

OLD MAN'S PICO DE GALLO

Two things about this one... First, this was another one of those things that kinda arose out of having a bunch of random food around and a desire to make something “quickish” for dinner. Of course, as my track record has proved, I wound up spending WAY too much time on the first iteration.

Second, I don't think I have EVER understood the difference between salsa and pico de gallo (I hope I am spelling that right, by the way). In **The Essential Cuisines of Mexico**, Diana Kennedy defines pico de gallo as “a fresh relish of finely chopped ingredients seasoned with chile”. In **Trejo's Tacos**, Danny Trejo (yes, THAT Danny Trejo) defines it as “a simple combination of chopped ripe tomatoes, cilantro, onion, jalapenos, and fresh lime juice”. I think I meet those definitions (kinda), so pico de gallo it is!

2021-07-23 (Friday): OK, last round was great, but a tad too much lime. Knock it back to one. Also... I FORGOT THE CILANTRO... HOW COULD I FORGET THE CILANTRO?!?!?

INGREDIENTS

| <u>Qty.</u> | <u>Unit</u> | <u>Item</u> |
|-------------|-----------------|----------------------------------|
| 1 | ----- | Medium Green Bell Pepper |
| 1 | ----- | Medium Red Bell Pepper |
| 1 | ----- | Medium Yellow Bell Pepper |
| 5 | ----- | Medium Roma Tomatoes |
| 1 | Bunch | Green Onions |
| 1/2 | Lb | Jalapenos |
| 1 | ----- | Large Clove of Garlic |
| 5 | ----- | Medium Corn on the Cobs (Husked) |
| 2+ | TBSP | Rice Wine Vinegar |
| 1 | ----- | Medium Lime |
| 1 | ~2 oz. bunch | Cilantro |
| AR | ----- | Kosher Salt |

You know, I have fond memories of picking up corn on the cob from street side stands and husking it on the back porch for dinner. Ahhhh... those were the days... These days I mainly buy the pre-packaged, pre-husked stuff, but that is purely out of convenience. If you have a local veggie stand, by all means, take advantage. Actually that goes for EVERYTHING here!

I liked rice wine vinegar for this. It has that nice little acidic bite, but also a nice, kinda sweet contrast. If you don't have, or can't find that, I think apple cider vinegar would be my next choice

SPECIAL TOOLS

- None!

PREPARATION

- 1) Rinse the bell peppers
- 2) For each bell pepper
 - a. Cut in half
 - b. Scoop / pull out the stems, ribs, and seeds with your hands
 - c. Slice into thin (but not TOO thin) strips
 - d. Small (but not TOO small) dice the strips
 - e. Put into a small Tupperware container and set aside until needed
- 3) Rinse the Roma tomatoes
- 4) Cut the Roma's into quarters (length wise)
- 5) Cut out the stem parts
- 6) For each quarter
 - a. Lay skin side down on the cutting board
 - b. Slide a paring knife down the tomato from one point to the other just under the seeds and gunk, but not into the meat, to remove the seeds and gunk
 - c. Discard the seeds and gunk
- 7) Small dice (but not TOO small) the tomato meat
- 8) Put into a small Tupperware container and set aside until needed
- 9) Rinse the green onions. Make sure to get out any sand or dirt
- 10) Slice off the "hairy" roots
- 11) Slice off any brown, limp, or otherwise funky bits
- 12) Fine slice (but not TOO fine) the green onions and put into a Tupperware container
- 13) Mix the green and white portions of the onions until evenly incorporated
- 14) Set aside until needed
- 15) Rinse the jalapenos and slice off the stems
- 16) Small dice (but not TOO small) the jalapenos
- 17) Set aside (seeds and ribs too!) until needed
- 18) Rinse the cilantro and slice off and weird or funky bits
- 19) Chop (mediumish) and set aside until needed
- 20) Remove the paper from the garlic and mince
- 21) Set aside until needed
- 22) Now for the corn...
- 23) Rinse the corn and remove any remaining husk and silk
- 24) Place a small bowl (like a typical cereal bowl) face down inside a large stainless steel or glass bowl
- 25) Place and hold one cob on top of the small bowl end on (the cob should be perpendicular to your work surface)
- 26) Take a sharp knife and carefully slice down the cob to remove the kernels. Slice off as many of the kernels as possible without digging into the cob. Rotate the cob to get all of the kernels
- 27) Repeat Steps 18 and 19 for the remaining corn cobs
- 28) Remove the small bowl from the large bowl
- 29) Add the other diced veggies and stir with a wood spoon until well incorporated
- 30) Add 2 TBSP of rice wine vinegar
- 31) Peel the zest from the lime with a potato peeler [i]
- 32) Fine (and this time I mean FINE) dice the lime zest and add to the bowl o' stuff

- 33) Juice the lime and add the juice to the bowl o' stuff
- 34) Stir with a wood spoon until everything is well incorporated
- 35) Add the cilantro to the bowl o' stuff and gently stir until well incorporated
- 36) Taste for seasoning (most likely salt or vinegar) and add as required
- 37) Cover the bowl o' stuff and let sit in the fridge at least over night

CLOSING THOUGHTS

Well... this is SOMEWHAT healthy. Maybe... without any salt

NOTES

- i. You can also use a microplane to zest the lime, but for some reason I don't want to do it this way. Not sure why.

PICTURES
