



Mango Chile Poblano Salsa

CULINARY RECIPE

DESCRIPTION

Chiles (peppers) are native to Mexico. Different pepper varieties can be found across Mexico, and differ from region to region. In Puebla, the site where Mexico defeated France in a victorious battle commemorated as Cinco de Mayo, the Poblano pepper is a staple ingredient.

Learn about the rich history of the Poblano pepper, explore the *Ancho Chile* (its dried form), and the contribution of the Poblano pepper to some of Puebla's signature dishes! This activity will guide you through a recipe using fruit and *chile* to make a *Mango Chile Poblano Salsa*.

ESSENTIAL QUESTIONS

1. What are some dishes from the state of Puebla that use the Poblano pepper in its regional cooking?
2. Describe some of your favorite recipes that use *chiles* (peppers). Explain what would happen to the flavors in the recipe if you took out the *chile*.

KITCHEN UTENSILS

- cutting board
- knife
- medium mixing bowl
- mixing spoon
- lime press
- 4 serving bowls

NUMBER OF SERVINGS

4

INGREDIENTS

- 3 mangoes
- 1 Poblano pepper
- 1 pint of cherry tomatoes
- 1 green onion or ½ of a red onion
- 3 - 4 stems of cilantro
- 3 limes
- chili powder
- salt
- organic tortilla chips



RECIPE INSTRUCTIONS

PREPARATION

1. Using the knife, ask an adult to help cut the mango into halves. Peel the halves and carefully cut them into thick spears. Take the spears and cut them into small cubes.
2. **Note:** Ask an adult to handle this step. Never touch your face or rub your eyes after cutting any type of pepper. Please practice kitchen safety.
Cut off the stem of the pepper. Remove the seeds making sure the inside of the pepper is left clean. Then, cut the pepper in half and cut the pepper into strips. Take several strips and cut them into small cubes.
3. Cut the tomatoes in half, then in fourths, and lastly in eighths.
4. Using the knife, carefully remove the green portion of the onion. Cut the roots off and slice the white parts of the green onion. After slicing, bunch up the onion and dice it. Chop the onion as small as you like.
Note: If you are using a red onion, have an adult cut, dice, and mince the red onion.
5. Remove all the cilantro leaves off the stems. Bunch up the leaves and cut them to make them smaller. Chop the cilantro.
6. Cut the limes in half and place them aside. You will be using the lime press to squeeze the juice from the lime to add to the salsa.

INSTRUCTIONS

1. In a medium mixing bowl, add the mango, chile poblano, tomatoes, onion, and cilantro. Gently mix all the ingredients using a large spoon.
2. Use the lime press to squeeze the juice from 2 lime halves into the bowl.
3. Add 3 gentle dashes of chili powder and 2 gentle dashes of salt for taste.
4. Finally, mix everything very well using the large spoon. Enjoy with organic tortilla chips.

RESOURCES TO EXPLORE TOGETHER

1. Thong, Roseanne Greenfield. *Green is a Chile Pepper: A Book of Colors*. San Francisco, CA: Chronicle Books, 2014.
2. Esposito, Shaylyn. "What to Really Eat on Cinco de Mayo." Smithsonian Magazine: www.smithsonianmag.com/arts-culture/what-to-really-eat-on-cinco-de-mayo-50767054/.

