

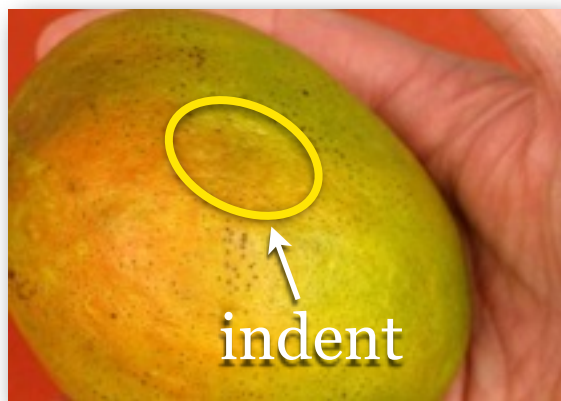
Avocado & Mango Salsa



TIP: The key to this recipe is using **fresh, ripe avocado and mango**. The only problem is that **fresh avocados and mangos usually come to market underripe and very firm**. To check an avocado and mango for ripeness, hold them, one at a time, in the palm of your hand and press on their skin with your thumb using a little more pressure than you'd use to grip a pencil firmly.



Avocados and mangos are ripe when they feel slightly soft to the touch and are indented where you squeezed the skin with your thumb as shown below. If, however,...



...your **avocado** and/or **mango** is/are firm, and therefore underripe, you can ripen them at home by putting them in a paper bag (NOT plastic bag - plastic bags don't allow for the air exchange needed for ripening; paper bags do), close the bag loosely, and store them out

of direct sunlight at room temperature for a least a few days or longer (I put mine on top of the refrigerator to keep them in sight & in mind so that they don't get forgotten and spoil). Check every other day or so for ripeness as shown in the photos above, and store **ripened avocados and mangos** with other produce in the refrigerator.



Preparation Time: 10-15 minutes

Ingredients

1 Ripe Avocado

1 Ripe Mango

1/2 Red (or any) Onion

2-3 Garlic Cloves

1/2 - 1 Jalapeño Pepper

Handful of Fresh Cilantro

1 Lime

1 Tablespoon Olive Oil



Equipment

Medium-Sized Bowl

Wide-Bladed Sharp (Chef's) Knife

Short-Bladed Sharp (Paring) Knife

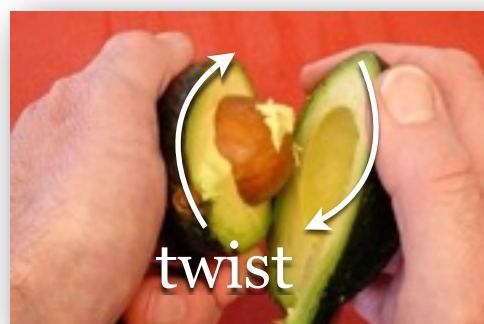
Cutting Board

Fork

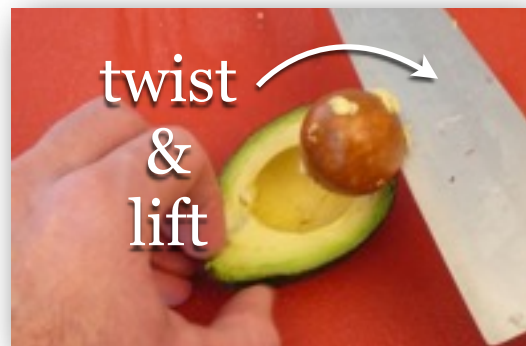
Tablespoon



1. Cut a **ripe avocado** in half lengthwise around its **seed**, and twist the **two avocado halves** apart.



Remove the **seed** by holding the **avocado half** with the **seed** still attached seed side up on the cutting board – **making sure your fingers are not in the intended knife path** – and driving the long, sharp edge of the knife blade into the **seed**. Twist and lift the **seed** from the **avocado half**. Remove the **seed** from the knife by pinching down on the **seed** from the back, dull side of the knife blade as shown below.



Cut each **avocado half** in half again lengthwise into quarters and peel off the **skin**.



Cut each **avocado quarter** lengthwise into slices $\frac{1}{4}$ - $\frac{1}{2}$ inch (6-12 mm) wide, and then cut those slices in cross section into pieces also $\frac{1}{4}$ - $\frac{1}{2}$ inch (6-12 mm) wide.



