

# Mexican Inspired Fermented Black Radish Salsa

This wonderful salsa marries the tartness of Caldwell's fermented black radish, lime, the sweetness of corn, the mellow flavours of beans and the freshness of coriander. It's excellent served with tacos, burritos or fajitas or simply served as a snack with organic corn chips. Be sure to read our fermentation tip at the end of the recipe. **Enjoy!**

Serves 4-6 – Prep time: 20 minutes)

## INGREDIENTS

- 200ml Caldwell Black Radish (1 package), finely chopped (or homemade black radish produced with Caldwell's starter culture)
- 1 large tomato, diced into small pieces
- 1 large red onion, diced into small pieces
- 1/2 green bell pepper, diced into small pieces (use a red bell pepper for a sweeter flavour)
- 1 avocado, pit removed, peeled and diced into small pieces
- 250g sweet corn (canned or frozen...if using frozen, blanch for 1.5 minutes from frozen)
- 225g canned black beans\*
- 225g canned red kidney beans\*
- 75 g fresh coriander chopped coarsely
- The juice of one lime
- Salt to taste

**Flavour options:** A dash of dried cumin, coriander or oregano. For a spicier version, add a finely chopped fresh hot pepper such as jalapeño to the mix or press in a clove of garlic!

\*If using dried beans, follow the manufacturers guidelines for preparation.

## INSTRUCTIONS:

1. Begin by placing the Caldwell Black Radish in a colander to remove the excess brine. Leave to strain for 2 minutes and chop finely. This will ensure a probiotic rich mouthful in every bite. Add to a large bowl.
2. Chop all other vegetables except the onion into small (1 cm) pieces. Chop the onion into relatively smaller pieces, about half the size and chop the coriander in the same way.
3. Add all the vegetables and the coriander to the black radish and mix.
4. Add in the lime juice, salt to taste and any other suggested spices. Allow to sit for 10 minutes in order for the salt to draw the excess liquid from the vegetables, taste again and add more salt if needed.

## FERMENTATION TIP:

This salsa can be eaten straight away and is delicious fresh. For the more adventuresome, you can prepare it in advance, place the salsa into an airlock container making sure that you press all ingredients firmly into the container as to not leave any air bubbles and ensuring that everything is under the brine and allow it to ferment for 48-72 hours at room temperature or until tiny bubbles begin to form; at which stage the salsa can be transferred to the fridge and eaten at your leisure.

For best results, always use Caldwell Starter Culture

**BUEN PROVECHO!**



Tried and tasted by family and friends of the Caldwell clan.

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