

To: Ojeda Diaz Rodolfo(rodolfojeda63@hotmail.com)
Subject: U.S. Trademark Application Serial No. 97120339 - CHILTOMATE SALSA ANCESTRAL
Sent: August 24, 2022 01:09:51 PM EDT
Sent As: tmng.notices@uspto.gov

Attachments

[2722147](#)

[screencapture-www-amazon-com-Don-Emilio-Salsa-Macha-Morita-dp-B089FLSW8B-16613543080341](#)

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United States Patent and Trademark Office (USPTO)
Office Action (Official Letter) About Applicant's Trademark Application

U.S. Application Serial No. 97120339

Mark: CHILTOMATE SALSA ANCESTRAL

Correspondence Address:

OJEDA DIAZ RODOLFO
441 S 1810 W
ROBLE 45 LOS SAUCES TEPIC NAYARIT MEXICO
PROVO UT 84601 UNITED STATES

Applicant: Ojeda Diaz Rodolfo

Reference/Docket No. N/A

Correspondence Email Address: rodolfojeda63@hotmail.com

NONFINAL OFFICE ACTION

The USPTO must receive applicant's response to this letter within six months of the issue date below or the application will be abandoned. Respond using the Trademark Electronic Application System (TEAS). A link to the appropriate TEAS response form appears at the end of this Office action.

Issue date: August 24, 2022

The referenced application has been reviewed by the assigned trademark examining attorney. Applicant must respond timely and completely to the issue(s) below. 15 U.S.C. §1062(b); 37 C.F.R. §§2.62(a), 2.65(a); TMEP §§711, 718.03.

SUMMARY OF ISSUES:

- Mark is merely descriptive/possibly generic
- Specimen
- Color/Description of mark

SEARCH RESULT

The trademark examining attorney has searched the USPTO database of registered and pending marks and has found no conflicting marks that would bar registration under Trademark Act Section 2(d). 15 U.S.C. §1052(d); TMEP §704.02.

SECTION 2(e)(1) REFUSAL--MARK IS MERELY DESCRIPTIVE

Registration is refused because the applied-for mark merely describes the applicant's goods. Trademark Act Section 2(e)(1), 15 U.S.C. §1052(e)(1); *see* TMEP §§1209.01(b), 1209.03 *et seq.*

A mark is merely descriptive if it describes an ingredient, quality, characteristic, function, feature, purpose, or use of an applicant's goods and/or services. TMEP §1209.01(b); *see, e.g., In re TriVita, Inc.*, 783 F.3d 872, 874, 114 USPQ2d 1574, 1575 (Fed. Cir. 2015) (quoting *In re Oppedahl & Larson LLP*, 373 F.3d 1171, 1173, 71 USPQ2d 1370, 1371 (Fed. Cir. 2004)); *In re Steelbuilding.com*, 415 F.3d 1293, 1297, 75 USPQ2d 1420, 1421 (Fed. Cir. 2005) (citing *Estate of P.D. Beckwith, Inc. v. Comm'r of Patents*, 252 U.S. 538, 543 (1920)).

The determination of whether a mark is merely descriptive is made in relation to an applicant's goods and/or services, not in the abstract. *DuoProSS Meditech Corp. v. Inviro Med. Devices, Ltd.*, 695 F.3d 1247, 1254, 103 USPQ2d 1753, 1757 (Fed. Cir. 2012); *In re The Chamber of Commerce of the U.S.*, 675 F.3d 1297, 1300, 102 USPQ2d 1217, 1219 (Fed. Cir. 2012); TMEP §1209.01(b). “Whether consumers could guess what the product [or service] is from consideration of the mark alone is not the test.” *In re Am. Greetings Corp.*, 226 USPQ 365, 366 (TTAB 1985). Determining the descriptiveness of a mark is done in relation to an applicant's goods and/or services, the context in which the mark is being used, and the possible significance the mark would have to the average purchaser because of the manner of its use or intended use. *See In re The Chamber of Commerce of the U.S.*, 675 F.3d 1297, 1300, 102 USPQ2d 1217, 1219 (Fed. Cir. 2012) (citing *In re Bayer Aktiengesellschaft*, 488 F.3d 960, 963-64, 82 USPQ2d 1828, 1831 (Fed. Cir. 2007)); TMEP §1209.01(b). Descriptiveness of a mark is not considered in the abstract. *In re Bayer Aktiengesellschaft*, 488 F.3d at 963-64, 82 USPQ2d at 1831.

“A mark may be merely descriptive even if it does not describe the ‘full scope and extent’ of the applicant’s goods or services.” *In re Oppedahl & Larson LLP*, 373 F.3d 1171, 1173, 71 USPQ2d 1370, 1371 (Fed. Cir. 2004) (citing *In re Dial-A-Mattress Operating Corp.*, 240 F.3d 1341, 1346, 57 USPQ2d 1807, 1812 (Fed. Cir. 2001)); TMEP §1209.01(b). It is enough if a mark describes only one significant function, attribute, or property. *In re The Chamber of Commerce of the U.S.*, 675 F.3d 1297, 1300, 102 USPQ2d 1217, 1219 (Fed. Cir. 2012); TMEP §1209.01(b); *see In re Oppedahl & Larson LLP*, 373 F.3d at 1173, 71 USPQ2d at 1371.

The mark is CHILTOMATE SALSA ANCESTRAL (stylized) for hot sauce. The mark is merely descriptive of the goods. CHILTOMATE is a type of food. SALSA refers to hot sauces, and the applicant's goods are hot sauces. ANCESTRAL refers to food with whole ingredients without artificial ingredients. The applicant's hot sauce may be ancestral salsa containing whole ingredients used to make chiltomate. Please see the attached definitions and the excerpted representative articles describing ancestral foods including salsa, and that chiltomate is a type of food. Therefore, the mark is not a source indicator of the goods.

In addition, the applied-for mark shows the wording in stylized lettering. Stylized descriptive or generic wording is registrable only if the stylization creates a commercial impression separate and apart from the impression made by the wording itself. *See In re Cordua Rests., Inc.*, 823 F.3d 594, 606, 118 USPQ2d 1632, 1639-40 (Fed. Cir. 2016); *In re Northland Aluminum Prods., Inc.*, 777 F.2d 1556, 1561, 227 USPQ 961, 964 (Fed. Cir. 1985); TMEP §1209.03(w). Common and ordinary lettering with minimal stylization, as in this case, is generally not sufficiently striking, unique, or distinctive as to make an impression on purchasers separate from the wording. *See In re Sadoru Grp., Ltd.*, 105 USPQ2d 1484, 1487 (TTAB 2012).

Two major reasons for not protecting descriptive marks are (1) to prevent the owner of a descriptive mark from inhibiting competition in the marketplace and (2) to avoid the possibility of costly infringement suits brought by the trademark or service mark owner. *In re Abcor Dev. Corp.*, 588 F.2d 811, 813, 200 USPQ 215, 217 (C.C.P.A. 1978); TMEP §1209. Businesses and competitors should be free to use descriptive language when describing their own goods and/or services to the public in advertising and marketing materials. *See In re Styleclick.com Inc.*, 58 USPQ2d 1523, 1527 (TTAB 2001). Others providing the same or similar goods would require the use of the wording(s) without fear of infringement suit.

Accordingly, the mark is not registrable on the Principal Register.

In addition to being merely descriptive, the applied-for mark appears to be generic in connection with the identified goods and/or services. “A generic mark, being the ‘ultimate in descriptiveness,’ cannot acquire distinctiveness” and thus is not entitled to registration on either the Principal or Supplemental Register under any circumstances. *In re La. Fish Fry Prods., Ltd.*, 797 F.3d 1332, 1336, 116 USPQ2d 1262, 1264 (Fed. Cir. 2015) (quoting *H. Marvin Ginn Corp. v. Int'l Ass'n of Fire Chiefs, Inc.*, 782 F.2d 987, 989, 228 USPQ 528, 530 (Fed. Cir. 1986)); *see* TMEP §§1209.01(c) *et seq.*, 1209.02(a). Therefore, the trademark examining attorney cannot recommend that applicant amend the application to proceed under Trademark Act Section 2(f) or on the Supplemental Register as possible response options to this refusal. *See* TMEP §1209.01(c).

