

PICO DE GALLO

Contributed by Rick

Literally “Rooster’s Beak”, it is the typical tomato, coriander, onion, chilli salad that gets used everywhere and at all times (except dessert) in Mexico. The recipe is from Lourdes Nicols “Mexican Cookery” – I bought it before living in Mexico and was very disappointed because most of the dishes I had never seen in a Mexican restaurant in Australia. Once we got to Mexico it was invaluable, because it had the real recipes for what actually got cooked and eaten in Mexico.

4 ripe, firm tomatoes
8 sprigs fresh coriander
¼ onion, finely chopped
2 green chillies, finely chopped (or sub green pepper – no need for this salad to be hot)
juice of ½ lemon
½ tsp salt
¼ teaspoon pepper

Chop the tomatoes, discarding the dark circles at the top. Pull the leaves off the thick coriander stems. Discard the stems and finely chop the leaves. Mix all the ingredients together and allow to marinate 15 minutes before serving.



Rick making Pico de Gallo in the kitchen of the apartment we stayed in for the first 3 or 4 weeks in Cuernavaca. Check out those wonderful Mexican tiles!