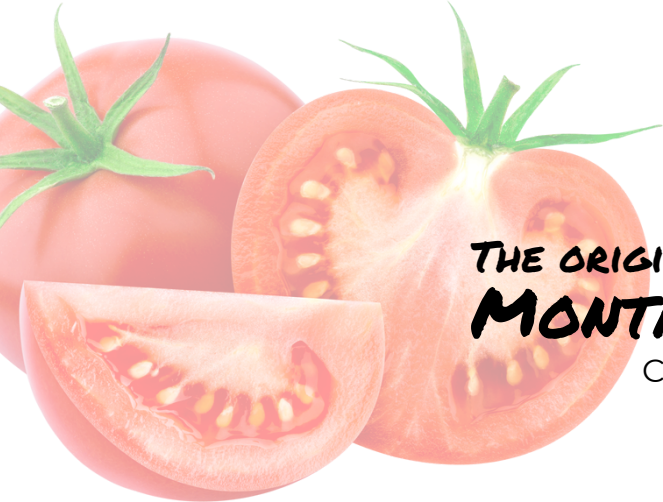




On Tuesday, the students at Morning Star had a special guest! Chef Eduardo visited our school to celebrate our garden harvest. Each grade toured the Morning Star community garden and greenhouse with Chef Eduardo, and he introduced the students to the vegetables and edible flowers being grown. Many were adventurous and tried the marigolds and nasturtiums, and even kale! Ask your student their favorite thing they tried from the garden, or what Chef's secret ingredient in all his meals...(love).

Chef Eduardo then joined the students for lunch and served Molcajete Salsa that he made from tomatoes and vegetables harvested from the Morning Star gardens. So many students enjoyed the salsa! Chef is sharing the recipe with our Morning Star families and hopes we will all find our own adventure in the kitchen and enjoy the harvest from our local Montana farms and gardens.





THE ORIGINAL MONTANA MEX MOLCAJETE SALSA

Cook time: 1 hr

INGREDIENTS:

1 lb roma tomatoes
1 red onion, halved with peel on
3 garlic teeth, paper on
1 habanero/Jalapeño chile (optional, omit for a mild salsa)
½ bunch cilantro, rinsed and coarsely chopped
2 limes, juiced
1 tsp salt, extra to taste

METHOD:

A couple notes on cooking The timing on this recipe will vary depending on your heat source. I turn all items after the heat facing side has sufficiently blackened. Overall I like to see even charring on all sides of the tomato, onion, habanero and garlic.

Using a broiler set to high or a dry skillet on high. Place tomato, onion, garlic and habanero/jalapeño on a tray/metal skillet directly under the broiler or in a dry heavy bottom skillet. The garlic and habanero will only take 2-3 minutes to blister, while the onion and tomato will cook for a total of 10 -20 minutes. With this in mind I remove the garlic and habanero/jalapeño from the heat first, followed by the tomato and onion last. Be careful to not burn the garlic as this will add a bitter taste to the salsa.

When cool enough to touch, peel the paper from the onion and garlic. Roughly chop the onion and hold to the side.

To blend, add the cooked tomato and habanero/jalapeño to a blender and chop or pulse until the mixture resembles a chunky salsa. Add the onion, garlic, cilantro, lime juice and salt and pulse until the salsa comes together and is well blended. Blend further to suit your desired texture.

I taste my Salsa with a chip before adjusting the salt any further. Additionally, this recipe scales well and often I will double and split a batch so I can add extra chile to half the batch and end up with a mild & hot version for company and diverse tastes in a group or family.

Buen Provecho.

COURTESY OF CHEF EDUARDO GARCIA, MONTANA MEX