

This newsletter's recipe is from Anna Schwarz who lives in Hollingdean

Fresh tomato salsa is very easy and very tasty. Nice with anything fried, or bread, or burgers – definitely good as part of a BBQ. This will keep for a couple of days covered in the fridge but is very good straightaway.



This recipe asks for tablespoons which most of us don't have. I still am very excited to have found out years ago that (roughly, as all spoons are different shapes..) 3 teaspoons or 1 and a half dessertspoons = 1 tablespoon!

Tomato Salsa

You will need

4 medium tomatoes

2 cloves of garlic

1 small red onion

1-2 chilli peppers

1 small bunch fresh coriander

1 lime

2 tablespoons tomato puree

2 tablespoons olive oil

salt and pepper

What to do

Cut up the tomatoes very small and put in a bowl. It's nice to scoop out the seeds with a teaspoon and use them for something else but if you don't have another use for them I'd just keep them in rather than throwing them away.

Mince the garlic – add to the bowl

Finely chop the onion - add that too

Deseed the chilli (unless you want the chilli hotter in which case include the seeds) chop very finely and add to the bowl. Then wash your hands before you get chilli in your eyes – cold water and soap is best.

Finely chop the coriander and add it.

Add the zest and juice of the lime. For zesting you can use the fine edge of a grater – just use the green bit as the white skin underneath is bitter. Remember to zest before you cut up the lime to juice it or it's really annoying.

Add the tomato puree and olive oil and mix it all together.

Add salt and pepper to taste