Although applicant’s mark has been refused registration, applicant may respond to the refusal(s) by submitting evidence and arguments in support of registration.

Applicant should note the following additional ground for refusal.

SPECIMEN

Specimen is merely a drawing or depiction of the mark. Registration is refused because the specimen is merely a photocopy of the drawing or a depiction of the applied-for mark and does not show the applied-for mark as actually used in commerce with the goods in International Class(es) 30. Trademark Act Sections 1 and 45, 15 U.S.C. §§1051, 1127; 37 C.F.R. §§2.34(a)(1)(iv), 2.56(a), (c); *In re Chica*, 84 USPQ2d 1845, 1848 (TTAB 2007); TMEP §§904, 904.07(a), 1301.04(g)(i). An application based on Trademark Act Section 1(a) must include a specimen showing the applied-for mark as actually used in commerce for each international class of goods and/or services identified in the application or amendment to allege use. 15 U.S.C. §1051(a)(1); 37 C.F.R. §§2.34(a)(1)(iv), 2.56(a); TMEP §§904, 904.07(a).

Examples of specimens. Specimens for goods include a photograph of (1) the actual goods bearing the mark; (2) an actual container, packaging, tag or label for the goods bearing the mark; or (3) a point-of-sale display showing the mark directly associated with the goods. See 37 C.F.R. §2.56(b)(1), (c); TMEP §904.03(a)-(m). A webpage specimen submitted as a display associated with the goods must show the mark in association with a picture or textual description of the goods and include information necessary for ordering the goods. TMEP §904.03(i); see 37 C.F.R. §2.56(b)(1), (c).

Any webpage printout or screenshot submitted as a specimen must include the webpage's URL and the date it was accessed or printed on the specimen itself, within the TEAS form that submits the specimen, or in a verified statement under 37 C.F.R. §2.20 or 28 U.S.C. §1746 in a later-filed response. See 37 C.F.R. §2.56(c); TMEP §§904.03(i), 1301.04(a).

Response options. Applicant may respond to this refusal by satisfying one of the following for each applicable international class:

(1) Submit a different specimen (a verified “[substitute](#)” specimen) that (a) was in actual use in commerce at least as early as the filing date of the application or prior to the filing of an amendment to allege use and (b) shows the mark in actual use in commerce for the goods and/or services identified in the application or amendment to allege use. A “verified substitute specimen” is a specimen that is accompanied by the following statement made in a signed affidavit or supported by a declaration under 37 C.F.R. §2.20: “The substitute (or new, or originally submitted, if appropriate) specimen(s) was/were in use in commerce at least as early as the filing date of the application or prior to the filing of the amendment to allege use.” The substitute specimen cannot be accepted without this statement.

(2) Amend the filing basis to [intent to use under Section 1\(b\)](#) (which includes withdrawing an amendment to allege use, if one was filed), as no specimen is required before publication. This option will later necessitate additional fee(s) and filing requirements, including a specimen.

For an overview of the response options referenced above and instructions on how to satisfy these options using the online Trademark Electronic Application System (TEAS) form, see the [Specimen webpage](#).

How to submit a verified specimen.

After opening the appropriate TEAS response form, answer “Yes” to form wizard question #2, click “Continue,” and provide the following **for each relevant** class for which a specimen is being submitted:

- (1) Under the heading “Classification and Listing of Goods/Services/Collective Membership Organization,” check the box next to the following statement: “Check here to modify the current classification number; listing of goods/services/the nature of the collective membership organization; dates of use; and/or filing basis; or to submit a substitute specimen, a foreign registration certificate, or proof of renewal of a foreign registration. If not checked, the changes will be ignored.”;
- (2) Attach specimen under “Specimen File” (attachment may not exceed 5 megabytes);
- (3) Describe in the box below that location what the attached specimen consists of;
- (4) Check the box below the specimen description next to the following statement (to ensure that the declaration language is inserted into the form): “The substitute (or new, or originally submitted, if appropriate) specimen(s) was/were in use in commerce at least as early as the filing date of the application”; and
- (5) Follow the instructions within the form for signing. The form will require two signatures: one in the “Declaration Signature” section and one in the “Response Signature” section.

COLOR/DESCRIPTION OF MARK

Applicant must clarify the colors that are being claimed as a feature of the mark. *See 37 C.F.R. §§2.37, 2.52(b)(1), 2.61(b); TMEP §§807.07(a) et seq.* The drawing shows the mark in the colors red, white, and black; however, the following colors appear in the color claim: red and black.

Where the color claim and/or description of the mark and drawing are inconsistent with one another, generally the USPTO looks to the drawing to determine what the mark is. TMEP §807.07(a)(i)-(a)(ii), (c). Additionally, the colors in the drawing, color claim, and description must match. *See 37 C.F.R. §2.52(b)(1); TMEP §§807.07 et seq.*

To clarify the colors in the mark, applicant may satisfy one of the following:

- (1) Submit a new color drawing that shows the mark in the colors specified in the color claim. TMEP §807.07(c). However, any other amendments to the drawing will not be accepted if they would materially alter the mark. 37 C.F.R. §2.72; *see TMEP §§807.07(c), 807.14 et seq.*

Please note if the color white in the words SALSA ANCESTRAL is merely transparent areas and not claimed as a feature of the mark, then the drawing can be maintained but the applicant must amend the description of the mark and add a statement that the color white represents transparent areas and is not claimed as a feature of the

mark. The following may be adopted, if accurate:

"The mark consists of the wording "CHILTOMATE" in red outlined in black with the letter "C" extending below the entire wording, with the words "SALSA ANCESTRAL" outlined in black below. The color white in the words "SALSA ANCESTRAL" represents transparent areas and is not claimed as a feature of the mark."

(2) Submit an amended color claim and description that matches the colors in the drawing. Generic color names must be used to describe the colors in the mark, e.g., red, yellow, blue. TMEP §807.07(a)(i)-(ii). If black, white, and/or gray represent background, outlining, shading, and/or transparent areas and are not part of the mark, applicant must so specify in the description. *See* TMEP §807.07(d).

The following color claim and description are suggested:

Color claim: **"The colors red, black, and white are claimed as a feature of the mark."**

Description: **"The mark consists of the wording "CHILTOMATE" in red outlined in black with the letter "C" extending below the entire wording, with the words "SALSA ANCESTRAL" in white outlined in black below."**

For more information about drawings and instructions on how to submit a new color drawing, amended color claim and/or description online using the Trademark Electronic Application System (TEAS) form, see the [Drawing webpage](#).

RESPONSE GUIDELINES

For this application to proceed, applicant must explicitly address each refusal and/or requirement in this Office action. For a refusal, applicant may provide written arguments and evidence against the refusal, and may have other response options if specified above. For a requirement, applicant should set forth the changes or statements. Please see "[Responding to Office Actions](#)" and the informational [video "Response to Office Action"](#) for more information and tips on responding.

The United States Patent and Trademark Office (USPTO) website provides information for those unfamiliar with the process of applying for federal trademark registration, such as an e-booklet about registering trademarks, FAQs, and more. Two tools on the USPTO's website that are particularly helpful during the examination process are the (1) [informational videos](#) and (2) application [processing timelines](#). The videos provide information in a broadcast news format regarding a range of issues that arise during the examination of an application, such as specimens and goods and services. The application processing timelines provide information regarding the USPTO's processing time for certain documents, as well as crucial legal deadlines.

QUESTIONS ABOUT THIS ACTION

If the applicant has **technical questions** about the TEAS response to Office action form, the applicant can review the electronic filing tips available online at http://www.uspto.gov/trademarks/teas/e_filing_tips.jsp and send technical questions to the TEAS Support Team at TEAS@uspto.gov via e-mail. Please include your name, telephone number, serial

number and/or registration number, a description of the issue, including the name of the TEAS form you are having problems with (e.g., “Response to Office Action Form,” “Request for Extension of Time to File a Statement of Use,” etc.), and a screen shot of any error message that you are receiving. You should receive a response within two (2) hours if the e-mail message is submitted during normal business hours.

