

Salsa and Other Condiments



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Corn and Black Bean Salsa

This is a very simple salsa, loaded with flavor and can be used in so many dishes. And it's not limited to just Mexican themes. In fact, it might be safe to say that Mexico never heard of this dish. It's more likely that it hails from the Southwest but hey, who cares? It tastes great and looks fantastic on your serving line or on a plate.

Serve on a southwest chicken breast, Cumin Dusted Grilled Fish, top tacos....

Yield: about 4 cups

- | | | |
|-----|------|---|
| 1 | can | kernel corn, drained well (you can roast if you like) |
| 1 | can | black beans, well rinsed and drained dry |
| 2 | each | large tomato, seeded, diced |
| 1/2 | each | medium red or yellow onion, diced |
| 2 | each | jalapeno pepper, seeded and finely chopped |
| 2 | Tbsp | lemon juice |
| 1/4 | cup | cilantro, roughly chopped (optional) |
| 2 | Tbsp | sugar (optional, you can make this sweet or not) |
| | | Salt as needed (about 1/4 to 1/2 tsp) |

- Mix it all together and use. Keeps several days in refrigeration.



Grilled Corn Salsa

You can “roast” the peppers in this recipe by laying them on a burner on the range and charring them. When they blacken a bit, toss them in a zip loc bag or a container and let them steam. Remove the skin and use in the recipe.

Yield: about 5 cups

3	cups	corn, fresh or frozen (thawed out completely)
2	each	fresh jalapenos, seeded, finely chopped
1	each	red bell pepper, roasted, seeded and diced
1	each	green bell pepper, roasted, seeded and iced
1	each	red onion, diced
1/2	cup	olive oil
1/3	cup	lime or lemon juice - fresh squeezed is better
2	each	large garlic cloves, mashed
1	tsp	chili powder
		Salt as needed

- In a mixing bowl, blend lime juice, oil, chili powder, and garlic. Set aside.
- If using fresh corn, slice off of the cob.
- Roast the corn in a dry pan or skillet until it starts to brown a bit and smell like it's roasting. Remove from pan and place in a mixing bowl.
- Add remaining ingredients and toss to coat with dressing. Add salt.



Pineapple Mango Salsa

Another simple salsa, and you can swap peaches for either the pineapple or mango, or just add them in.

- 1/2 each fresh pineapple, diced
- 1 each mango, diced
- 1/2 each red bell pepper, seeded and diced
- 1 each jalapeno pepper, seeded and diced
- 1/2 each red onion, diced
- 3 Tbsp cilantro, chopped
- 3 Tbsp olive oil
- 3 Tbsp lemon or lime juice
- salt and pepper as needed

- Mix the ingredients, adjust salt and pepper. Serve



Simple Mango Salsa

This is amazingly good on grilled or broiled fish. Even better on blackened fish. And if you use it with ginger glazed fish? Hard to describe just how good it is.

Yield: about 1 1/2 cups

- | | | |
|-----|------|--|
| 1 | each | mango, peeled, pitted, diced small |
| 1 | each | small tomato, seeded and diced |
| 1/4 | each | red bell pepper, diced |
| 1 | each | small jalapeno, seeded and diced. Or a few slices from jar |
| 1 | each | green onion, sliced (both white and green part) |
| 3 | Tbsp | lemon juice |
| 2 | Tbsp | chopped cilantro |

- Toss everything gently in a bowl. Keep chilled until service. Lasts 5 days.



Grilled Pineapple Salsa

Grilling the pineapple and pepper gives this salsa a more robust flavor.

1/2	each	fresh pineapple, diced
1/2	each	red bell pepper, seeded and diced
1	each	jalapeno pepper, seeded and diced
1/2	each	red onion, diced
3	Tbsp	cilantro, chopped
1/2	tsp	ground ginger
1/2	tsp	ground cumin
1	Tbsp	lemon or lime juice
		salt and pepper, to taste

- Oil the grill or a large skillet; heat to a high temp and grill peppers then remove and transfer to a mixing bowl.
- Grill pineapple until it starts to char a bit; add to mixing bowl
- Add remaining ingredients to mixing bowl
- Mix the ingredients, adjust salt and pepper. Chill and serve.



Apple Ginger Chutney

chut·ney (chut-knee)

noun:

a spicy condiment made of fruits or vegetables with vinegar, spices, and sugar, originating in India.

Not the usual condiment, this chutney pairs very ham or any kind of pork – even BBQ. It also goes well with chicken. The cranberries are optional and this works either way – with or without.

You should try this during the holiday season because it has that warm flavor of the season, and it also pairs really well with turkey.

