

Fermented Salsa

Equipment Needed:

1 small Mason jar and lid
Wooden spoon or rubber/plastic spatula
Food processor or blender
Grater
Measuring spoons and measuring cups
Cutting board and knife

To Make The Salsa:

1 pint cherry tomatoes
1/2 cup chopped orange bell pepper, chopped (red or yellow bell pepper could also be used)
1 tbsp jalapeno pepper, chopped
1 tbsp garlic, chopped
1/2 cup white onion, chopped
1 – 1/12 tsp fresh cilantro, chopped
1 tsp lime rind (reserve the juice from lime - about 1-2 tbsp)
2 tsp sea salt*
Black pepper (optional)
Spring water, if needed

Place all the ingredients except the lime juice in a food processor and pulse three-four times. Transfer the mixture to a mason jar and pack down so the mixture is covered by liquid. If you do not have enough liquid, add some spring water. Once all the ingredients are covered with liquid, screw on the lid tightly. Let it ferment for 3-5 days. When it is ready, add lime juice to taste. Put the lid back on and store it in the refrigerator

*To use less salt, add 1-2 tbsp whey, kefir water or juice from a fermented food such as sauerkraut or kimchi. In this case, only about 1/2 tsp sea salt will be needed.