

New Mexican Salsa

Ingredients:

- 4-6 long green chiles
- 2 Jalapeño chiles, chopped
- 4 tomatoes, chopped
- 1 medium red onion, chopped
- 1 clove garlic, minced
- 2 tbsp cilantro, minced
- 2 tbsp vegetable oil
- 2 tbsp fresh lime juice
- 1 tsp ground cumin
- 1/4 tsp ground cloves



Instructions:

Roast, peel, seed, and chop chiles, or substitute 1 can chopped green chiles. Mix all ingredients. Let

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CHUTNEY, SALSA, CHIPOTLE... OH MY!



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CHUTNEY



Chutney – A pungent relish made of fruits, spices, and herbs.

Chutney is similar in consistency to jelly, salsa or relish, and is used as a sweet and sour condiment. Originating in India, chutney contains fruit and sugar to give it a sweet taste, and vinegar and perhaps onions to give it a corresponding sour flavor. The ingredients are mixed together and then simmered slowly. Various spices may be added to give it a hot and spicy flavor. Chutney can be either chunky or smooth in texture. Spicy chutney is often served with meats and vegetables while sweet chutney provides a pleasant addition to bread or crackers and cheese.

Common ingredients are mangoes, limes, apples, peaches, plums, apricots and lemons. Additional spices may include cloves, garlic, cilantro, mustard, cinnamon, ginger, cayenne pepper, tamarind, and mint. Chutney can be made with only a few of these ingredients or several to make diverse and varied flavors and styles.

Gingered Cranberry Chutney

Ingredients:

- 1 cup packed brown sugar
- 1/3 cup red wine vinegar or cider vinegar
- 1/2 tsp. ground ginger
- 1/8 tsp cayenne pepper
- 1/8 tsp salt
- 2 pounds fresh pears, peeled & diced
- 1 (12 oz) package fresh or frozen cranberries
- 1/2 tsp ground cinnamon

Directions:

In a large saucepan, combine brown sugar,

vinegar, ginger, cayenne pepper, & salt. Bring to a boil. Add pears, reducing heat; cover and simmer for 10 minutes or until pears are tender. Return liquid to pan. Add cranberries to the pan, stirring. Cook over medium heat until berries pop, about 3 minutes, stirring occasionally. Strain berries, reserve liquid. Bring liquid to a boil; cook, uncovered, until liquid is reduced to 1/2 cup. Stir in pears, cranberries and cinnamon. Serve warm or cold. Store in the refrigerator.

SALSA

Salsa is fresh or raw vegetables or fruit. Salsa usually refers to a tomato-based condiment used to dip or to accent dishes. Salsa is the Mexican word for “Sauce” and may be made with a variety of ingredients and may be either fresh or cooked. If the salsa is uncooked, as in Pico De Gallo, it is referred to as “salsa cruda.” Salsa that is processed is called “chile.” Cooked and then bottled salsa is referred to a “picante.” Green salsa, usually made with tomatillos and green chile, is called “salsa verde.”

Apple Berry Salsa

Ingredients:

- 2 med. Granny Smith apples
- 1 cup strawberries, sliced
- 1 kiwi, peeled and chopped
- 1 small orange
- 2 tbsp packed brown sugar
- 2 tbsp apple jelly



Directions:

Peel, core, and slice apples. Cut into quarters and chop with chopper. Slice strawberries. Chop kiwi. Place fruit in bowl. Zest and juice orange; add to fruit mixture along with brown sugar and apple jelly; stir gently. Serve with cinnamon chips.

CHIPOTLES



Chipotles, morita variety

Chipotles is a fully ripened smoke-dried jalapeño pepper. There are many varieties of jalapeños which vary in size and heat. The jalapeños are dried in a smoke chamber and at the end of the process, the chipotles have dried up in a manner akin to prunes or raisins. The heat of the jalapeños is combined with the taste of smoke.

Chipotles are a key ingredient in many Mexican Tex–Mex and Mexican-American dishes that imparts a relatively mild but earthy spiciness. The chiles are used to make various salsas. They are often ground up and combined with other spices to make a sauce or marinade known as a adobo.



Chipotle chilis, meco variety

Chipotles can be purchased in many different forms, including chipotle powder, chipotle pods, *chipotles en adobo* in a can, concentrated chipotle base and wet chipotle meat marinade.

Chipotle Salsa

Ingredients:

- 3 cups tomato, chopped
- 3/4 cup fresh cilantro, chopped
- 3 tbsp lime juice
- 1 1/2 tbsp chipotle chiles in adobo, chopped
- 1 1/2 tsp ground cumin

Instructions:

Combine all ingredients in medium bowl. Season with salt and pepper.