MEXICAN · SAUCE

Salsa Macha (Mexican Peanut and Chile Oil Salsa)

35 min · Makes 40 × 1 tbsp · 90 kcal a portion · Video 8:33 · Rick Bayless

Vegan · Gluten-free ingredients

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An olive-oil salsa with peanuts, sesame, garlic and dried chiles: 1 tbsp has about 90 kcal, mostly from unsaturated fat, and about 1 g of net carbs, so it is vegan and keto-friendly. A spoonful of the solids flavours a whole plate.

Diet notes: Keto (1.2 g net carbs a serve).

Ingredients

8 · MAKES 40 × 1 TBSP

- [ ] 1½ cups **olive oil**
- [ ] 2 oz (about ½ cup) peeled **garlic** cloves
- [ ] 2 oz (about ½ cup) **raw peanuts**
- [ ] 2 oz **dried chiles** (guajillo and/or cascabel, plus a few árbol), stemmed, seeded and cut in ½-inch pieces
- [ ] 2–3 tbsp **untoasted sesame seeds**
- [ ] 2 tbsp **dark vinegar** (balsamic or sweet sherry vinegar)
- [ ] a generous ½ tsp **salt**
- [ ] ¼ cup **water**

Allergens found in the listed ingredients: Peanut, Sesame, Sulphites. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method

TIMES = THE MOMENT IN THE VIDEO

1. Warm the olive oil in a medium saucepan over medium-low heat. Add the whole garlic cloves and raw peanuts and cook gently, stirring now and then, for about 10 minutes, until the garlic is soft and browning and the peanuts are lightly golden. 1:02
2. Meanwhile stem and seed the chiles, pulling out the veins, and cut them into roughly ½-inch pieces. 2:40
3. Add the chiles and sesame seeds and stir for 1–2 minutes, just until the sesame smells toasty and the inside of the chiles turns lighter. Don't let them burn. 4:13
4. Take the pan off the heat and stir in the salt, vinegar and water. Let it cool completely. 5:12
5. Pulse with an immersion blender (or in a blender) in short bursts until the chiles, garlic and peanuts are in small pieces, like a chunky chile oil. Store in a jar in the fridge with oil covering the solids. 6:29

> **Tip** Raw peanuts go in with the garlic; if yours are roasted, add them with the sesame. Árbol chiles make it much hotter. We count 40 tablespoons from the ingredient weights (the recipe says about 2 cups).

The method is a summary in our words — the video shows every step.

One portion (1 tbsp) gives you

1 OF 40 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
90 kcal	0.7 g	1.7 g	0.5 g	9.2 g	40 mg
380 kJ	1% of a day	1.2 g net · 0.2 g sugars	2% of a day	1.3 g saturated	2% of a day
		1% of a day		12% of a day	

Energy from net carbs 5% · protein 3% · fat 92% — fits keto: 1.2 g net carbs, 92% of the energy from fat

Recipe and video: Rick Bayless (@rickbayless) on YouTube — youtube.com/watch?v=3fYdMzi413E, published 29 October 2021. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/salsa-macha-peanut-chile-oil