

Prep Time	15 minutes
Marinating Time	15 minutes
Total Time	30 minutes
Difficulty & Intensity	Low Work / High Precision: Knife skills are the primary intensity requirement. Hand-dicing rather than food-processing is critical to prevent a mushy texture.
Yield / Servings	6 servings (Approx. 2 cups / 320 grams)
Spiciness Level	Mild to Medium (Adjustable by controlling jalapeno seeds and ribs)

Table of Contents

- ◆
- [Ingredients](#)
- [Step-by-Step Instructions](#)
- [Pro Tips for Perfect Salsa](#)
- [Storage & Shelf Life](#)
- [Nutritional Information](#)

Ingredients

To achieve optimal flavor and texture, use ripe, firm produce and high-quality sea salt.

- Ripe Roma (Plum) Tomatoes: 4 large tomatoes (approx. 450g), seeded and finely diced. Roma tomatoes are ideal because they have a higher flesh-to-seed ratio and lower water content.
- White Onion: 1 medium onion (approx. 150g), finely diced. White onion provides the authentic sharp, clean crunch traditional to Mexican cooking.
- Fresh Jalapeño or Serrano Peppers: 1-2 medium peppers (approx. 30g), stemmed,

seeded (optional for less heat), and finely minced. Use Serrano for a traditional spicy kick, or Jalapeño for a milder flavor.

- Fresh Cilantro: 1 cup loosely packed fresh leaves and tender stems (approx. 25g), thoroughly washed, dried, and finely chopped.
- Fresh Lime Juice: 2 tablespoons (approx. 30ml) from 1 to 2 ripe limes. Avoid bottled lime juice.
- Fine Sea Salt: 1 teaspoon (or to taste). Salt draws out tomato juices and balances the lime's acidity.
- Ground Cumin (Optional): 1/8 teaspoon for a subtle earthy backdrop.

Step-by-Step Instructions

1. Seed and Dice the Tomatoes

Cut the Roma tomatoes in half lengthwise. Scoop out the watery seed centers using a spoon to prevent your salsa from turning soggy. Dice the firm tomato walls into small, uniform pieces (about 1/4-inch or 6mm square). Place them into a medium non-reactive mixing bowl (glass or stainless steel).

2. Prep the Onion and Peppers

Finely dice the white onion to match the size of the tomatoes. When prepping the jalapeños or Serranos, slice them lengthwise first. For a milder salsa, scrape away the white ribs and seeds using a spoon; leave them in if you prefer full heat. Mince the

peppers finely so their heat spreads evenly through every bite. Add the onions and peppers to the bowl.

3. Chop the Cilantro

Gather the fresh cilantro into a tight bundle on your cutting board. Using a sharp chef's knife, slice cleanly through the bunch once or twice to yield a fine chop. Avoid running the knife back and forth repeatedly, as this bruises the leaves and turns them dark. Add the cilantro to the bowl.

4. Dress and Season

Pour the fresh lime juice evenly over the mixture and sprinkle with fine sea salt (and ground cumin, if using).

5. Toss and Rest

Gently fold all ingredients together using a spoon until thoroughly combined. Let the mixture rest at room temperature for 15 to 20 minutes before serving. This brief resting period allows the salt to draw natural juices from the tomatoes and lets the onions mellow in the lime juice.

6. Serve or Drain

Give the Pico de Gallo a final stir. If excess liquid has accumulated at the bottom of the bowl, you can serve it with a slotted spoon or strain off a portion of the juice to keep your chips crisp.

Pro Tips for Perfect Salsa

- **Knife Precision Over Machines:** Never use a food processor for Pico de Gallo. Processing breaks down the cell walls of raw tomatoes and onions, releasing excessive water and producing a puree rather than a chunky salsa.
- **The Salt Factor:** Salt is the catalyst that transforms raw vegetable bits into a cohesive salsa. Taste your Pico de Gallo on a tortilla chip rather than straight off a spoon—chips contain salt, so you want to ensure the combined flavor balance is just right.
- **Mellowing the Onion:** If raw onion tastes too sharp or pungent to you, soak the diced onion in cold water or lime juice for 10 minutes before combining it with the remaining ingredients, then drain thoroughly.

Storage & Shelf Life

- **Refrigeration:** Store leftover Pico de Gallo in an airtight glass container in the refrigerator for up to 3 days.
- **Liquid Management:** As it sits, salt will continuously draw moisture out of the tomatoes. Stir before serving and strain excess liquid as needed.
- **Freezing:** Do not freeze Pico de Gallo. Freezing destroys the cellular structure of raw tomatoes and onions, resulting in a watery mush upon thawing.

Nutritional Information

The following values are estimated per serving (approx. 1/3 cup / 53 grams):

Nutrient	Amount Per Serving	% Daily Value*
Calories	20 kcal	—
Total Fat	0.2 g	0%
<i>Saturated Fat</i>	0.0 g	0%
<i>Trans Fat</i>	0.0 g	—
Cholesterol	0 mg	0%
Sodium	390 mg	17%
Total Carbohydrate	4.5 g	2%
<i>Dietary Fiber</i>	1.2 g	4%
<i>Total Sugars</i>	2.5 g	—
Protein	0.8 g	2%
Vitamin C	18 mg	20%
Vitamin A	22 mcg	2%
Potassium	185 mg	4%