

Guatemalan Chirmol Salsa

HoneyEmilio Cuyuch - Executive Sous-Chef, Ji-Raffe Restaurant
Tifton Gazette

Servings: 6

3 scallions
12 vine-ripened tomatoes
1 cup corn kernels
2 cloves garlic, minced
3 tablespoons olive oil
juice of one lime
1/2 cup cilantro, chopped
1/2 jalapeno pepper, seeded and minced
salt (to taste)
pepper (to taste)

Grill the scallions and chop.

Grill the tomatoes, whole, until soft.

Grill the corn. (You may do the grilling by any method. It may be done ahead of time unless you wish to serve the salsa hot).

In a bowl, combine the tomatoes, scallions and garlic. "Smash", i.e. break up the tomatoes.

Add the olive oil, lime juice, grilled corn kernels, cilantro, jalapeno, salt and pepper.

Serving Ideas: Serve hot or cold over striped bass, swordfish or other white fish.

Per Serving (excluding unknown items): 92 Calories; 7g Fat (63.6% calories from fat); 1g Protein; 8g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 8mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1 1/2 Fat.