

# Fermented Salsa

Adapted from [www.cheeseslave.com](http://www.cheeseslave.com)

## Ingredients

Chili peppers (1-2 serranos or 1/2-1 jalapeno, depending on how hot you like it)  
Medium fresh tomatoes (4)  
Medium white or yellow onion (1)  
Garlic cloves (2)  
Lemons or 3 limes (2)  
Sea salt (1 TBS) or whey (2 TBS) — if you don't have any whey, use an additional 1 tablespoon salt  
*Optional: 1 bunch oregano, fresh (or 1 teaspoon dried)*  
*Optional: cilantro (1 bunch), fresh*  
*Optional: Filtered water*

## Equipment

Rubber gloves  
Quart-sized mason jar with lid  
*Optional: Food processor*

## Directions

1. Wearing gloves, cut open the chiles and discard the stems and seeds (If you don't wear gloves, you risk burns — trust me, I've done it. I advise wearing the gloves.) Set aside.
2. Cut tomatoes in half and gently squeeze out the seeds, or scoop out with a spoon, and discard. Set aside.
3. Peel and quarter the onion and peel and crush and chop the garlic.
4. If using fresh herbs, rinse, dry and chop them, discarding the stems.
5. Place the peppers, tomatoes, onion, garlic, and optional herbs into the food processor (you can also do this by hand — just dice everything with a sharp knife).
6. Squeeze the 2 lemons or 3 limes and add the juice.
7. Add the sea salt and whey.
8. Pulse several times (more or less for desired consistency).
9. Transfer to quart-sized mason jar. Add a little filtered water if necessary (if you like it with more liquid and it's too chunky). If you add water, put the lid on and shake it up so it's incorporated. Make sure to leave at least an inch of space from the top of the jar.
10. Cover and keep at room temperature for 2-3 days before transferring to the fridge. Salsa will keep for weeks or months in fridge.