For **status inquiries or copies of documents**, an applicant may check the status of or view documents filed in the trademark and/or service mark application or registration twenty-four (24) hours a day, seven (7) days a week, using the Trademark Status and Document Retrieval (TSDR) database on the USPTO website at <http://tsdr.uspto.gov/>. To obtain this status or view these documents, enter the application serial number or registration number and click on “Status” or “Documents.” Do not attempt to check status until approximately four to five (4-5) days after submission of a filing, to allow sufficient time for all USPTO databases to be updated.

For **all other non-legal matters**, including petitions to revive or reinstate an application, please contact the Trademark Assistance Center (TAC). TAC may be reached by e-mail at TrademarkAssistanceCenter@uspto.gov or by telephone at (800) 786-9199. For non-technical matters, TAC is open from 8:30 a.m. to 8:00 p.m. Eastern Standard Time (EST), Monday through Friday, except on federal government holidays. A list of federal government holidays is available at the following website: <https://www.opm.gov/policy-data-oversight/snow-dismissal-procedures/federal-holidays/>.

If applicant has questions regarding the legal issues in this Office action, please call the assigned trademark examining attorney.

How to respond. [**Click to file a response to this nonfinal Office action.**](#)

/Alex Seong Keam/
Attorney-Advisor
U.S. Patent and Trademark Office
Law Office 114
(571) 272-9176
alex.keam@uspto.gov

RESPONSE GUIDANCE

- **Missing the response deadline to this letter will cause the application to abandon.** The response must be received by the USPTO before midnight **Eastern Time** of the last day of the response period. TEAS maintenance or [unforeseen circumstances](#) could affect an applicant’s ability to timely respond.
- **Responses signed by an unauthorized party** are not accepted and can **cause the application to abandon**. If applicant does not have an attorney, the response must be signed by the individual

applicant, all joint applicants, or someone with [legal authority to bind a juristic applicant](#). If applicant has an attorney, the response must be signed by the attorney.

- If needed, find [contact information for the supervisor](#) of the office or unit listed in the signature block.

(3) DESIGN PLUS WORDS, LETTERS, AND/OR NUMBERS



Mark Punctuated
ANCESTRAL

Translation

Goods/Services

- IC 030. US 046.G & S: Apple cider vinegar; maple syrup; vinegar and honey. FIRST USE: 19970115.
FIRST USE IN COMMERCE: 20021029

Mark Drawing Code

(3) DESIGN PLUS WORDS, LETTERS, AND/OR NUMBERS

Design Code
260328 261725

Serial Number
76221238

Filing Date
20010308

Current Filing Basis
1A;44E

Original Filing Basis
1B;44E

Publication for Opposition Date
20020514

Registration Number
2722147

Date Registered
20030603

Owner
(REGISTRANT) LES ALIMENTS NUTRAM INC. CORPORATION CANADA 413-1, avenue Shamrock
Montreal, Quebec CANADA H2S1A3

Priority Date
19971216

Disclaimer Statement

Description of Mark

Type of Mark
TRADEMARK

Register

PRINCIPAL

Live Dead Indicator

LIVE

Attorney of Record

Jess M. Collen

https://www.amazon.com/Don-Emilio-Salsa-Macha-Morita/dp/B00FLRWB88

Amazon Prime

All Back to School Breakfast Cold Beverages Customer Service Buy Again Video Games Fashion TV & Video Pet Supplies Home Improvement Beauty & Personal Care Coupons

Grocery Deals Sweets Breakfast Warm Beverages Cold Beverages Amazon Basics Baby Food Candy & Chocolate Subscriptions International Foods SAV+Grocery Groceries

Customers who viewed this item also viewed

Don Emilio Salsa Macha Hot Chili-Garlic Sauce, Medium Heat, 9 oz (250g)

Don Emilio Salsa Macha 3 Pack, Mild Chili-Grip Oil, Medium Heat, 9 oz (250g) each

Don Emilio Salsa Macha Morita Extra Hot Pepper Macha, All-Natural Chili, Medium Heat, 9 oz (250g)

Salsa Macha Morita Don Emilio 9oz – Ancestral bold and versatile type of salsa that originated more than 6,000 years ago in the southern Mexican region. Renowned for its unique crunchy texture and smokiness, our authentic salsa macha enrich any meal by adding an unmatched spice and flavor.

Ingredients

About this item

Report incorrect product information

HE'S Mild Hatch Chile Veracruz All Purpose Seasoning Blend - Handmade Chili Powder - Tocuyo Chile Gochu - Perfect Blend of - 1 lb 15 oz

19" x 12" Delivery August 29 - 31

Only 7 left in stock - order soon.

Ship from

Secure transaction

Ship from

Return policy: Eligible for Refund or Replacement

New (2) from \$9.99 + \$3.49 shipping

Have one to sell?

Small image of the product

Frequently bought together



- [Deli Emilia Salsa Macha Don Emilia Eco - An award-winning bold and versatile type of salsa that originated from... \\$19.99 \(\\$1.10/Item\)](#)
- [Don Emilia Salsa Macha Hot Chil Garlic Sauce, Gourmet Spicy Chili Crisp Oil, Garlic and Onion, All Natural Chil Pe... \\$9.35 \(\\$0.58/Item\)](#)
- [Deli Emilia Gourmet Macha Sauces, Chil-based condiment, dried onions, pumpkin seeds and sesame seeds, 8 oz. \\$14.95 \(\\$1.87/Item\)](#)

What other items do customers buy after viewing this item?



Have a question?

Find answers in product info, Q&As, reviews.

Type your question or keyword

Videos

Videos for related products



Hot Crispy Oil Hot Crispy Oil

Upload your video

Product Description

This product is the Authentic Salsa Macha. It uses spicy premium morita peppers, slowly dehydrated with a secret mixture of woods to give it that characteristic smoky taste. We grind it manually to mix it with our selected spices and seasonings, cooking them slowly to achieve that creamy texture just like our ancestors did it thousands of years ago. If you want to buy authentic Mexican Chile sauce, you'll love our Martha Peper Salsa Macha.

Customer questions & answers

<input type="button" value="Q"/> Have a question? Search for answers
<input type="button" value="▲"/> Question: What kind of oil is in this?
<input type="button" value="0 votes"/> Answer: Canola. By Done on June 9, 2021
<input type="button" value="▼"/> Question: Where is it made?
<input type="button" value="0 votes"/> Answer: Mexico. By Done on June 9, 2021
<input type="button" value="▲"/> Question: ¿Dónde se venden estos productos?
<input type="button" value="0 votes"/> Answer: Half A Travels to Amazon has products similar. En que país se encuentran? By Don Erolka on September 20, 2021

Product details

Package Dimensions : 7.76 x 3.96 x 3.15 inches; 9 Ounces
Manufacturer : DON EMLIO
ASIN : B09FLW2WSB
Customer reviews : ★★★★☆ - 87 ratings

Important information

Ingredients

Soy oil, Canola oil, morita peppers, garlic, sea salt, sesame seeds and yeast extract.

Legal Disclaimer

Statements regarding dietary supplements have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease or health condition.

SAMSUNG

SAMSUNG 49-inch Odyssey G9 Gaming Monitor (QHD, 240Hz, 1000R Curved, QLED, NVIDIA G-SYNC & FreeSync...)

