



July 2000 – Salsa Recipes

Welcome to 24 Carrot Catering, I enjoy fresh whole foods, that I hope to help you put together in a creative flare. Today I have chosen Salsa as my topic, with summer here and the smell of BBQS in the air, and all the fresh fruits and vegetables in the market today, Salsa's are a wonderful way to create colour and flavour to your meal. Below are just some sample of recipes, try creating your own Salsa's using fresh basil, black beans, blueberries, roasted garlic, different citrus fruits and different chilies like chipotle peppers.

Mango Salsa.

2 Mango's-diced.
2tsp fresh ginger-grated
1/4cup red onion-finely diced
2Tbsp cilantro-finely chopped
1Tbsp lime juice
1/4tsp cayenne
1tsp garlic

Mix together and serve with BBQ'd chicken(photo), which has been lightly seasoned with olive oil, paprika, thyme and some lemon juice. Also try this salsa with halibut or salmon.

Pineapple Salsa.

2cups Pineapple-diced
2Tbsp garlic-finely diced
2-3Tbsp mint-finely diced
2Tbsp lime juice
1/4tsp cumin
2Tbsp frozen orange juice
1Tbsp brown sugar
1tsp hot pepper like a chipotle pepper-finely diced
This would be excellent with Pork, Tuna or Chicken.

Carnival Salsa.

1/2cup watermelon-diced
1/2c cantaloupe-finely diced
1/2c cucumber-diced
2 tomatoes-diced
3Tbsp red onion-finely diced
1tsp fresh hot pepper-minced
1Tbsp lime juice
1Tbsp parsley
Try this on grilled red snapper or halibut.

Fiesta Corn.

1cup corn kernels-cooked and cooled
1 mango or papaya-diced
1/3cup red onion-finely diced
2 tomatoes-diced
1/4cup red pepper-diced
1 1/2tsp garlic-finely chopped
1Tbsp lime jest-finely chopped
1/4cup lime juice
1/3cup cilantro-finely chopped
this would go well with Roast pork, ham or chicken.

Classic Tomato Salsa

28oz canned tomatoes-lightly pulse in a food processor
1/4cup carrot-grated
1/4cup cucumber-finely diced
2Tbsp cilantro-finely chopped
1/4c red onion-finely chopped
2Tbsp lime juice
1/2tsp cumin, salt, pepper and oregano
Mix all the ingredients together, they will go nicely with steak, fish and of course Tortilla chips.
Add some mint for an accompaniment to lamb.

Balsamic Berry Salsa

1 pint strawberries-sliced or quartered
4Tbsp Balsamic Vinegar
1Tbsp red wine
1tsp sugar
1/4tsp fresh ground pepper
Mix the ingredients together. This can be served as an appetizer on some gourmet greens. Or as an interesting dessert with some lightly sweetened whipped cream.

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