Makes 4-5 cups

2	Tbsp	butter or oleo
1	each	medium onion, diced somewhat small
2	Tbsp	fresh ginger, very finely chopped or smashed
2	tsp	garlic, minced or smashed.
1/4	cup	light brown sugar
2	Tbsp	honey
1/2	cup	cider vinegar

1 1/2 cups orange juice
1/2 tsp ground cloves
1/2 tsp ground cinnamon
1/2 tsp salt
5 each large Golden Delicious or Granny Smith apples
1/2 cup dried cranberries (optional)
1 each fresh jalapeno, small, seeded and minced

- Peel, core the apples and slice about 1/8 to 1/4 inch thick. Set in a bit of lemon water to prevent browning.
- Meanwhile, in a saucepan, heat butter and sauté onion, garlic and ginger until soft. Add all the liquids and seasonings; bring to a boil and let cook a couple of minutes.
- Drain the apples well, add to the boiling liquid and cook 4 or 5 minutes.
- Remove from heat and fold in the cranberries if using. Let stand and serve hot, warm or cold.
- If you like, you can thicken before removing from heat with cornstarch.



Orange Marmalade

Makes about a cup or a cup and a half.

1 or 2 each oranges, with good skin for zesting
1/4 cup water
1 cup sugar
1 Tbsp lemon juice

Wash the orange skin well. Cut the ends and then section into eighths.

Peel away the citrus from the skin; remove thick pith and seeds.

Put the fruit in a food processor or a blender and pulse until it's pretty well chopped. It doesn't need to be pulverized.

Take the skin of each orange and cut into strips about 1/8" wide.

Add to the processor or blender, pulse a couple of times to chop the skin into smaller pieces (but you want it chunky).

Put everything in a saucepan, bring to a boil and let cook for about 15 minutes at a slow boil.

If you find it's a bit thin, you can thicken the sauce with cornstarch.



Red Onion Marmalade

Here's a simple condiment that works on almost anything: chicken, pork, beef, BBQ. Keeps a couple of weeks in the cooler after preparation.

- | | | |
|-----|------|-----------------------------------|
| 1 | lb | red onions, sliced 1/4 inch thick |
| 1/3 | cup | red wine or cider vinegar |
| 1/3 | cup | (packed) brown sugar |
| 2 | Tbsp | honey |
| 2 | Tbsp | orange juice |
| 2 | Tbsp | lemon juice |
| 1 | Tbsp | balsamic vinegar |

- Put everything but onions in a saucepan and bring to a boil.
- Cook a few minutes to reduce liquid volume a little.



Emergency **“Oh No, I’m Out” Ketchup**

It could happen. If it does and there’s no way out, there’s a way out. Old school it: make some. This is amazingly good, and while nobody will be thinking “hey, it’s Heinz!” they’ll be giving props for your cooking chops. Makes 2 cups

3/4	cup	tomato paste
1 1/4	cup	water
2	Tbsp	white vinegar
1	tsp	salt
5	Tbsp	brown sugar
1	tsp	garlic powder
1	Tbsp	corn syrup
1	tsp	onion powder
1	tsp	molasses (substitute with Steen’s if you need to)

- Put everything in a saucepan and simmer gently for about an hour.
- Adjust the salt as you heat and check the flavor.
- Cook until it’s the thickness of ketchup.
- Remove from heat and cool.
- Keeps about 5 days but keep cold between meals.

Garlic Mayonnaise

Though some may call it Aioli (eye-o-lee), this is just a simple compound mayo. Maybe serve with grilled chicken sandwiches, some wraps or even fries.

1	cup	mayo
4	cloves	garlic, minced
2	Tbsp	lemon juice
$\frac{3}{4}$	tsp	salt
$\frac{1}{2}$	tsp	black pepper

- Mix it and serve.
- Keeps up to 3 days in cooler.



Curried Mayonnaise

If you like curry, you'll love this. If you don't, well... maybe.

1	cup	mayonnaise
1	Tbsp	curry powder
1	tsp	lemon juice
$\frac{1}{8}$	tsp	ground ginger OR
$\frac{1}{2}$	tsp	grated fresh ginger

- Mix it and serve.
- Keeps up to 3 days in cooler.



Horseradish Mayonnaise

This stuff is really, really good on a roast beef sandwich. A ham sandwich. A Reuben. A hot dog. A grilled sausage...

1	cup	mayonnaise
1	Tbsp	sugar
1/4	cup	horseradish
1/4	tsp	salt
1/4	tsp	black pepper

- Mix it and serve.
- Keeps up to 3 days in cooler.



Sriracha Mayonnaise

This is a complex and difficult process, making Sriracha, but give it a try.

1	cup	mayonnaise
1/4	cup	Sriracha
1	tsp	lemon juice

- Mix it and serve.
- Keeps up to 3 days in the cooler.



Pimento Spread

Here's an old one. We made it new so you can make it too. Pretty easy to do and a nice addition to the sandwich offerings at break time, or dress up a burger. Stick some celery around it and you've got a little snack.



Makes about 4 cups

1	lb	shredded cheddar
1	cup	mayo
8	oz	cream cheese
1	can	pimentos, drained and diced fine
1	tsp	LA hot sauce (Tabasco might be too hot for some)
1/2	tsp	cayenne
1	Tbsp	honey

- You know the drill. Mix it all up (you can use a mixer on low). Chill. Serve.
- Keeps up to 5 days after preparation if refrigerated.