See Your Game Your Way

1,151,421 reviews

5.098

1,151,421 prime

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Sponsored

Customer reviews

★★★★★ 4.4 out of 5
17 global ratings

Customer reviews

★★★★★ 4.4 out of 5
17 global ratings

5 star 72%
4 star 10%
3 star 8%
2 star 2%
1 star 4%

How customer reviews and ratings work

Review this product

Share your thoughts with other customers

Write a customer review

Lumineux Lumineux Whitening Strips 21 Treatments

\$10.00 off coupon

Lumineux Whitening Strips 21 Treatments

Reviews with Images

Reviews with Images

Reviews with Images

Show all customer images

Show more ▾

Top reviews from the United States

Leandy

★★★★★ Taste good with snags and messes

Reviewed in the United States on May 26, 2022

Verified Purchase

Taste good

Helpful | Report abuse

stevej

★★★★★ Shipping issue

Reviewed in the United States on December 13, 2021

Shipping was in a standard white padded Amazon envelope. Shipping caused some items in the lid tray, after opening, went sad correctly, so the oil salsa will leak out the top if you shake the jar to mix, etc. Not sure if it was the shipping or the lid tray that caused this. I am not sure if the salsa was leaking out of the jar and flooded with the oil when opening, so I might not have heard of that it hadn't leaked before opening, so I thought it was just the salsa that was leaking out. I am not sure if the salsa was leaking out of the jar when I opened it. It was not quite what I was expecting. I think I expected more of a creamy taste and I was surprised by how "hot" it was. I am not sure if it was leaking out of the jar when opening. Very unusual. May try another flavor or companion... don't think it was supposed to be creamy.

Helpful | Report abuse

I use it for almost all my food, the only bad situation was sent the bottle in a bag without any protection and the bottle was hit and the sauce oozed in the bag this is funny

[Helpful](#) | [Report abuse](#)

 **Alejandra**  Great flavor - right amount of heat

Verified Purchase
Review left in the United States on December 5, 2021
Helpful Review
This product arrived in great shape. Amazon sent it in a plastic padded envelope- no bubble wrap. It did look a bit wet but was still usable. The product itself is great, the chiles are sweet with just the right amount of heat. Can't wait to try it w/ eggs and tortillas.

[Helpful](#) | [Report abuse](#)

 **Dave**  Great flavor that heats

Reviewed in the United States on January 27, 2021
Verified Purchase

This product has great flavor with the correct ingredients. Sometimes just the oil does the job, so it can be thinned with canola oil. No refrigeration required, so it sits on my table with a small spoon. A little goes a long ways.

Great flavor, good heat. Highly recommended. Enjoy!

4 people found this helpful

[Helpful](#) | [Report abuse](#)

 **John**

 Great mix and texture just TOO SMOKY for me

Reviewed in the United States on February 19, 2021
Verified Purchase

Now mix of crevets and flavor but for me too smoky.

[Helpful](#) | [Report abuse](#)

 **Alexandra**

 Like crack

Reviewed in the United States on September 10, 2021
Verified Purchase

Put it on everything soup to good

[Helpful](#) | [Report abuse](#)

 **John**

 Amazing flavor !

Reviewed in the United States on June 3, 2020
Verified Purchase

Amazing delivery time and it's on Prime. I got order # yesterday and I received today. Simply delicious. Love the smoky flavor. Absolute fail if you're not into it!



[Helpful](#) | [Report abuse](#)



4 people found this helpful

[Helpful](#) | [Report abuse](#)

[See all reviews](#)

Customers who viewed this item also viewed

Page 1 of 5



>

Luminex Whitening Without The Sensitivity

Luminex Whitening Strips 21 Te...

5.0

177 reviews

[View Details](#)

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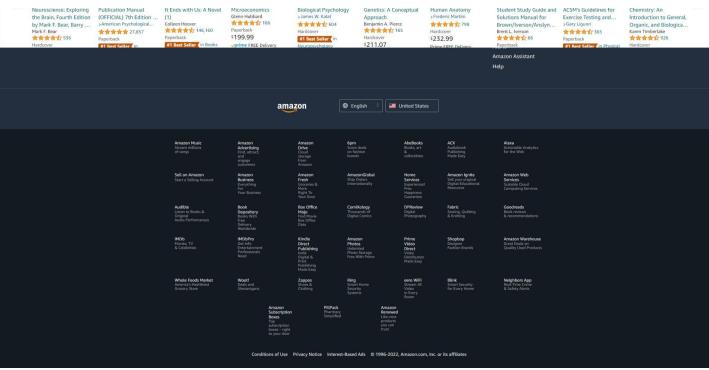
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ANCESTRAL FOOD-WAYS

RE-INDIGENIZING FOOD PREPARATION AND CONSUMPTION TO RESTORE THE SPIRITUAL, MENTAL, EMOTIONAL AND PHYSICAL WELLNESS OF THE PEOPLE. HEALTHY FOOD HAS ALWAYS BEEN CENTRAL TO INDIGENOUS CULTURES.

WHAT IS ANCESTRAL EATING?

Re-Indigenizing food preparation and consumption is about restoring the spiritual, mental, physical and emotional wellness of the people. Ancestral eating is a growing movement across Native country as well as other parts of the world. Some recognize it as Decolonizing Diet, Ancestral Diet, or Tribal Food Sovereignty. In short, following an ancestral diet means eating wholesome, natural, organic Indigenous foods – just like our ancestors did for thousands of years.

Since time immemorial, food has been at the center of the Indigenous cultures of turtle island. Through hunting, gathering and agriculture, meats and plants were hand processed in several different ways. Harvest ceremonies were done, songs were sang, dances were danced and words of giving thanks were recited in great depth to all the plants and animals who sacrificed their lives to nurture our existence. Indigenous peoples were dependent on the natural cycles of mother earth and the great spirit. Being in alignment with those natural spiritual and physical forces was a way of life of our ancestors that has brought us this far as nations.

Colonization led our people to believe that Western medicine, foods and technology would improve our health. In fact, the overall health and wellbeing of the people was vastly superior prior to the introduction of Western toxins. Euro-American culture has furthermore influenced our people to devalue the spirituality of food, ultimately leading to the deterioration of our people's health and our traditional social structures that were held intact by community and family agriculture, hunting, and gathering.

SPIRITUALITY OF FOOD

Today we can reestablish optimum health of individuals, families, communities, villages and nations by re-Indigenizing and hybridizing our diets collectively in a way that is culturally appropriate for our people. By re-adopting an Indigenous based diet, you'll be assisting in the reconfiguration of your spiritual tie to the Mother Earth. When you strengthen that spiritual tie, your mind will operate with more clarity, empowering you to think critically with an Indigenous mindset. Natural, whole food is organic matter that is made up of energy just like everything else, but because it is created by the earth's soil, thus it exists at a higher vibration than something that is created by a factory. Processed foods and alcohol, on the other hand, resonate at a low vibration. As a result of being whole and organic, natural foods are more reactive to good thoughts you send towards it, and thoughts are a form of energy. When there is emotion behind your thought, a physical manifestation will soon follow. Our ancestors understood this through our own languages and thought processes, and that is why our ancestors have always prayed over their food and water. We should continue this practice.



After adapting to an ancestral diet-- free of alcohol and other mind/mood altering substances-- your body will be stronger and more responsive to your physical fitness goals because it's not being zapped with unnatural preservatives and additives contained in processed foods and drinks that are detrimental to your body's biochemistry. Your emotional wellness will also benefit significantly because your brain and body biochemistry will be in harmony. Ultimately, your entire being will function at an elevated level. The re-Indigenization of diet and dedication to eating ancestral foods is simply a return to this holistic lifestyle. Make no mistake, this is NOT a fad diet. Re-adapting to ancestral eating and should be a permanent shift to be passed down for future generations to enjoy.



By adapting to this elevated lifestyle, we will create positive economic repercussions as well. We will stop supporting fraudulent food, drug and alcohol corporations who care only about money and not about health. You have the power to positively impact



VISIT OUR WEBSITE WWW.THEPOWEROFFOOD.COM TO POSITIVELY IMPACT intertribal food commerce by participating in the efforts of Tribal Food Sovereignty through gardening, hunting, gathering, trading and buying from local farmers. Tribal Food Sovereignty is an important nation building tactic which empowers our people through self-determination, ultimately leading to a vibrant and joyous life for us and future generations to come!

The true measure of wealth is the quality and availability of food and water! Eat for longevity. Restore the spiritual tie to real food and clean water.

THE IMPACT OF COLONIZATION ON ANCESTRAL FOOD-WAYS

As Indigenous people, it is important that we understand why many people in our communities are currently in poor health so that we may better understand the importance of re-traditionalizing our diets now. It is also important to understand that in the days of our ancestors, our communities were most certainly in better health.



