



BROWN BAG LUNCH IN THE GARDEN

August 13, 2010—Tomatillos

This Week's Recipe:

Tomatillo Salsa Verde

- 1 1/2 lb tomatillos
- 1/2 cup chopped white onion
- 1/2 cup cilantro leaves
- 1 Tbsp fresh lime juice
- 1/4 teaspoon sugar
- 2 Jalapeño peppers OR 2 serrano peppers, stemmed, seeded and chopped
- 2 cloves garlic, minced
- Salt to taste

Remove papery husks from tomatillos and rinse well.

Roasting method Cut in half and place cut side down on a foil-lined baking sheet. Place under a broiler for about 5-7 minutes to lightly blacken the skin.

Boiling method Place tomatillos in a saucepan, cover with water. Bring to a boil and simmer for 5 minutes. Remove tomatillos with a slotted spoon.

Place tomatillos, lime juice, onions, cilantro, chili peppers, sugar in a food processor (or blender) and pulse until all ingredients are finely chopped and mixed. Season to taste with salt. Cool in refrigerator.

Serve with chips or as a salsa accompaniment to Mexican dishes.

Makes 3 cups

Harvesting & Storing Tomatillos

- Harvest when they have “burst” the husks and husks are beginning to turn brown.
- Remove husks and wash well to remove sticky coating.
- Store on the counter.
- Freeze to use later if you want.

Other Points of Interest in the Garden This Week:

- We harvested our watermelon—it was slightly overripe, but very sweet and juicy!
- We planted carrots, beets, and fall radishes, as promised.
- We planted larkspur and bachelors buttons in the area where the sunflowers had been planted.

Coming Next Week—Tomatoes & Eggplant

August 13, 2010—Tomatillos

Raw Tomatillo Salsa

4 lg. tomatillos, husks removed
2 Tbl diced white onion
1 Serrano chile, stemmed
8 sprigs cilantro, stemmed
1/2 tsp. salt, or to taste

1. Wash the tomatillos well with warm water to remove the naturally sticky coating, which is bitter. Cut them into quarters.
2. Pulse the tomatillos in a food processor with remaining ingredients until a slightly chunky texture is achieved.
3. Taste for salt and serve immediately.

Tomatillo Chicken Stew

2 lbs. chicken, cubed
Salt & pepper
Olive oil
2 onions, chopped
2 cloves garlic, minced
1 tsp. cumin
1 tsp. coriander
1 1/2 c. chicken stock
2 c. tomatillo salsa verde
1 tsp. dry oregano
1/2 c. chopped cilantro

Heat oil in a saucepan on medium-high heat until hot. Brown the chicken, seasoning with salt and pepper. Remove chicken from the pan and lower heat to medium.

Add the onions and more oil if needed. Add cumin and coriander. Cook until onions are softened and browned. Add garlic and cook 30 seconds, until fragrant. Add chicken, tomatillo sauce, chicken stock, and oregano. Stir to combine. Bring to a boil and reduce to a simmer. Cook, partially covered, for 20 minutes until chicken is cooked through. Add cilantro about 1 minute before end of cooking.

Serve over rice, with sour cream if desired.