

Level: Doctorate

RECIPE 3

Dried Chile Salsa

If you like the flavor of chipotle chiles, you know the appeal of dried chile peppers. Chipotles are jalapeños that have been dried and smoked. Chiles are often dried to concentrate their heat and flavor. You can find dried chiles, usually packaged in cellophane bags, at Latin groceries and some large supermarkets. Use any combination of dried chiles in this recipe. Dried chiles need to be rehydrated, either by soaking them in water for 30 minutes, or sautéing them in oil, as we do here. Serve this with grilled chicken, pork or beef. Or use as a sauce for enchiladas. If you have a little left over, mix it with mayonnaise for a zesty sandwich spread.

Ingredients

- 6 ounces dried chiles (a combination of New Mexico, guajillo and chipotle)
- 1/4 cup almonds
- 1/4 cup canola oil
- 1 cup finely chopped white onion
- 3 garlic cloves
- 1 1/2 cups fat-free, low-sodium chicken broth
- 1 cup chopped, seeded plum tomato (2 tomatoes)
- 1 tablespoon white wine vinegar
- 1 teaspoon kosher salt

Cut chiles in half lengthwise, using kitchen shears. Open halves; remove seeds, stems and ribs. Tear or cut chiles into 1/2-inch pieces.

Heat a large skillet over medium-high heat. Add almonds to pan. Sauté 3 minutes or until toasted, stirring frequently. Transfer almonds to a food processor; process until finely ground.

The Dish

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Wipe skillet with a paper towel. Heat skillet over medium-high heat. Add oil to pan. Add chiles, onion and garlic; sauté 5 minutes or until chiles are soft.

Add chile mixture to food processor. Add broth and remaining ingredients. Pulse until smooth. **Yield: 3 cups (serving size: 1/4 cup).**