

Canada Agriculture and Food Museum

Cool peach salsa

Apprentice chef sprouting experiments recipe

- 3 peaches
- ¼ to ½ jalapeno pepper
- ½ red or Valencia onion
- ½ red, orange or yellow pepper
- 5 ml / 1 teaspoon garlic, crushed or pre-minced
- 15 ml / 1 tablespoon lime juice
- 30 ml / 2 tablespoons lemon juice
- pinch of salt
- pinch of pepper
- 50 ml / ¼ cup fresh washed coriander (optional)

Equipment

- chopping board
- paring knife
- mixing spoon
- small bowl
- large bowl with cover



- measuring cups
- measuring spoons
- garlic press (optional)

Preparation

1. Rinse the peaches and peppers under running tap water while rubbing gently by hand. Pat dry with a clean cloth or paper towel.
2. Use the paring knife to peel the peaches and cut them in half on the chopping board. Remove the pit from each peach. Dice the peaches (cut them into small cubes approximately 1 cm square). Place the diced peaches in the large bowl.

Be careful when cutting the peaches. If necessary, ask an adult to help you.

3. Cut the jalapeno pepper in half lengthwise. Using the blade of the knife, scrape the inside of the pepper to remove the seeds (get rid of the seeds: they are very spicy). Finely chop a half or a quarter of the pepper (depending on your preference). Add the chopped pepper to the diced peaches.

Juice from the jalapeno pepper burns! After cutting the pepper, wash your hands thoroughly with soap and don't rub your eyes.

Jalapeno peppers are very spicy. Start by adding a quarter of the pepper to the peaches. If you like spicier food, add another quarter of the pepper.

4. Dice the half onion and the half pepper (cut them into small cubes approximately 1 cm square). Add them to the peach and jalapeno pepper mixture.
5. If you want to use fresh coriander, snip it into small pieces and add it to the mixture.
6. In the small bowl, combine the crushed or minced garlic (you can crush fresh garlic using a garlic press, or use pre-minced garlic), lime juice, lemon juice, salt and pepper. Mix all these ingredients thoroughly, and then pour the dressing over the peach mixture.



7. Cover the bowl containing the salsa and store it in the refrigerator for at least 20 minutes. This will allow the flavours to blend.
8. Take the salsa out of the refrigerator and enjoy it with corn chips, pita bread or tortillas.



This lesson plan was produced by the Canada Agriculture and Food Museum.

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