



## Salsa system

Salsa is essentially a mash-up of your favourite fruity, vegetal and spicy flavours. Easy! Make your own seasonal favourite salsas using your sense of taste to create nourishing snacks and sauces to brighten multitudes of meals!

### cheat sheet

Combine your favourite ingredients from A, B, C, D, E and F. Add new ingredients a bit at a time, mix and taste. Aim for a flavour and texture balance.

### tips

- Create your salsa masterpiece. Express your creativity by following this salsa system instead of relying on recipes.
- Free yourself to experiment! Enjoy an explore-not-chore mindset and explore the market, farm or backyard for fresh, interesting and inspiring produce. Freedom to create within healthful eating parameters encourages positive eating experiences. Taste mistakes in the kitchen = future mastery of skills.
- Families love making this, including creative kids and tentative beginners alike. Encourage them to balance flavours and ingredients by using all their taste senses and trusting their instincts. Kids can take over this duty in the kitchen permanently!

### preparation of the salsa

- Combine your favourite ingredients from A, B, C, D, E and F.
- When selecting your A to E ingredients, consider flavours and nutritional contributions. Explore a healthy balance of various colours from varied fruits and vegetables. Salsa flavour balances to

consider include piquant (sour) elements; fresh, vegetal/fruity elements; unique, earthy, dried spice elements; the brightness of fresh herb elements; the garlicky element of the allium family (garlic, onion, chive, and leek); and hot peppery heat.

- F focuses on texture. When choosing your ingredients, also consider the texture you want to create: crunchy, smooth, chunky, creamy, or juicy. The size of the pieces and the texture of your ingredients will shape the salsa's texture. Do you want delicate pieces or large and chunky ones? You could even purée your finished salsa or purée ½ and leave ½ unpurée. These choices affect visuals and the overall mouthfeel of the finished texture.
- Add new ingredients a bit at a time, mix and taste using your tasting spoons.
- Add a touch of salt if needed.
- Make a large amount to save time in the kitchen. Stored covered in the fridge, salsa keeps for at least one week and usually several.

### time-saving chopping

- Want to save time in the kitchen? Invest in a sharp chef knife (and keep it sharp) and a large cutting board (anchored safely in place with a cloth underneath). Then, learn chef knife skills that make chopping a snap.

**Serves:** *Varies*

**Yields:** *Varies*

**Equipment:** *Sharp chef knife, large cutting board, medium pot, tasting spoons*

### salsa ingredients

- A—chopped, fresh or cooked favourite fruits and vegetables
- B—sour or fruity flavourings
- C—fresh herbs and dried spices, a bit of salt
- D—chopped allium-family ingredients like onion, garlic, green onion, chive or leek
- E—hot, peppery heat
- F—textures like chopped ingredient sizes and the addition of cooked legumes like black beans and chickpeas

### chef secrets

**Salsa is sauce!** • The Spanish word salsa means sauce. Salsa is more diverse than just the common bottled variety. It can be raw or cooked, or a combination of both. It can be chunky, puréed or smashed to the desired texture in a mortar and pestle. Top or accompany any snack or dinner with fresh fruit or vegetable salsa.

**Toast your dried whole spices** • In a small, dry pot over low-medium heat, toast spices/seeds until fragrant (1-3 minutes). Move toasted spices onto a plate to avoid burning, then grind with a mortar and pestle or a spice/coffee grinder. Ta-da—a quick and delicious recipe hack!

**variations to try**

- This system invites you to a lifetime of sensory exploration! Try unknown and seasonal ingredients that meet your taste preferences and health needs. Here are some ideas for inspiration:

*Mango Salsa*

Combine ripe orange or green mangoes, rice wine vinegar, lime juice, red peppers, fresh garlic or onion, fish sauce, chillies, herbs like mint, basil, cilantro and mango pit stock. (To make mango pit stock, simmer saved fleshy pits with water until tasty.)

*Heirloom zebra green tomato or tomatillo salsa*

Combine roasted onions, garlic, fresh heirloom green or underripe red tomatoes (or fruity Mexican tomatillos), red wine vinegar or lemon juice, dried or fresh oregano, fresh basil, cooked beet or Swiss chard greens, quality olive oil and salt.

**what will your variations be?**

Notes: