

Thea's Organic Kitchen

The ballots are in and the winner is... Thea's Organic Kitchen! Winner of "Best Fruit Salsa" in the Highlands 2006 Chili Cook Off. For those of you who are salsa connoisseurs. I thought you might appreciate having this award-winning Pear Salsa recipe developed from years of living in the American Southwest. It is a fresh table salsa, also known as "salsa fresca" or "salsa cruda." Like its name, it is made from fresh, raw rather than cooked, ingredients. Presenting a table salsa is a ritualized habit in Southwestern dining. It is eaten with tortilla chips before a meal, added to foods that need extra flavor like frijoles, or used as a condiment for grilled meats. Salsa Cruda also has great health-giving benefits some of which are vitamin C from limes, tomatoes and jalapenos, which have five times the vitamin C of an orange; parsley, which is good for the urinary tract; cilantro, which helps the body eliminate toxic heavy metals; garlic, which protects the immune system; and olive oil, which is beneficial for healthy skin. I stay healthy all winter long eating this wonderful fresh salsa. You can also make it plain by eliminating the pear, cinnamon, and sugar.

Award Winning Pear Salsa

8 Roma tomatoes, with pulp and seeds removed

2 large, firm ripe tomatoes

1 fresh firm pear (red Bartlett)

2 cloves of garlic, peeled

2 jalapeños

1/2 Vidalia sweet onion

2 teaspoons olive oil

1 tablespoons lime juice

large handful each of parsley and cilantro, cleaned and free of stems

1/4 teaspoon brown sugar

1/4 teaspoon chili powder

dash cayenne

dash cinnamon

salt to taste

Process garlic, parsley and cilantro greens, onion and jalapeño in food processor until finely chopped (a few seconds). Scrape into bowl with rubber spatula. Process Romas with olive oil, lime juice, sugar, and chili powder with brief pulses until you reach a well-textured puree. Add to bowl. Chop ripe tomatoes and pear into small bite-size pieces and add to bowl with remaining seasonings. Toss lightly, let stand for one hour and serve.

To Your Health! Visit Thea's Organic Kitchen on line at <http://www.theaskitchen.com>

by Cynthia Stacey

Grape Glory

Five of our local restaurants (listed below) have obtained the coveted Wine Spectator Award of Excellence. Two of these have even received the Best of Award of Excellence. These restaurants have been awarded for their commitment to fine wines and their compatibility with menu items. Salute!

Lakeside Restaurant

Smallwood Avenue
828-526-9419

Madisons

Main Street
828-526-5477

Paoletti's

Main Street
(828) 526-4906
(Best of)

On The Verandah

Franklin Road
828-526-2338

Wolfgang's On Main

Main Street
828-526-3807
(Be



For
on area restaurants, visit
mountain-menus.com