The people we descend from were athletically gifted people and our original dances, songs, combative techniques, ceremonies and games are all proof of this. The diets that our people followed allowed them to have a better quality of life than many of us now. Since the invasion of westernization on the lands inhabited by Indigenous peoples, the overall physical/spiritual health and wellbeing of the people has quickly deteriorated. Attacks on Indigenous peoples' food sources were some of the first and most devastating acts committed by early western governments. In addition to the invasion came dramatic changes to the ecosystem by the introduction of foreign and invasive plant and animal species, which led to severe environmental disruption, thus further deteriorating Indigenous ways of life. The strategic introduction of alcohol also contributed to a spiritual disconnect from our land and its resources, resulting in poor health.

Further European incursion into the lands-- now known as the Americas-- led to centuries of brutal and devastating colonial practices which continue, to this day, to impact Indigenous peoples' overall health and wellness. With the depletion of Native lands and confinement of Native peoples to Reservations; with the cultural genocide and epidemic of abuse which took place in the church and in boarding schools; and with a severe drop in population, Native peoples became further dependent on government assistance and Native communities weakened.

In the Reservation era, our ancestors were forced into an abrupt change of lifestyle and struggled to adjust to entirely foreign economic and governmental systems. Their traditional ways of hunting, fishing and harvesting were either outlawed or impossible to continue because of the environmental devastation which had already ensued. In a pathetic attempt to make up for treaty violations, the Government began distributing food,



neglect and evolution to native peoples. These programs were initiated under the guise of good-naturedness but in reality only further damaged our communities. Commodity food programs introduced heavily processed, fatty and starchy unnatural foods into Native diets. The Federal government intentionally introduced these cheap and unhealthy foods in Native communities with hopes of systematically wreaking havoc on native minds and bodies. The attack on Native health and wellbeing was to further eradicate the power of the people so that there could be no resistance to the continuing theft of indigenous land and resources; an age old tactic that was used for centuries in ancient Europe.

In spite of their ill effects on our bodies, minds and spirits, these harmful foods have become a part of our cultures today. Consequently, Native peoples are suffering from the epidemic of obesity, further resulting in deadly diseases such as heart disease, diabetes, hypertension, infertility, cirrhosis, strokes and various forms of cancer. Euro-American culture has furthermore influenced our people to devalue our spiritual connection to food.

The presence of alcohol, drugs and other mind and mood altering substances are a direct negative result of colonization and have contributed greatly to not only the current state of poor health, but also to the mental, emotional and spiritual disconnection that many of our people are experiencing. All of this has disempowered us and if we do not act now, it will continue to hinder our abilities to collectively restore, preserve and evolve our Indigenous cultures and spirituality.

Distribution of rations about 1892 at San Carlos Agency, Ariz.

MAKING THE SHIFT TO REAL FOOD



We like to encourage people to make steps towards a complete overhaul in food choices, ultimately leading to a permanent change in lifestyle. There cannot be one single diet plan prescribed across the board for everyone because everyone's bodies and lifestyles are different. Diet plans will vary depending on the person's level of health and lifestyle. Temporary diet plans are crucial for people such as athletes, body builders, fitness models and actors getting in shape for a movie role. These kinds of temporary diets should always be administered by professional dietitians and nutritionists.

For everyone else who's simply looking to achieve holistic wellness, spirituality and longevity, let's start first by understanding which foods are ancestral foods and then making changes in steps, finding healthier alternatives, and adopting some practices to restore a healthier relationship with food. It is important to understand these practices before we get into recipes. There are some other topics within these practices that should also be recognized like: emotional eating, cheat days, eating in moderation, whole organic food vs supplements, healthy fats, protein, complex carbs, meal preps, and what to look for when eating out. We'll briefly go over some of these practices and topics and how they're related to our wellness.

IDENTIFYING REAL ANCESTRAL FOODS

- Ancestral foods are local and organic, non GMO, seasonal, and environmentally sustainable.
- AF is mostly processed at home, with our hands.
- AF eating is cultural. Native people can role model this way of eating, as we are the closest to the earth, and bring this foodway to tribes and the larger world community.
- Our ancestors would recognize AF foods and AF ingredients. They could make these foods with little instruction.
- AF foods are any foods that can be fished, hunted, or collected from a nest.
- AF foods are any foods that can be harvested from the earth or water and tossed fresh into a salad.
- AF foods are foods that indigenous people enjoyed for tens of thousands of years before agriculture, before contact with European colonists.
- AF foods and drinks need little or no labeling, minimal packaging, very few ingredients, and have undergone minimal travel.
- AF foods nourish the mind/body/heart/spirit.
- AF foods are low glycemic - with carbohydrate rich foods like yams and sweet potatoes for high activity levels and athletes.
- They are naturally low anti-nutrients, nutrient-dense, dairy-free, and lack the addictive factors of processed foods and carbohydrate-rich foods and drinks introduced at contact.
- Eating AF is treating food as sacred, knowing the farmers and origins of the foods, knowing the paths the food has taken from the source (wild, farmed, or gardened) to the table, thanking the food, Mother Earth, and Creator.
- Eating AF is sharing food and the wellness that it brings with the community.
- AF foods should contain less than 4-5 ingredients if it is in a package. All the ingredients are real foods. **Ancestral foods never contain artificial substances/poisons like chemicals, flavors, hydrogenated, maltodextrin, sugar, yeast, corn syrup, or other broken parts of whole foods.**
- **AF foods are usually a single, whole ingredient such as fish, vegetables, fruit, nuts and seeds.**
- Your ancestor, or an indigenous ancestor from around the world,



could identify the food and prepare something healthy with it.* with the exception of certain hybridized components, such as coconut oil.

Thank you to Regina & Andy at Native Paleo for the contribution of this information.



IDENTIFYING FOODS AND INGREDIENTS TO EAT SPARINGLY

The following list of foods and ingredients are foods that some Indigenous people should eat very sparingly. It is important to at least be aware of the potential harms of these foods if over-consumed for a long period of time. Many of these foods and ingredients are factory processed, are non-Indigenous to Turtle Island and have a large eco footprint.

- gluten products
- alcohol products
- some dairy products
- soy products
- products containing high fructose corn syrup (sodas, energy drinks, alcohol)
- products containing refined sugar (maltodextrin, sucrose, mycose, dextrose, as well as a plethora of other synonyms for sugar)
- fried foods cooked in hydrogenated oils like sunflower oil, corn oil, and wesson oil
- products with labels like 'fat free' and 'low fat products'
- processed wheat products



These are ingredients that Indigenous peoples have lived without for thousands of years. Prior to the introduction of these foods, Native peoples lived virtually disease free and in harmony



with the Mother Earth. By identifying these products you're putting them on your food radar to be conscious of when you're out and about.

Begin by setting a reasonable and realistic goal for yourself. As you prepare to eventually reduce your intake of these foods and ingredients over a reasonable period of time. Start by breaking it in half. For example, if you're used to having something starchy a few times a day, change it to once a day until you're ultimately not having it at all. Replace it with something high in protein and healthy fats. Remember, ridding yourself of these harmful foods

is the key to living a healthy and productive life. This practice should be prominent in your conscience as you journey through your day.



FITNESS AND MOVEMENT IN INDIGENOUS LANGUAGES MOTIVATIONAL THE 7 BASIC MOVEMENTS
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WHAT IS ANCESTRAL EATING?

MAY 23, 2016



35 SHARES

PEOPLE ASK ME THIS (IN ONE FORM OR ANOTHER) ALL THE TIME.

HOW TO REDUCE TUMMIES AT MY AGE



THE BOSS BEHIND THE BLOG



I'm a Certified Nutrition Consultant, health coach, natural mama that loves tacos, rap music, good movies and used, sustainable

food. Want nutrition recipes, natural remedies and a healthy dose of brutal honesty? I got ya!

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What's your food philosophy?

What did our ancestors eat?

What IS ancestral eating?



Use three times the amount of fresh herbs as dried herbs.

How do we eat like our ancestors? They were hunter-gatherers.

FIRST, LET'S CLEAR UP WHAT ANCESTRAL EATING IS NOT.

