

Fire-roasted Salsa Verde

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In contrast to the piquant flavors of the [salsa roja](#), this salsa verde highlights an herbaceous tang nestled on a subtle smoky and charred foundation. This recipe focuses on the flavor profile of the Mexican husk tomato or tomatillo. Tomatillos are good source of potassium and both vitamins A and C, which act as antioxidants against damage causing free radicals associated with inflammation. Tomatillos also supply fiber to maintain good gut health. They are among several plants that contain phytochemicals called withanolides, which have shown the ability to kill colon cancer cells. The ancient practice of Ayurvedic medicine has used plants containing withanolides to treat forms of arthritis for thousands of years. Recent research confirms the anti-inflammatory benefit of these compounds in alleviating the symptoms associated with osteoarthritis and rheumatoid arthritis.



Ingredients:

- 175 grams Onion
- 30 grams Garlic
- 15 grams Jalapeno pepper
- 550 grams Tomatillos, husks removed
- 250 grams Poblano peppers
- 100 mL Apple cider vinegar
- 25 mL Fresh squeezed lime juice
- 100 mL Water
- 3 grams Epazote
- 1 tsp. salt
- 20 grams Cilantro (optional)

Directions:

As with the [salsa roja](#), there are several different ways to obtain the charred flavor for this salsa. The simplest is to place the tomatillos, garlic, onion, and peppers under the broiler, rotating as needed for an even char. Place the peppers in a plastic bag and seal for 10 minutes to allow them to self steam. Add the onion, garlic, tomatillos, vinegar, lime juice, salt, and epazote to a food processor and pulse. Season with more salt if needed. If more tang is desired, add more vinegar instead of water. If the mixture is thick add the water. If it is the desired consistency, omit adding any water. Peel the skins from the peppers and add to the mixture, pulsing to incorporate roughly. If desired add the cilantro and pulse briefly to incorporate.

