

NYBG

EDIBLE ACADEMY
TOTALLY TOMATOES WEEKEND

ENSALADA DE NOPALES AND SALSA ROJA (CACTUS SALAD AND RED SALSA)

Prepared by Matt Abdoo of Pig Beach

Ingredients

Ensalada de Nopales (Cactus Salad)

Yield: 10 servings

- 1 ¼ pounds nopales (cactus) with spines removed (about 3 large)
- 1 pound plum tomatoes (about 4 large), halved
- 1 large white onion, diced
- 1 bunch fresh cilantro, leaves and tender stems, finely chopped
- One 7-ounce can sliced pickled jalapeños, chopped, reserving juice
- 1 lime
- 1 teaspoon fine Himalayan pink salt

Salsa Roja (Red Salsa)

Yield: 1½ cups

- 9 ounces plum tomatoes (2 large or 4 to 6 small)
- 3 large jalapeño chiles, stem trimmed
- 1 teaspoon fine Himalayan pink salt



Instructions

Ensalada de Nopales (Cactus Salad):

Trim about ¼ inch around the edges of the nopales. Remove any thorns with a paring knife. Cut the nopales into ½-inch cubes. Bring a medium saucepan of water to a boil and add the nopales. Cook until they are al dente and army green, 8 to 10 minutes. Drain and let cool.

Push the seeds and pulp from the tomatoes with your finger into a large bowl, then cut the tomatoes into small cubes and add to the bowl. Add the nopales, onions, cilantro, pickled jalapeños, and their juices. Halve the lime and juice into the bowl. Sprinkle with salt and stir to combine.

Salsa Roja (Red Salsa):

Bring a medium saucepan of water to a boil over high heat. Add the tomatoes and jalapeños and boil until they are soft, the tomato skins crack, and the chiles pale in color, about 15 minutes. Drain. Cool, and then puree in a blender with the salt on medium-high speed until mostly smooth. Can serve warm or cold.

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