The motivation behind eating ancestrally isn't to mimic exactly what our ancestors ate. It's to eat what they would've had reasonable access to. It's about avoiding modern, processed, industrialized food. Eating ancestrally is more about what you *don't* eat than what you *do*; let me explain.

ANCESTRAL EATING IS NOT A STRICT SET OF RULES THAT NEED TO BE ADHERED TO.

It is not one size "diet" fits all. It is not necessarily black and white – eat this and avoid that. Ancestral eating varies.

Some followers of an ancestral diet eat corn, rice and/or dairy – foods that were not widely available prior to ten thousand years ago. Does that mean these foods are unhealthy and need to be avoided at all costs? Does that mean they aren't truly eating an ancestral diet? Absolutely not. Some people do well eating these foods, others do not. The more important part of eating these foods is to eat them how they were eaten traditionally: organic, non-GMO and sprouted corn and rice and grass-fed, full-fat and preferably raw dairy.



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A small advertisement for Nexium 24HR. It features a yellow and blue box of the medication with the text "Imagine 24 hours without frequent heartburn." Below the box is a "BUY NOW" button and a link to "Legal Disclaimer".

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HOW TO REDUCE TUMMIES AT MY AGE



Traditionally, Asian cultures have a difficult time digesting dairy. Whereas people from cultures like the Nuer of the upper Nile or the Todas from Southern India (two cultures studied by Dr. Weston A. Price), where milk is a traditional staple, have a much easier time digesting dairy.

Some people do well eating various food groups that aren't necessarily considered ancestral but are still traditional foods from nature – not from a lab. And this is completely fine. What works for one person may not work for another. Hell, some people can't eat tomatoes. Does this make tomatoes inherently unhealthy? No. We all have biological differences that necessitate variations in our diets, and that is fine. That's better than fine, that's good!

Ancestral eating is eliminating modern-day foods like:

- vegetable oils (soy, corn, canola, cottonseed)
- refined sugar
- processed soy and fake meats
- refined, packaged products



WHAT ANCESTRAL EATING IS.

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YOU WON'T
GET UNDER
MY SKIN.**

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**HIVES
YOU WON'T
GET UNDER
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New!

Ancestral eating is simply eating unrefined, unprocessed, whole foods that have been around for thousands and thousands of years. This includes:

- grass-fed, wild animals
- wild seafood
- pastured chicken and eggs
- organic fruits and vegetables
- healthy, traditional fats like olive oil, avocado oil, coconut oil, lard, butter, etc.
- grass-fed, full-fat raw dairy
- fermented foods



Ancestral eating is centered around eating real food. What do I mean by real food? Food as close to its natural state as possible. Ancestral food doesn't have ingredients – it *is* the ingredients!

ANCESTRAL EATING IS EATING LOCALLY.

It's eating food from your local farmers and farmers markets. This isn't only great for the environment, it supports your local economy. Every time you buy food, you vote. You can vote for farmers or you can vote for giant corporations. Ancestral eating is knowing where your food comes from. It's not anonymous. It's knowing who grew it and how it was grown.

ANCESTRAL EATING IS EATING SUSTAINABLY.

Cows are meant to be grass-fed. Chickens are meant to be pastured. Vegetables are not meant to be grown with dangerous chemicals.

ANCESTRAL EATING IS SEASONAL.



I'm the first to admit this is something I struggle with. Tomatoes in winter? Sometimes I buy 'em. Just do the best you can. Shopping at your local farmers market makes seasonal eating much easier and more accessible. You'll buy tomatoes in the summer, broccoli in the fall, squash in the winter, asparagus in the spring. This puts you in tune with nature's rhythm. It also ensures your food is healthier because it hasn't traveled three thousand miles to reach you.



ANCESTRAL EATING IS EATING THE BEST YOU CAN, IN A MODERN-DAY WORLD, SURROUNDED BY FAD DIETS, QUICK FIXES AND PROCESSED FOODS GALORE.



It's eating foods your body recognizes and utilizes. Some people can and will go out and hunt their food, which is great. But it's not an option that's available to everyone. For most of us, it's just about eating food our ancestors could've potentially recognized as food: meat, veggies, fruits, nuts; not: tofu, canola oil, soy cheese or Lean Cuisines.

ANCESTRAL EATING IS EATING FOODS HUMANS HAVE EATEN FOR THOUSANDS OF YEARS. IT'S NOT A FAD DIET.

It's hilarious to me when people refer to ancestral or traditional diets as fads. Last I checked, fads don't last thousands upon thousands of years. No culture survived and thrived on a fad diet. Last I checked – the healthiest way to eat is to eat whole, unprocessed foods from nature, grown locally and sustainably. That's what ancestral eating is all about!

EATING ANCESTRALLY DOES NOT HAPPEN OVERNIGHT.

Here are some of my favorite tips for transitioning to an ancestral diet:





- check out your local farmers market
- find a buying club in your area, this will set you up with an organic farm or farmers that you can order your local, sustainable food from – I found mine at realmilk.com
- eat organic as much as possible, but especially when it comes to meat and dairy
- stop buying meals from a box (doing this will save you money as well!)
- Google farmers in your area
- start a backyard garden
- get some backyard chickens
- take a class on beekeeping (I did this, it was super fun!)
- simplify your food – a piece of salmon with a side of asparagus and sweet potato is a quick, healthy, super simple ancestral meal, no need to complicate it!



© Dolgachov | Dreamstime.com – Close Up Of Male Hands With Food Rich In Protein Photo



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It's simple!



The concept of ancestral eating has been popular in recent years, but it can often be used to mean different things. So what does "ancestral eating" actually mean and what should an ancestral diet look like?

There Is No Single Ancestral Diet

Many diets fall under the principles of ancestral eating, which include:

- Whole, unprocessed foods
- Healthy animal protein and fat
- Fresh ingredients
- Sustainably grown/raised crops and animal products
- Non-GMO
- Pesticides free whenever possible

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- Residue-free whenever possible

Ancestral eating can include many different types of diets, as Weston A. Price discovered when he traveled the globe studying the robust health of remote indigenous communities. While the word ancestral is most commonly associated with Paleo or primal diets, it can also be associated with other patterns of eating that adopt whole food, traditional principles.

When Weston A. Price visited various communities, he found robust health. But each culture ate what was seasonally and locally available to them, proving that there is no single diet that produces health.

If your great-grandparents could eat it, odds are it falls under more traditional patterns. The bottom line is that the overly processed, genetically modified, and pre-cooked foods that are now American staples are the opposite of ancestral eating.

What Should Be In Your Ancestral Diet?

Your ancestral diet should be determined by a few factors.

- **What is your heritage/lineage/culture?** Your genetics may respond well to literally eating the type of traditional diets that your ancestors would have eaten in the past.
- **What foods are available to you locally?** Eating foods that are sourced from the area that you live in can offer greater nutritional benefits, not to mention convenience. Local organic food sources are often less expensive than purchasing the same items from supermarkets or specialty stores, too.
- **What are your health needs/challenges?** Your dietary needs can change through seasons of life, as you age, and also as your health dictates. If you're battling chronic health disorders, autoimmune disease, illness, or you're pregnant/breastfeeding, then your nutritional needs may be different.

Ultimately your ancestral diet should answer these three questions and should provide a way to nourish your body. The answer can be slightly different for everyone.

Variations to consider for ancestral eating include:

- Low-carb Paleo
- Paleo
- AIP (autoimmune Paleo)
- Primal
- Ketogenic
- Keto-Paleo

Within every potential dietary variation, you can further customize your food plan based on your cultural preferences, health needs, and what's available to you locally. Of course, your diet doesn't need a "name." You don't have to consider that you follow a "diet" as ultimately a diet means "the foods that you use to feed your body."

Traditional diets should focus on nutrient density and food quality and should not be built around restricted calories or unnatural eating patterns.

Also keep in mind that unless your doctor or healthcare provider explicitly suggests a major dietary change (such as starting a keto diet or adopting intermittent fasting), it's best not to make drastic changes on your own.

Traditional Foods

What foods might you commonly see on traditional or ancestral diets?

