

## Tomato Salad with Chilis, Herbs, and Sea Salt

For this salad, you want tomatoes and peppers that are perfectly ripe, recently picked, and that have never seen the inside of a refrigerator. Go to your garden, the farmer's market, or your buddy's garden. Get a big handful of soft herbs and make lunch. For chilis, I recommend Hungarian hot wax or banana peppers or a similar variety but you can adjust to your palate. A super sweet red pepper and a hot chili work well together. Use heirloom varieties of peppers and tomatoes if available.

Whenever I use onions raw, I always soak them in cold water after I cut them for about 10 minutes. I then drain and rinse them well. This removes the sulfur-y compounds and gives the dish a cleaner flavor.

(If you desire a little Thai flair, substitute fish sauce for salt and delete the olive oil. I'd spice it up more as well with some fresh Thai chilis.)

2-4 ea. Very ripe tomatoes  
¼ ea. Red onion, julienned and rinsed  
1-3 ea. Chilis, sliced thinly, de-seeded if desired  
8 each leaves of basil  
20 or so leaves of mint, and parsley  
8 small sprigs of cilantro  
1-2 ea. Limes  
Sea Salt  
Black Pepper in a peppermill  
Drizzle of very good Extra Virgin Olive Oil

1. Slice tomatoes and arrange on four salad plates.
2. Sprinkle with onions and peppers. Distribute herbs evenly.
3. Squeeze lime juice over everything and top season with sea salt and a few grinds of black pepper.
4. Splash with olive oil.