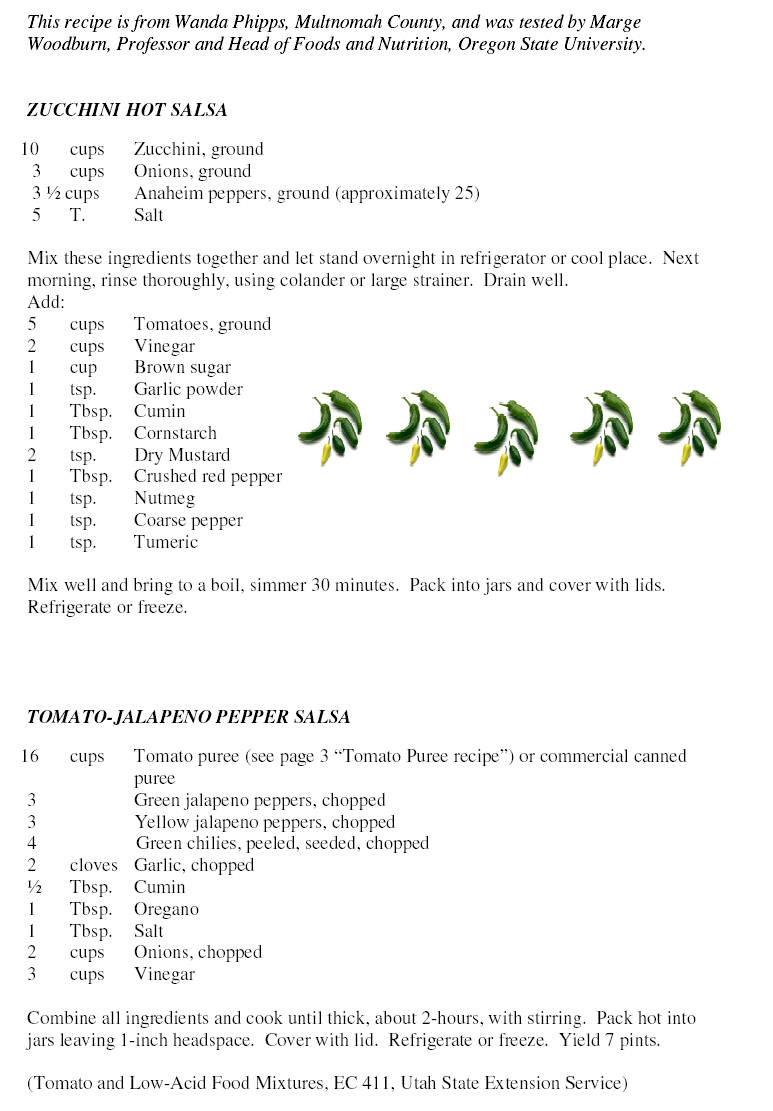
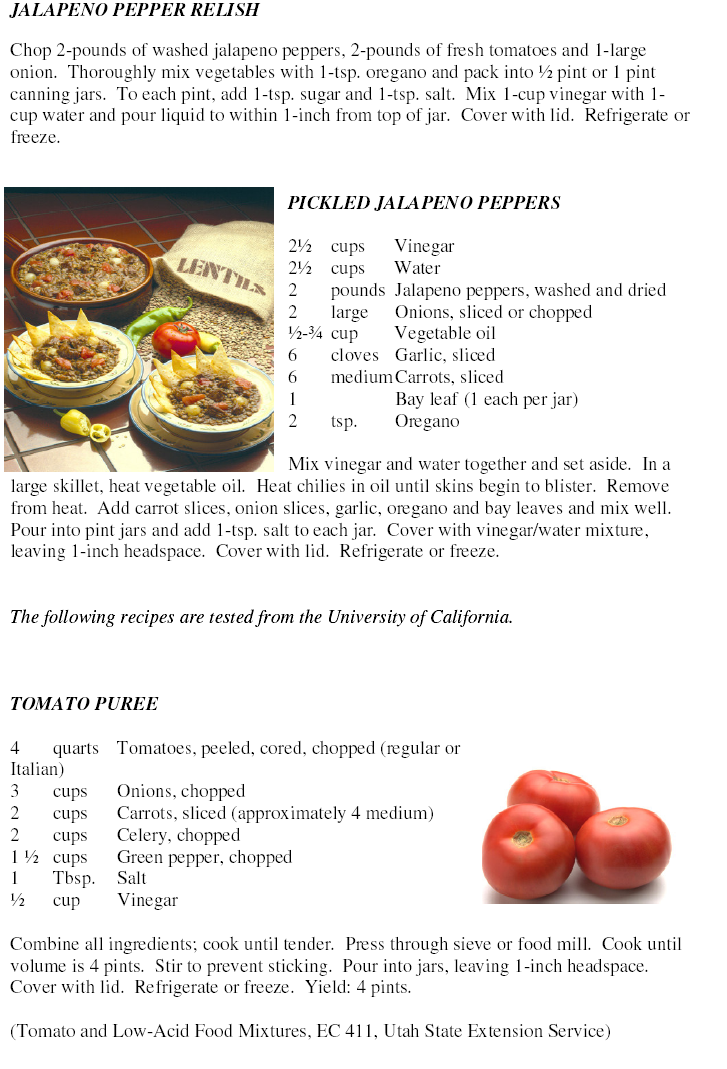
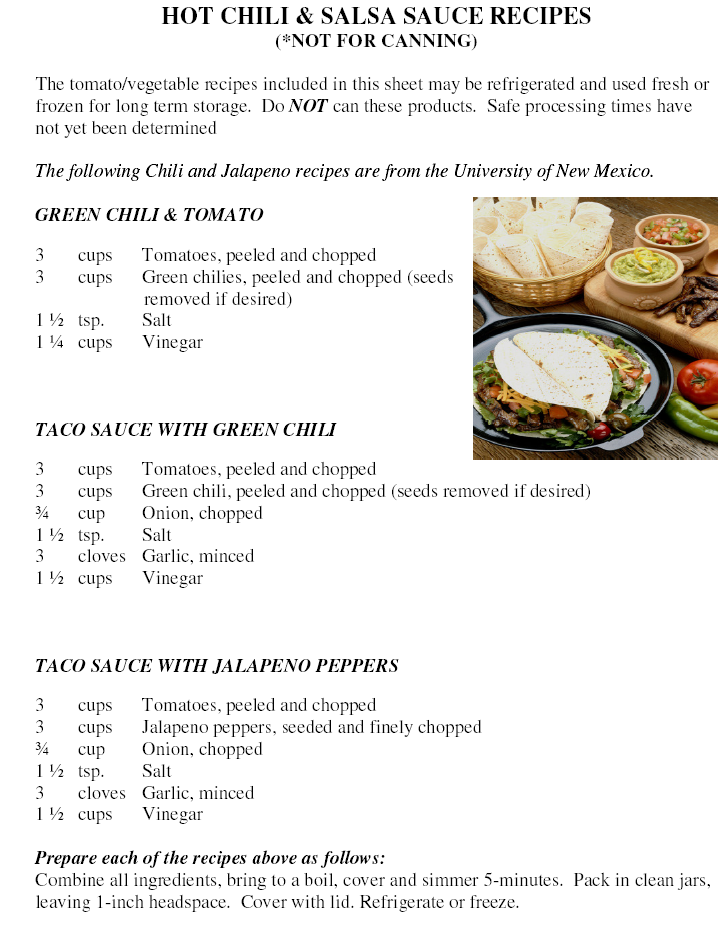
Combine all ingredients except cumin, oregano and cilantro in a large pot and bring to a boil, stirring frequently, then reduce heat and simmer until the mixture thickens. Add spices and simmer for another 20 minutes, stirring occasionally. Ladle hot into pint jars, leaving ½ inch headspace. Adjust lids and process.