- Grass-fed and pastured meats and poultry
- Wild-caught seafood
- Raw and organic dairy (from cows, goats, or sheep)
- Vegetables
- Fruits
- Fermented foods (kefir, sauerkraut, kimchi, etc.)
- Ancient grains
- Some legumes and beans
- Unrefined oils (olive, avocado, coconut)
- Animal fats (tallow, lard, etc.)

Today's Simple Step

THRIVE[®] 65



**Put your
smartphone
away while you
eat (or turn off
the TV).**

Our ancestors did not eat in a rushed or distracted state. Focus with intent on the food you're eating and who you're with (or if you're alone, on the process of chewing your food thoroughly and allowing your body to digest the food in a state of comfort).

Today's Recipe



This [Rainbow Frittata](#) is a perfect way to start your day off with veggies while pairing them with the healthy fats and protein found in eggs.

[View the complete Thrive in 65 series. >>>](#)

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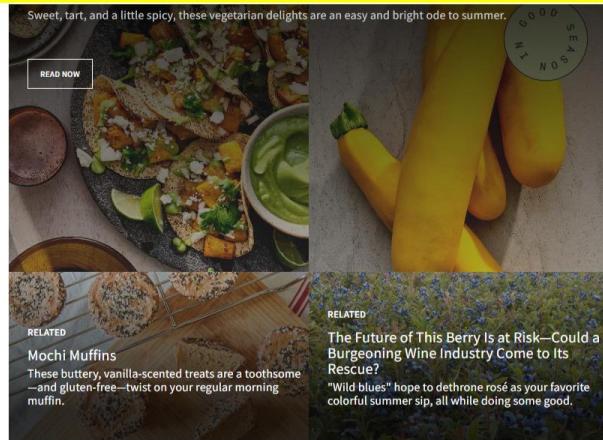
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Chiltomate (Tomato and Habanero)

Salsa)

PUBLISHED JUL 11, 2011 4:00 AM

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This fruity-spicy southeast Mexico staple is ideal on enchiladas or huevos rancheros. *Todd Coleman*

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This fruity-spicy southeast Mexico staple is ideal on enchiladas or huevos rancheros.



Yield: makes ABOUT 2 CUPS

Ingredients

- 1 ½ lb. tomatoes, cored
- 1 habanero chile, stemmed
- 1 tsp. kosher salt
- 1 clove garlic, smashed
- 2 tbsp. olive oil
- ½ small white onion, minced



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Instructions

1. Heat oven to 500°. Place tomatoes and chile on a foil-lined baking sheet, and roast, without turning, until chile is browned in spots, about 10 minutes; transfer chile to a blender, and continue roasting tomatoes until blackened and cooked through, about 20 minutes more. Let tomatoes cool and then peel and place in blender along with salt and garlic; puree until smooth.

2. Heat oil in a 4-qt. saucepan over medium heat; add onions and cook, stirring, until soft, about 5 minutes. Add purée, and bring to a simmer; cook, uncovered and stirring often, about 10 minutes. Let cool.

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Chiltomate Salsa

February 17, 2021 6 Comments

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Chiltomate? Chile and tomato together is chiltomate! I enjoy all kinds of salsa, but I tend to favor the flavors of this zesty blend! I take my salsa making pretty serious, lol!



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WELCOME!



Hi, my name is Sonia Mendez Garcia. My parents Ramiro and Blanca Mendez moved to the United States from Monterrey, Mexico in 1963. I am first generation Mexican American born in Los Angeles, California. Cooking has always been one of my passions in life. This is my journey and I can't wait to see what the future holds. [Read More...](#)

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ARE YOU TOO AFRAID TO TRY HABANERO?

I used to feel the same way! Until I tried it for the first time and fell in love with the flavor. The heat wasn't as bad as I thought. I seriously have eaten serrano and jalapeno peppers with way more heat. On occasion that does happen. If it makes you feel better, you can remove the few seeds that the habanero has and just start with half a pepper. My salsa recipe has 2 habaneros per four large Roma tomatoes.

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DID YOU KNOW YOU COULD FREEZE FRESH CHILE

PEPPERS/

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Used to think I had to roast them before freezing.

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them. Now I pop them in a double layered freezer bag and store them on the door of my freezer. I take out whatever I need and let them defrost on the counter. Dry roast as usual.



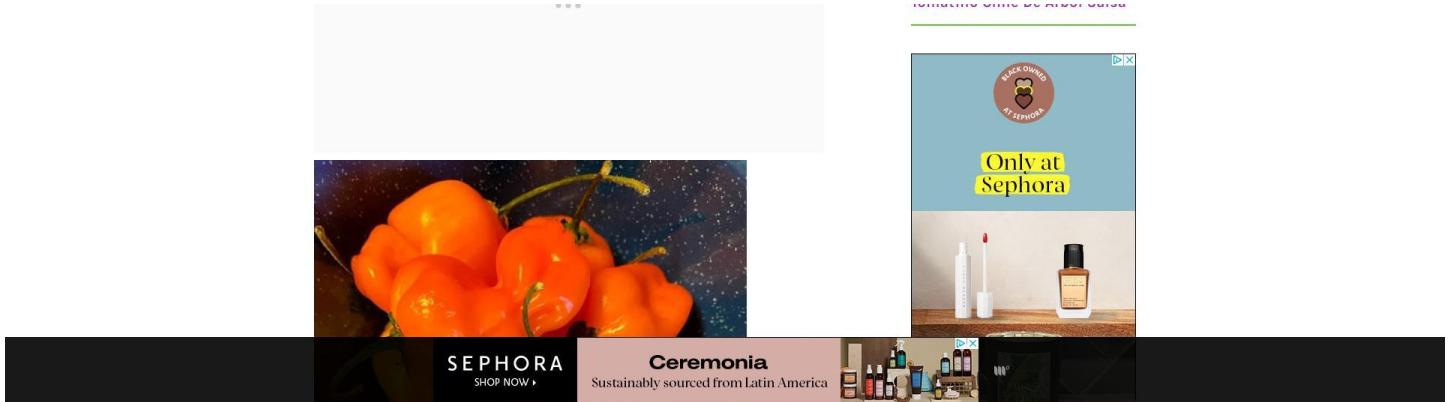
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WHAT DO YOU SERVE THIS SALSA WITH?

That is one of the most asked questions I get whenever I share a [salsa recipe](#). With everything, I say! You could prepare a slightly milder version for chip dipping. I love this salsa on all kinds of tacos, especially anything seafood.



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WHAT COMAL(GRIDDE) WORKS BEST FOR DRY

ROASTING?

I don't always use a cast iron comal (griddle). I sometimes use the thin all metal Mexican comal as well. Lining it with foil paper is definitely optional, and it makes my life a lot easier! I have bad wrist, so I use the foil paper often. Try to avoid using your nonstick surface skillets for dry roasting. I think it wears the nonstick out a lot faster. I don't find that I get the same flavors when I use the oven for roasting. That's just my experience, anyway.

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QUICK TIP!

If you want to make the whole stove top roasting go a lot faster, add just a drizzle of oil. I often opt for no oil because it changes the dynamics of the salsa. In some cases it may change the color or texture slightly when oil gets blended with ingredients. If you are ok with that, then go ahead and try it.



f

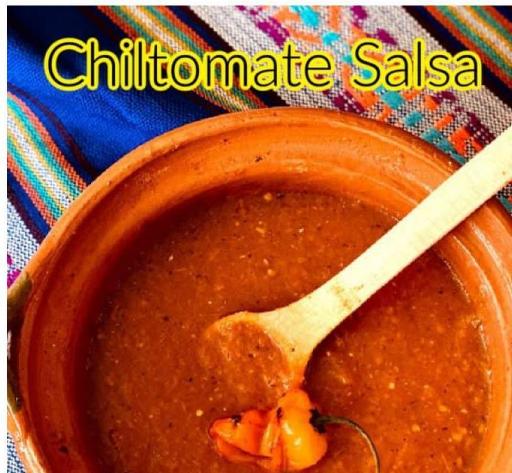




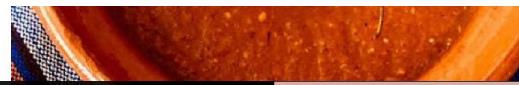
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Chiltomate Salsa

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Course: Salsa, Appetizer Cuisine: Mexican
Prep Time: 10 minutes Cook Time: 35 minutes
Total Time: 45 minutes Servings: 2 cups

Ingredients

- 4 large roma tomatoes remove the core
- 1/3 white onion
- 2 cloves of garlic with skins on
- 1-2 habanero peppers remove stems
- Juice of 1 lime
- 1/3 cup water
- Salt to taste
- avocado or grapeseed oil
- Pinch of oregano

... . . .

