

Salsa alla calabrese

A fresh sauce for vegetables, fish or pasta



Ingredients for 4 people

A few threads of saffron soak in a very little hot water.

150 g fully ripe tomatoes cut into small cubes and salt lightly; depending on what you want it for, pour off part of the water that comes out.

160 – 200 g red pepper steam the whole piece for about 10 minutes so that the skin comes off, then cut it into fine strips.

Mix the tomatoes with the pepper and the saffron including its soaking water, and season with:

a pinch of freshly

ground coriander seeds

a very little cumin

a pinch of peperoncino

1 garlic clove crushed or very finely chopped

0.5 tbsp lemon juice

0.5 tsp each of parsley and mint finely chopped, drizzle with

plenty of olive oil and season with

Salt and pepper to taste.

An «all-purpose sauce» that is excellent with fish, but also gives pasta (part folded in, part spooned over) and vegetables a fresh note.

Try it with a fresh savoy cabbage: cook it in salted water until just done, cut it into slices and season it generously with the salsa!