

Salsa Fresca with tomatoes and cucumbers

When local tomatoes, cucumbers and peppers are in season, I make Salsa Fresca all the time and we use it on everything!

- Nikki Guerrero, Hot Mama Salsa

This recipe is very adaptable, feel free to omit or substitute ingredients based on what is in season / on hand, and what you like.

Ingredients

2-3 large ripe tomatoes, chopped into bite size pieces
1 slicing cucumber (peeled and seeded), or 2 Persian cucumbers, chopped
1/4-1/3 red onion, or 1-2 shallots, finely chopped
1-2 cloves garlic, finely chopped / mashed
1-2 serranos or 1 jalapeno chile, finely chopped
Fresh cilantro, stems and leaves, chopped
Fresh epazote, chopped, optional
Cider vinegar, or lime juice, to taste
Sea salt, to taste

Directions

Wash all produce and herbs.

Chop the tomatoes into bite size pieces first. Put in a large bowl. Use the amount of tomatoes as a gauge for the remaining ingredients.

Chop cucumbers into slightly smaller pieces than the tomatoes. Use about half as much cucumber as tomato. Add to the bowl.

Finely chop 1/4 to 1/3 red onion (depends on your preference), or 1-2 shallots. Add to bowl.

Finely chop / smash the garlic. See the Salsa Fresca video for smashing technique. Add to bowl.

Finely chop the chiles. Using seeds is optional, this will increase the heat. Add to bowl.

Add heaping 1/2 teaspoon salt, stir. Taste!

If desired, add an acid like cider vinegar or lime juice. If desired add more salt, stir and taste!

The key to making salsa, or any sauce, is to keep tasting, and adjusting seasonings until it tastes good to you.

If possible, let the salsa sit for an hour before serving.

Enjoy!