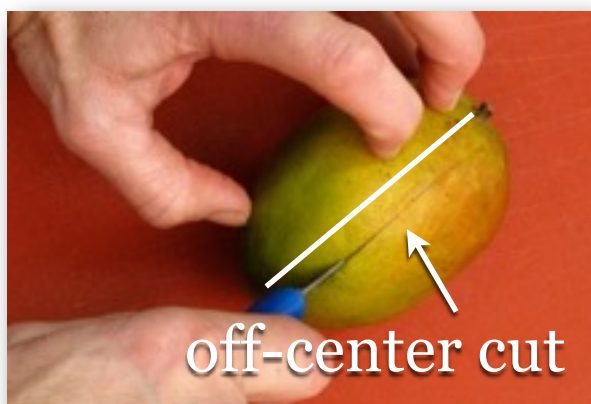
2. To cut around the **mango seed**, which is almond-shaped: long, wide, thin, and very

fibrous, as shown here,...

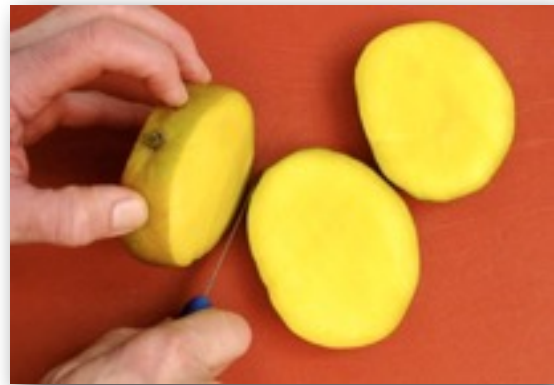
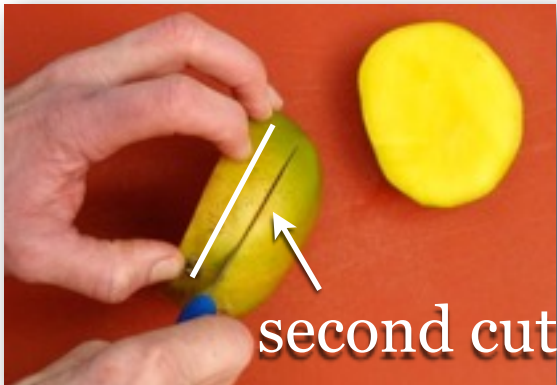


mango seed

...start by securely holding the **mango** with one of its more narrow sides down on the cutting board. Make a lengthwise cut about 1/4 - 1/2 inch (6-12 mm) off-center as shown below to avoid cutting into the **seed** in the middle of the **mango**, and make that cut through the full width of the **fruit**.



Turn the **mango** 180°, and make a second off-center cut just like the first cut through the full width of the **fruit**.



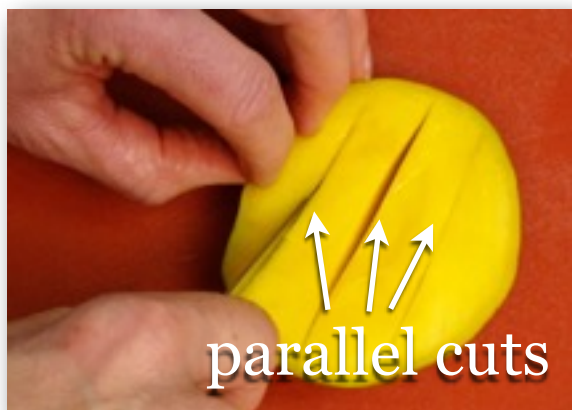
Hold the **middle piece of the mango** that still has the **seed** in it securely in your hand (the piece will be a bit slippery). Make a shallow cut just beneath the surface of **skin** that starts under the **stem** and then continues in a strip all around the **mango piece**.



Cut lengthwise strips with the grain of the **fruit fibers** and shave off as much of the **fleshy fruit** as possible from the **seed** as shown below.



Prepare the remaining **two mango halves** by first making lengthwise parallel cuts $\frac{1}{2}$ - $\frac{3}{4}$ inch (12-18 cm) apart into the **fruit** but not through the **skin**. Then make cross cuts the same width as the lengthwise cuts, also making sure the knife does not cut through the **skin**.



Hold one **mango half** at a time with two hands and push up the **skin** from below in the middle of the **piece** as shown so that the **cube-shaped sections** splay out.



Cut the **cube-shaped fruit sections** free as closely to the **mango skin** as possible into a bowl so that the skin looks about as shown in the picture on the right below.



3. Pull **2-3 garlic cloves** from a **garlic bulb**.



Cover one **garlic clove** a time, with the flat side of a wide bladed (chef's) knife. Press on the top flat side of the knife with the heel of your hand until you hear and feel the **garlic skins** pop open.



Peel off the **garlic skins**. Then hold the **garlic cloves** securely to the cutting board with curled fingers, and let the side of the knife blade touch and glide along your

curled knuckles as you cut the **garlic** into thin slices about 1/8 inch (3 mm) wide.

