

“[Salsa verde] is very different from a puréed sauce like pesto. It’s a sauce that [is] finely chopped so you can sort of see the ingredients in it.”

CHAPTER REVIEW

Salsa verde is a versatile, simple sauce traditionally made of parsley, capers, lemon zest, and olive oil that can be served with vegetables, fish, eggs, or chicken—many variations are possible. It adds lively freshness to almost any simple dish. Flat-leafed Italian parsley is preferable, but curly parsley is good, too. Fresh parsley—the fresher the better—is the majority herb, but almost any other fresh, tender herb can enhance a salsa verde. Add mint to your salsa verde to serve it with lamb, add fennel tops to serve it with fish, or add horseradish to serve with beef.

Alice demonstrates a version with finely diced shallots macerated in vinegar. To achieve the fine dice, peel and cut shallots in half, make horizontal cuts then vertical cuts to the base of the root, and slice across the crosshatched cuts.





SALSA VERDE

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MAKES $\frac{2}{3}$ CUP

Use a sharp knife when you chop parsley (and other herbs). A sharp knife slices cleanly through the leaves, preserving both flavor and color, while a dull knife mashes and bruises them.

The zest is the thin yellow outer layer of the lemon's skin; avoid grating any of the bitter white part (the pith) beneath. The zest brightens the flavor of the sauce, so don't be shy with it; you may need more than one lemon's worth.

Don't hesitate to experiment. Alice makes salsa verde more or less thick depending on what she's using it for. She tends to use less oil when it's for roasted meats and grilled vegetables and more for fish.

$\frac{1}{3}$ cup coarsely chopped parsley (leaves and thin stems only)

Grated zest of 1 lemon

1 tablespoon capers, rinsed, drained, and coarsely chopped

$\frac{1}{2}$ teaspoon salt

Fresh-ground black pepper to taste

$\frac{1}{2}$ cup olive oil

Combine all the ingredients in a small bowl. Mix well and taste for salt. Let the sauce sit for a while to develop the flavors. If you like, add a diced shallot macerated in vinegar, or 1 small garlic clove chopped very fine.

VARIATIONS

- ♦ Other herbs, or combinations of herbs, can replace part or all of the parsley.
- ♦ Add a little chopped salt-packed anchovy fillet, or chopped shallot, or chopped hard-cooked egg—or all three.
- ♦ Lemon juice or vinegar makes the sauce zestier, but add them just before serving, as the acid will cause the herbs to discolor. (You can macerate a little chopped shallot in the vinegar or lemon, if you wish.)
- ♦ For fish and spring vegetables, use parsley, chervil, tarragon, and lemon zest.
- ♦ For beef, use parsley, savory, shallot, and horseradish.
- ♦ For winter squash, use parsley, thyme, fried sage, and shallots.
- ♦ For lamb, use thyme, mint, and shallots.