**Food Lab #1 - Student Teams - Mexican Black Bean Salsa Recipe**

Some people may not know this, but there are a number of varied "salsas" in Mexican cooking.

The most popular, and the one that we are most familiar with particularly in the UK or the US, is the Mexican salsa, which is red in color and contains tomatoes as the main ingredient.

In Spanish, "salsa" means sauce and can be used to describe any type of sauce that is served with food, while in the English language, "salsa" refers to the tomato-based spicy condiment that is served as a dip with Mexican food.

Mexican salsa is very easy to prepare and can be made in a matter of minutes. It can be served as an appetizer and is also very popular at parties or even as a snack to be eaten at home while watching the television.

Mexican salsa is traditionally served with tortilla chips, bread sticks, pita bread, and raw vegetables or as a spread for tacos, fajitas and quesadillas.

Salsa is not usually cooked, although there are some recipes that call for the chilies and tomatoes to be grilled or charred to give a smoky flavoring.

There are variations on how to make Mexican salsa and it generally depends on where in Mexico the cook is from. A person from the north of Mexico may use several different ingredients to someone from the south of Mexico; however the basic ingredients are red tomatoes, onion, Serrano chilies and salt and pepper.

## In some recipes cilantro or [coriander](http://www.helpwithcooking.com/herb-guide/coriander.html) is often added, as is garlic, red or green peppers, jalapeno peppers and lime or lemon juice. The salsa can be prepared in a blender or more often than not, the ingredients are all chopped and mixed together by hand.

## Many people assume that Mexican salsa is very hot and spicy. This can be true, although some salsas are extremely mild in taste. When preparing your own salsa at home, for a hot and spicy version, just add extra jalapeno peppers or extra chilies.

## **Video clips to help you prepare**

## **Note:** Videos give you a general idea of the activity you will be doing. The recipes are not the same amounts as yours

**How to make the salsa and use a food processor**

[**https://tinyurl.com/jgqxatn**](https://tinyurl.com/jgqxatn)

**How to make the chips**

[**https://tinyurl.com/z72uwao**](https://tinyurl.com/z72uwao)

**How to set a table**

[**https://tinyurl.com/yc32zbfz**](https://tinyurl.com/yc32zbfz)

**How to wash the dishes**

[**https://tinyurl.com/lrjvvy**](https://tinyurl.com/lrjvvyx)**x**

[**http://tinyurl.com/n3q4fox**](http://tinyurl.com/n3q4fox)

## **Mild Mexican Salsa – HEAD CHEF will prepare YIELD: 1 Cup of Salsa**

What do the abbreviations mean? Fill in the blanks

**Ingredients**

* 1 ½ c. \_\_\_\_\_\_\_\_\_\_\_\_ (cut each tomato into 4 large chunks) ripe roma tomatoes
* 1 tsp. \_\_\_\_\_\_\_\_\_\_\_\_\_ (2 round SMALL slices) of a jalapeno pepper
* ¼ c. \_\_\_\_\_\_\_\_\_\_\_\_ of onion (measure as a chunk)
* ¼ c. \_\_\_\_\_\_\_\_\_\_\_\_ of coriander (leaves and stalk) (cilantro)
* 1 Tbs.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of lemon juice
* ¼ tsp. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ sea salt and pepper
* ½ c. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ canned black beans (drained and washed)

**Garnishing with:**

Avocado

Shredded cheese

**Directions** – put all left over veggies in ziplock bag

1. Wash 2 tomatoes, jalapeno and a portion of the cilantro in sink and lay on cutting board.

2. You may have to peel skin and wash onion before cutting. Lay on cutting board, cut off a chunk and measure.

3. Cut each tomato in 4 large chucks and measure, cut a small piece of jalapeno and measure, cut off cilantro at the stem base and measure.

4. Place cilantro and jalapeno in mini dish food processor and PULSE then layer in your tomato chunks and onion chuck.

5. Season with salt and pepper and add lemon juice.

6. PULSE food processor until chopped thoroughly.

7. After making salsa, place in a bowl

8. Go to the garnishing area and get 1/2 cup of drained and rinsed black beans.

9. Stir to mix the black beans with the salsa.

10. On each plate place a spoonful of salsa in center of plate and arrange 8 chips around the salsa.

11. Garnish at the garnishing table with 1-2 pieces of avocado and 1 Tbl of shredded cheese per plate. Place avocado and cheese on each pile of black bean salsa & take plates to table.

12. Make sure kitchen and food prep area is clean and kitchen tools wash & dried and put away.

13. Go to table and place napkin in lap.

14. Sit and eat as a group using proper manners.

15. After eating, be ready to clean up table for next class. (put pitcher back in drying rack, place mat and table cloth back in proper place, recycle your cup by putting in cabinet.

 **After Reading the recipe list the kitchen tools you will need:**

· Cutting \_\_\_\_\_\_\_\_

· Pairing \_\_\_\_\_\_\_\_

· \_\_\_\_\_\_\_\_\_\_\_ cups & \_\_\_\_\_\_\_\_\_\_\_\_ spoons

· food processor (mini dish used)

· Spoon to dip out salsa

 **Others tools needed:**

## **Tortilla Chips – SOUS CHEF will prepare YIELD : 32 chips for a group of 4**

**Ingredients**

What do the abbreviations mean? Fill in the blanks

· 8 (or 2 for each person in your group) 4 in. \_\_\_\_\_\_\_\_\_\_\_\_ corn tortillas

· 2 Tbs. \_\_\_\_\_\_\_\_\_\_\_\_\_ Olive oil

· 1 tsp . \_\_\_\_\_\_\_\_\_\_\_\_\_Sea Salt

**Directions**

1. Preheat the oven to 375 degrees F. (Do this as soon as you get into kitchen before washing hands)

2. Measure the oil and salt into a small bowl.

3. Place tortillas on the baking sheet.

4. Brush both sides of the tortillas with the oil.

5. Stack the tortillas and cut the pile into 1/4 ‘s to make [chips](http://www.foodterms.com/encyclopedia/chips/index.html).

6. Spread the chips out in a single layer on one or two large baking sheets.

7. Bake until golden brown and [crisp](http://www.foodterms.com/encyclopedia/crisp/index.html), rotating the baking sheets once after 7 min (changing from top to bottom rack),

8. Bake about total of 12 to 15 minutes.

9. Place 8 around the edge of each plate for all the members of your team.

10. On each plate place a spoonful of black bean salsa in center of plate.

11. Garnish with the avocado & cheese.

12. Take plates to table.

13. Make sure kitchen and food prep area cleaned and kitchen tools put away.

14. Go to table and place napkin in lap.

15. Sit and eat as a group.

16. After eating, be ready to clean up table for next class. (put pitcher back in cabinet, place mat and table cloth back in proper place, recycle your cup by putting in cabinet.

##  **After Reading the recipe list the kitchen tools you will need:**

## · Baking \_\_\_\_\_\_\_\_\_\_\_

· pizza \_\_\_\_\_\_\_\_\_\_\_

· small bowl

· \_\_\_\_\_\_\_\_\_\_\_\_\_brush

**Others tools needed:**

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