Yield: 13 pints

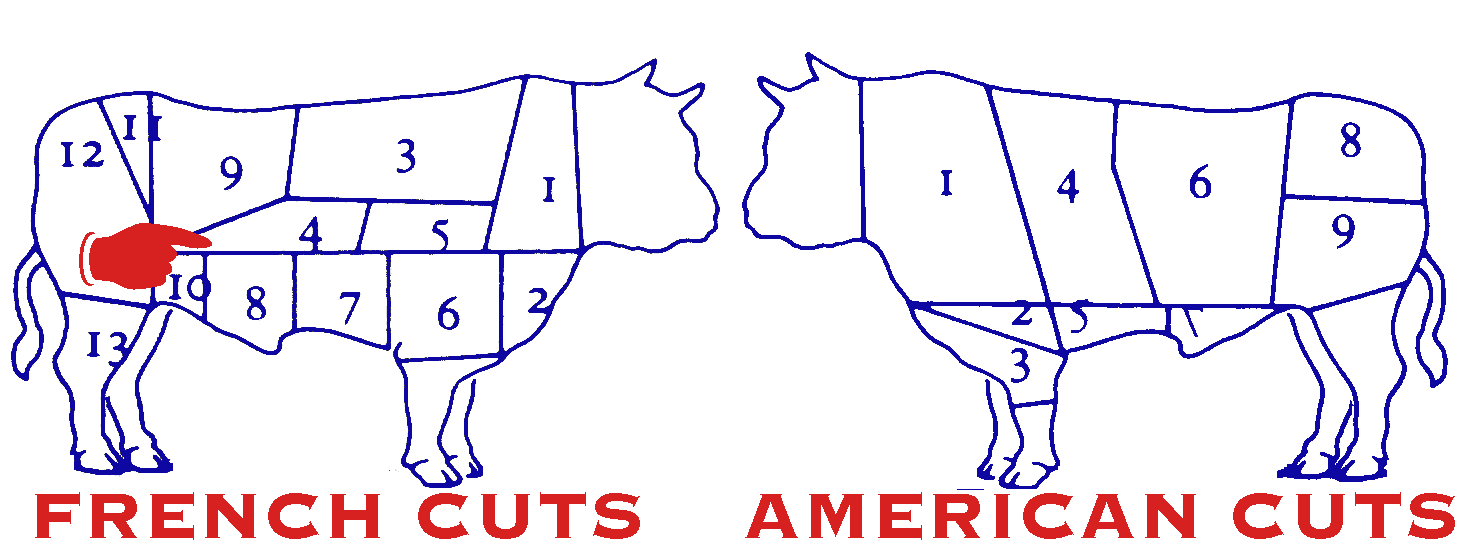
\*This recipe works best with past tomatoes. Slicing tomatoes require a much long cooking time to achieve a desirable consistency.

IMPORTANT: The only changes you can safely make in these salsa recipes are to substitute lemon juice for vinegar and to change the amount of spices and herbs. Do not alter the proportions of vegetables to acid and tomatoes, because it might make the salsa unsafe.

Annex 2 HOT CHILI & SALSA RECIPIES



Annex 3 HANGER STEAK

1. 

   The hanger steak -- also known as the hanging tender and the butcher's steak -- *is* the same as the French cut of beef *onglet*. It consists of two small muscles joined by an elastic membrane that supports the animal's diaphragm. The butcher splits it open, trims it, and removes all the skin and membrane. *Onglet* must be well hung; the meat is then tender and juicy. In the past it was not a popular cut, but it is now accepted that it makes a prime steak. Whether fried or grilled, it should be eaten rare, otherwise it becomes tough. The cut is also known as the butcher's steak because there is only one to a carcass and the butcher often just takes it home for himself. Cooked correctly (i.e., on the rare side, otherwise it toughens up) I found it to be a succulent and very beefy-tasting steak with a chewy texture that will remind you of flank steak. However, since the French cut up a beef carcass quite differently from American butchers (see diagram below; red arrow points to the location of the hanging tender), it is unlikely to turn up at the meat counter at the local supermarket. [↑](#endnote-ref-1)