

Chimichurri

Chimichurri is a traditional herb-based sauce originating from Argentina and Uruguay. If you haven't tried a "classic" chimichurri, you need to fix that! I encourage you to try the classic, but I also encourage you to use the building blocks of the classic to come up with your own spin on a chimichurri (ish) based on your personal preferences and what you've got on hand.

It's a perfect accompaniment to chicken, steak, pork, shrimp, fish, salmon, potatoes, roasted veggies, eggs, crusty bread...

Building blocks for your own Chimichurri-ish

- **EVOO**
- **Acid:** (Traditional: Red Wine vinegar) Use any vinegar or citrus juice (see "Herbal Dressings and Marinades" for discussion of different vinegars and acidic elements)
- **Allium:** (Traditional: Garlic) Sub or add red onion, sweet onion, green onion, shallot, chives...
- **Pepper:** (Traditional: Red pepper flakes) Substitute or add fresh jalapeno/serrano/etc, bell pepper, or skip
- **Herbs:** (Traditional: fresh parsley and dried oregano) I like to use a "base" of chopped parsley and/or cilantro and add any other herbs I have on hand
- **Salt**
- **Other:** (Traditional: smoked paprika, regional) Get creative! Lemon/Lime/Orange zest, other spices that fit the flavor profile you're going for - there are no rules!

Here's a recipe for a **traditional Chimichurri** (if you start looking at recipes you'll see loads of variations of this, just like you wouldn't be able to find just one recipe for macaroni and cheese...)

- **1/3 Cup EVOO (Extra Virgin Olive Oil)**
- **2 TBS Red Wine Vinegar**
- **1 Garlic Clove, minced**
- **1/2 tsp Sea Salt**
- **1 tsp Dried Oregano**
- **1/4 -1/2 tsp Red Pepper Flakes**
- **1/4 tsp Smoked Paprika** (not used in every region, but I love it!)
- **1/2 Cup Chopped Fresh Parsley** (it's worth the extra minute to get a pretty fine chop)
 - In a small bowl, whisk together the olive oil, vinegar, garlic, salt, oregano, red pepper flakes and smoked paprika.
 - Stir in the parsley. (Alternatively you could combine everything with a few pulses in a food processor.)
 - Taste and adjust to personal preference.
 - Let sit 15-30 minutes before serving.

Tarragon Chimichurri: 1/4 Cup EVOO, 2 TBS White Wine Vinegar, 2 minced Garlic cloves, salt & pepper, 1/4 tsp Red Pepper Flakes, 1/2 Cup minced Parsley, 2 TBS minced fresh Tarragon

Cilantro Chimichurri: 1/2 Cup EVOO, 2 TBS red wine vinegar or lemon juice, 4 minced garlic cloves, 1 small shallot or 1/2 small red onion (finely chopped), salt & pepper, 1 TBS fresh oregano (or 1 tsp dried), 1 Cup fresh cilantro leaves, 1/2 Cup fresh parsley

Note: if you use a food processor instead of hand chopping everything, just make sure you don't overblend and turn it into a puree!