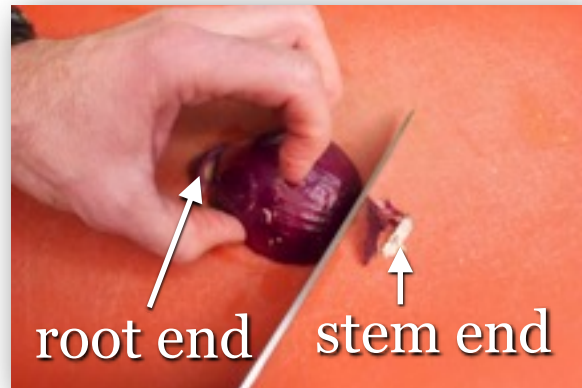
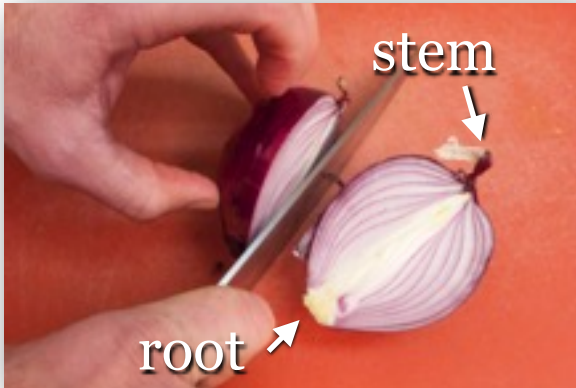


Finish by chopping the **garlic slices** into smaller pieces about as shown below.

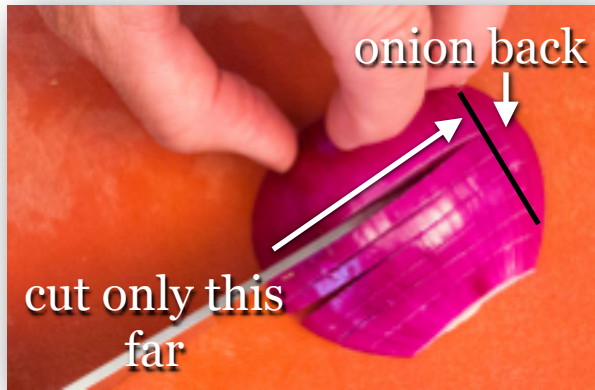


4. Cut an **onion** in half lengthwise, cut off the

stem and root ends from one of the onion halves, and peel off the **onion skin**.



Cut cross section slices about 1/8 inch (3 mm) wide into the **onion**, making sure not to cut through the **onion back**, which will keep the **onion half** intact like the binding of a book when you next cut those **slices** in cross section into pieces also about 1/8 inch (3 mm) wide as shown in the picture to the right below.



5. Rinse **a handful of fresh cilantro** with cold water and twist and tear the **stem bottoms** from their **leafy cilantro tops**.



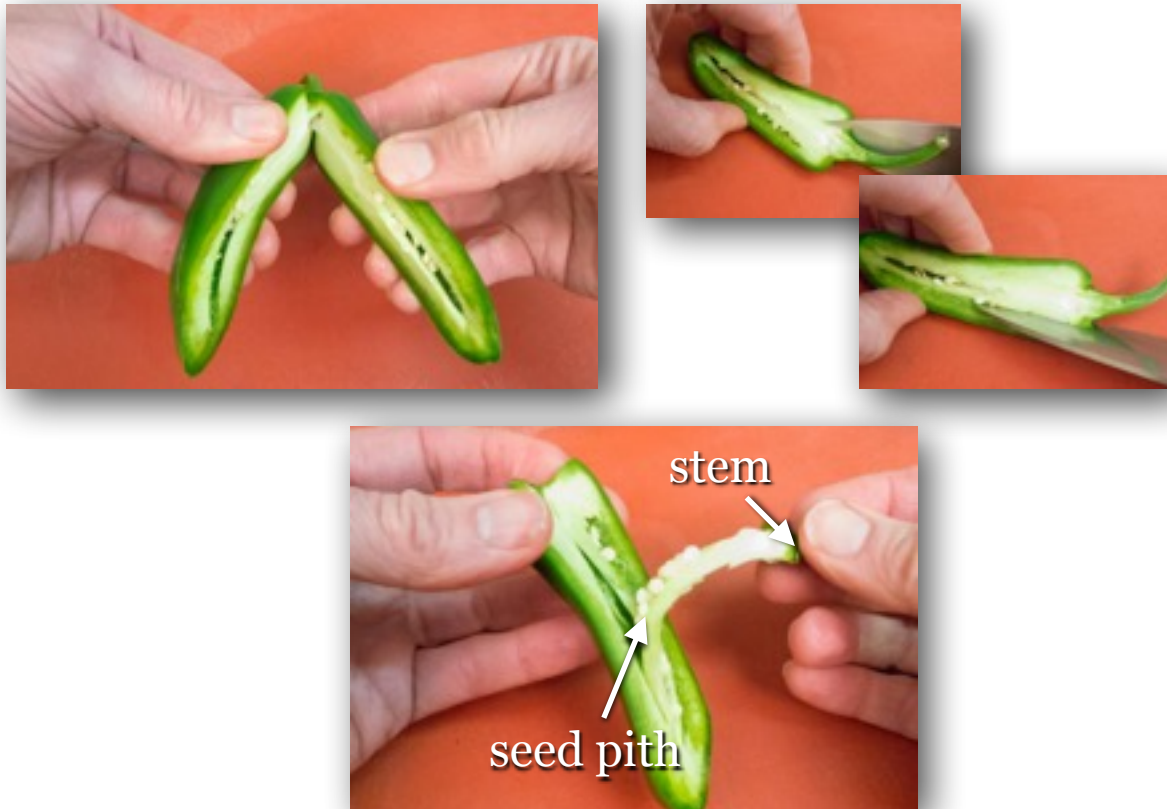
Hold the **cilantro** to the cutting board with curled fingers and chop it into smaller pieces about as shown in the picture below right.