Instructions

1. After washing tomatoes and peppers, transfer them with the onion and garlic to a griddle or comal that is at right below medium heat. For easy clean up, you can line the griddle with some foil paper before adding ingredients. This method of cooking is called dry roasting. Turn ingredients as needed for the next 20-25 minutes, removing the garlic after 15 minutes.

2. After dry roasting, transfer all ingredients to the blender. Blend on high until smooth, set aside. In a saucepan, preheat 1 tablespoons of oil to medium heat for a few minutes. When oil is hot, pour in the salsa from the blender. Reduce heat slightly and continue cooking for 8 to 10 minutes.
3. When possible, store cooled salsas in glass jars with a tight lid in the coldest part of the refrigerator. Avoid leaving entire jar at room temperature. The constant temperature change can cause the salsa to spoil faster. In a separate small bowl spoon in what you will enjoy and refrigerate the remaining salsa right away. The cooked salsas last for about 10 days refrigerated.

Notes

Tomatoes and tomatillos have a natural pectin in them. Pectin is what makes jelly, jelly! Loll I discovered a few years back that if I cook my blended salsa for 10 minutes at a light simmer, it

improves the salsa. It removes the natural pectin. This yields a smooth salsa that does not clump up when refrigerated. It improves the flavor and it extends the life of the salsa by a few days and even up to a week or more! I was tired of throwing salsa away due to it spoiling fast. I also didn't always find it convenient to freeze excess salsa all the time. On occasion, I will add a splash of white vinegar to my salsa as it is simmering. I add 1 tablespoon per 1 cup of salsa. Adjust the salt to your liking. The vinegar preserves the salsa refrigerated.



Tried this recipe?





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COMMENTS



Alex

March 24, 2021 at 6:56 pm

OMG! I have always asked my mom why she cooks her salsa but she could never tell me why, just that that's how its done. Stubborn, I never cooked mine. I should've known better - mv salsas were short lived and now I

REPLY

understand why!

REPLY

 Sonia

Mom always knows best. It was life changing when I discovered that too! Lol! I used to try and freeze everything and the salsa was just not as good.

REPLY

 Diablo

July 20, 2021 at 7:04 pm

I live in the Los Angeles area and have a lot of Mexican markets available to choose from. My problem is being able to tell the difference between Italian and Mexican oregano. Can you offer some guidance in being able to select the Mexican Oregano – I would totally appreciate it!

REPLY

 Sonia

July 21, 2021 at 8:02 am

Hi Diablo,

I purchase the oregano from the Mexican markets most of the times. I have ordered it online before too. Look for packaging to say it's from Mexico. My family grows oregano in Monterrey, Mexico and have

REPLY

 Sonia

 February 4, 2022 at 8:23 am

That's awesome Kurt! I have never tried datil peppers, but would like to try! Thank you for the feedback!

REPLY

WOULD LOVE TO HEAR FROM YOU

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n.
1. A spicy sauce of chopped, usually uncooked vegetables or fruit, especially tomatoes, onions, and chili peppers, used as a condiment.
2. a. A genre of Latin American music characterized by Afro-Caribbean rhythms, Cuban big-band arrangements, and elements of jazz and rock.
b. A dance for couples performed to this music.

[American Spanish, from Spanish, sauce, from Old Spanish, from Vulgar Latin **salsa*; see *SAUCE*.]

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Definition of 'salsa'

salsa Collins COBUILD

(səl'sə) ①, US səl'sə ② ③

Word forms: plural **salsas** ▶

1. VARIABLE NOUN
Salsa is a hot, spicy sauce made from onions and tomatoes, usually eaten with Mexican or Spanish food.

2. UNCOUNTABLE NOUN
Salsa is a type of dance music especially popular in Latin America.
A band played salsa, and spectators danced wildly. ▶

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Word Frequency ● ● ● ● ●

Wordle Helper Stuck at Wordle? Try our helper to maintain your current streak!

Quick Word Challenge Question 1 - Score: 0 / 5 tuba or tuber?

Drag the correct answer into the box.

tuber tuba

The music was written for a [redacted] and a French horn.

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salsa

in British English

('sælsə) ⓘ

NOUN

1. a type of Latin American big-band dance music
2. a dance performed to this kind of music
3. Mexican cookery
a spicy tomato-based sauce

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Word Frequency

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the difference between...
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Word origin

C20: from Spanish: sauce



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English: salsa

American: salsa

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In other

Word Frequency

salsa

in American English

('salsə) ⓘ

US

NOUN

1. a kind of Latin American dance music of Afro-Cuban and Puerto Rican origin, influenced by jazz and rock, and usually played at fast tempos
2. a hot sauce made with chillies, tomatoes, etc.

Webster's New World College Dictionary, 4th Edition. Copyright © 2010 by Houghton Mifflin Harcourt. All rights reserved.

Word origin

AmSp < Sp, sauce < L: see sauce

salsa



yoga



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in American English

(‘səlso, Spanish ‘salso)

NOUN

1. a lively, vigorous type of contemporary Latin American popular music, blending predominantly Cuban rhythms with elements of jazz, rock, and soul music
2. a ballroom dance of Puerto Rican origin, performed to this music, similar to the mambo, but faster with the accent on the first beat instead of the second beat of each measure
3. *Mexican Cookery*
a sauce, esp. a hot sauce containing chillies

INTRANSITIVE VERB

4. to dance the salsa

Word Frequency

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◀ Isa American: salsa **salsa** Example sentences Word lists COBUILD Collocations Trends In other languages ▶ ×

Word origin

[1970–75; AmerSp, Sp: lit., sauce; prob. so called orig. because of its mixture of styles]

Examples of 'salsa' in a sentence

salsa

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Do not be surprised to find a salsa band parading through the streets.

TIMES, SUNDAY TIMES (2010)

Serve the snapper with the mango salsa.

TIMES, SUNDAY TIMES (2014)

Spoon the fennel and fish over the top and finish with a dollop of salsa verde.

TIMES, SUNDAY TIMES (2008)

But we do it with salsa sauce on top.

CHRISTIANITY TODAY (2000)

Combine tomatoes and onion in bowl to make salsa.

THE SUN (2015)

Serve with mango salsa and rice.

TIMES, SUNDAY TIMES (2011)

Eat at once, preferably with a hot salsa.

TIMES, SUNDAY TIMES (2013)



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salsa



People would play dominoes, drink rum and dance salsa together.

While the oven comes up to temperature, make the salsa verde.
TIMES, SUNDAY TIMES (2010)

Choose a spicy salsa to add flavour, without a lot of calories, to your meal.
TIMES, SUNDAY TIMES (2013)

salsa

sauce

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salsa

BETA 

salsa lesson
salsa music
tomato salsa

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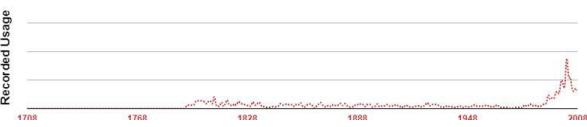
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In other languages

salsa

British English: salsa /'sælsa/ noun

Salsa is a hot, spicy sauce made from onions and tomatoes.

American English: salsa /sɔlsə/

Brazilian Portuguese: molho apimentado

Chinese: 茄莎酱

European Spanish: salsa de tomate picante

French: sauce piquante

German: Salsasoße

Italian: salsa di pomodoro piccante

Japanese: サルサ

Korean: 살사

European Portuguese: molho apimentado

Latin American Spanish: salsa de tomate picante



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knew or new?

Which version is correct?



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Aug 24, 2022

Word of the day

Broadcasting House

any of a number of buildings in the UK from which the BBC broadcasts or has broadcast

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