

Salsa Verde

AUTHOR FRANCES WILSON

Yield: About 1 cup



I would eat this every night and with every dish! It enhances the flavor of beef, chicken, fish and vegetables. I add a dollop into sandwiches and salad dressings. I toss pasta and rice in it. If I don't have capers, I add some chopped preserved lemons.

If using capers stored in salt instead of brine, soak them in warm water for 5 minutes to remove some of their salt before rinsing, draining and adding them to the parsley pile.

INGREDIENTS

1 large bunch flat-leaf parsley
¼ cup capers in brine, rinsed and drained
3 cloves garlic, peeled and roughly chopped
Zest of 1 lemon
Juice ½ lemon
A good pinch of sugar
Kosher salt
Freshly ground black pepper
1 cup or so fruity olive oil

DIRECTIONS

Wash and thoroughly dry the parsley. Pick off all of the leaves, discarding the stems (or save them to add into stock). Pile the leaves, along with the capers, garlic and lemon zest, on a cutting board and chop until coarsely chopped.

Place the chopped ingredients in a bowl and then add the lemon juice, the pinch of sugar, and ½ teaspoon of salt and a few grinds of pepper. Mix, then add in the olive oil. Check the seasoning and add more salt and pepper if necessary.

This will last for a day or two in the fridge. It just loses some of its fresh parsley flavor.