6. Cut a **jalapeño pepper** in half lengthwise starting from the top of one side of the **pepper** next to the **stem** and continuing that cut around the **pepper** to the other side of the **stem** at the top of the **pepper**.



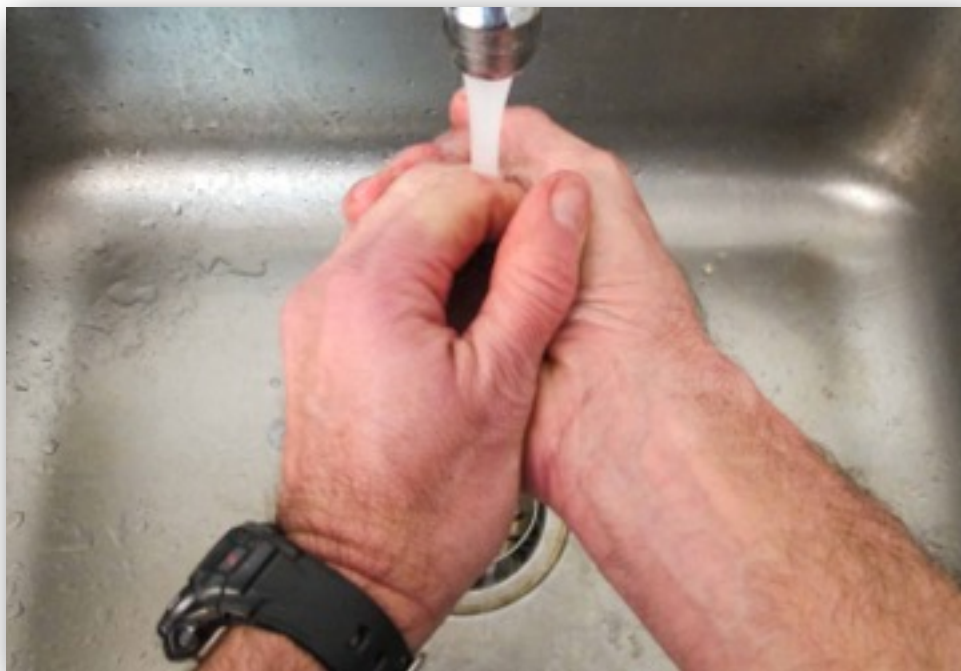
Pull the **jalapeño pepper halves** apart and remove the **seed pith** and **stem**.



To minimize hot pepper spice contact with your fingers, use a fork as shown below while cutting **1-2 pepper halves** (depending on how spicy you want the salsa) into lengthwise strips $\frac{1}{8}$ – $\frac{1}{4}$ inch (3–6 mm) wide, and then cutting those **strips** in cross section also into pieces also $\frac{1}{8}$ – $\frac{1}{4}$ inch (3–6 mm) wide.



NOTE: After chopping the **jalapeño pepper**, even if you used a fork as shown above, make sure to give your hands a good scrubbing wash with soap to avoid later feeling a burning sensation in your fingers.



7. Add the **chopped ingredients** to the **cut mango** in the bowl.



8. Cut a **lime** in half.



Squeeze on the **juice of both lime halves** and add **1 tablespoon of olive oil**.



9. Stir with a tablespoon until **all the ingredients** are well mixed together about like...



...this.



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