

Chinese lanterns or ground cherry (English), tomate milpero (Spanish), 粘果酸浆 (zhān guǒ suān jiā, Mandarin)



# Tomatillo

*a taste of Latin America on the Floridian table*

Tomatillo's name is derived from its Nahuatl name *tomatl*, and *illo* meaning 'smaller' in Spanish. Tomatillo are native to Mexico and Central America, and they were cultivated by the Aztecs before European colonialism. Tomatillo are a staple in Mexican cuisine, and they are consumed either raw or cooked in a variety of dishes. Today they are grown throughout the world, and Florida growers include them in their home gardens for food and as decorative plants in containers.

To learn more about Florida's culinary history, visit [floridaheritagefoods.com](http://floridaheritagefoods.com)

Gardener holding tomatillo



# RED SNAPPER AND SMASHIN' SALSA

**75**  
MINUTES  
TOTAL

**5**  
TOTAL  
SERVINGS



## INGREDIENTS

1 cup seeded and diced fresh tomatillos	4 tablespoons olive oil
1/2 cup minced green onion	salt and pepper
1/2 tomatillo, diced	2 pounds snapper or grouper fillets
1 teaspoon lime juice	Juice of 2 limes
1 tablespoon apple cider vinegar	1 teaspoon seasoned salt
1/2 small jalapeño pepper	1 tablespoon olive oil
1 clove garlic, peeled and minced	1 white onion, sliced in rings
Few drops fresh ginger juice	1 green bell pepper, cut in strips
Fresh summer vegetables, sliced	1 cup spicy salsa

## DIRECTIONS

1. Coat the fish with lime juice and sprinkle with seasoned salt.
2. Brush half of the olive oil on the fillets, onion rings, and green pepper strips, and grill or broil until firm to the touch. Sauté onions and bell pepper.
3. Combine all ingredients for salsa and chill for at least 1 hour.
4. Slice summer vegetables in season, such as squash, mushrooms, broccoli, and carrots.
5. Heat olive oil in a 10-inch skillet until hot but not smoking and sauté vegetables and salsa for 5 to 10 minutes. Add a little salt and pepper.
6. Cook just until tender. Serve vegetables and Smashin' Salsa over grilled fish.

Recipe adapted from Phelts, Marsha Dean. 2008. The American Beach Cookbook. University of Florida Press. pg. 134

## FACTS

Tomatillos were an important part of Mayan and Aztec cuisine, and they are a key ingredient in a variety of dishes throughout Mexico that include moles, green sauces, stews and green salsa known as 'salsa verde'. In the U.S. they are more commonly used in jams and preserves and dried like cranberries. Throughout Florida, a growing number of specialty chefs are using tomatillo in place of tomatoes to make a variety of unique Latin fusion cuisines.

Tomatillos are rich in vitamins C, A, and K, dietary fiber, niacin, potassium, manganese, and magnesium.

For more Florida heritage recipes, visit [floridaheritagefoods.com](http://floridaheritagefoods.com)

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