🍅 Pico de Gallo Lab

Culinary 1 · Unit 6 · Level 2 · after Intro to Knife Skills (11/5-11/6)



Name: _____ Date: _____ Period: _____

Makes 1 serving. Mrs. Dyches' recipe: Pico de Gallo for One.

🧺 Ingredients

- ☐ 🍅 **1 medium** tomato, diced
- ☐ 🧅 **½** onion, finely chopped
- ☐ 🌶️ **¼** jalapeño, seeded and chopped
- ☐ 🌿 **2-4 sprigs** cilantro, finely chopped
- ☐ 🧅 **1** green onion, finely chopped
- ☐ 🧄 **1 clove** garlic, minced
- ☐ 🧂 **⅛ tsp** salt
- ☐ ⚫ **⅛ tsp** pepper
- ☐ 🍋 **1 tsp** lime juice

👩‍🍳 Steps: check each box when you finish

1. 🧼 Wash hands. Wash the tomato, jalapeño, cilantro, and green onion. ☐
2. 🟩 Put a wet towel under the board. Put a scrap bowl next to it. ☐
3. 🍅 **Dice** the tomato. Use the **claw**. ☐
4. 🧅 **Finely chop** the onion and the green onion. ☐
5. 🧤 Gloves on. Take out the jalapeño seeds. Chop it small. ☐
6. 🌿 **Mince** the cilantro. Mince the garlic. ☐
7. 🥣 Put it all in the bowl. Add salt, pepper, and **1 tsp** lime juice. Stir. ☐
8. ❄️ Chill **15 minutes**. Then taste and take your photo. ☐

💡 *Less jalapeño = less spicy. The Unit 6 card is the bigger group size; today the class uses this for-one recipe.*