



Fermented Salsa

INGREDIENTS

- 500g tomatoes, any kind, roughly chopped (approx. 3 to 4 medium tomatoes)
- 2 red or green peppers, roughly chopped (you can substitute in one jalapeno pepper, seeds removed, if you like)
- 1 medium red onion, roughly chopped
- 1 or 2 garlic cloves, minced
- Juice of 1 lime
- Handful of fresh coriander, chopped or flat leaf parsley (1 Tablespoon of dried herb)
- 2 teaspoons sea salt
- ½ teaspoon cumin seeds or ground cumin
- ½ teaspoon paprika
- ½ teaspoon ground black pepper

DIRECTIONS

1. Mix all ingredients together in a large bowl, then pack into a clean 1 liter jar, leaving about 2.5cms of headspace at the top.
2. Pack it in tightly to expel any air and bring juices to the surface.
3. Place a sheet of parchment paper on top of the mixture and push down to tightly pack mixture. Place glass fermentation weight on top of parchment paper to keep contents submerged in juices.
4. Close the lid and allow to ferment at room temperature for about 3 days. Put a bowl underneath it to catch any escaping juices if you are concerned.
5. Taste test on day 3 to see if it is to your liking. It should be just slightly tangy.
6. When it is to your liking, then transfer to to the fridge. It can keep for up to 6 months, but the longer it sits the more alcoholic it will taste. This recipe is so good, it doesn't usually last all that long. Using a batch up within a months time is preferable.

Note: If you like your salsa with a little heat, then add a ¼ teaspoon of chilli pepper flakes.