

South Indian Salsa

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A delicious accompaniment, also known as Gostu, Gojju or Pico de Gallo with a twist!

By Ashok Vasudevan

Serves 4 | Prep time: 10 minutes | Cook time: 20 minutes



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[CHECK NUTRITIONAL FACTS FOR THIS RECIPE](#)



INGREDIENTS :

- 2 ripe tomatoes (medium-sized)
- 1 large Onion

- 3 oz. tomato paste (natural or organic)
- 1 teaspoon Ivory lentil or Urad dal (split)
- $\frac{1}{4}$ cup chopped cilantro
- 1 teaspoon mustard seeds
- 2 green chilies (washed and deseeded)
- 1 teaspoon ginger (finely chopped)
- $\frac{1}{2}$ teaspoon whole cumin
- 1 tablespoon olive oil
- Salt
- 8 – 10 curry leaves
- $\frac{1}{2}$ lime
- 1 pinch Hing (Asafoetida)

PREPARATION:

- Place the 2 tomatoes in a microwave-safe dish. Add 1 glass of water (8 oz) water and zap for 5 minutes. (Before microwaving tomatoes, remember to make a small slice with a knife in each tomato. This will hasten cooking and prevent the tomato from bursting inside the microwave!)
- If you prefer not to use the microwave, go ahead and follow the same instructions but cook on the stovetop for about 10 minutes until the whole tomatoes get really soft and the skin begins to separate from the fruit
- Finely chop onion, ginger, cilantro, green chilies and set aside.
- Once the tomatoes are cooked, peel the skin. Exercise caution since the tomatoes will be piping hot and steaming. Once you lose the skin, use a whisk or a masher and crush the tomatoes in the water in which it boiled. But let it remain slightly chunky. This will lend body to the salsa.
- Add 1 tbsp olive oil in saucepan and place on medium heat. When the oil is hot add mustard seeds and cumin. In a few seconds, the mustard seeds will pop. Add ginger, green chilies, curry leaves, hing, and salt and

allow the spices & condiments to blend for $\frac{1}{2}$ minute or so.

- Add onions and sauté in medium heat for about 2 minutes. Make sure the onions do not turn color but just become a little translucent.
- Now, add the boiled, crushed tomatoes (with the water) to the saucepan.
- Now add $\frac{1}{2}$ can of the tomato paste (3 oz) to the saucepan.
- Add 1 cup of water (about 8 oz) and mix well. Let the whole stew cook on low heat for 10 minutes. You know you are done when it blends well and becomes thick as a pasta sauce.
- Remove from flame, add lime juice and garnish with cilantro leaves.
- This a perfect accompaniment for idlis, dosas, Pongal, and even oatmeal crepes! Use this imaginatively and share with us what you did.

South Indian Salsa

Multigrain Crepes

Buttermilk Cooler

Yellow Lentil Soup

Chickpea Curry

Vegetable Couscous

Veggie Burger