

Video:

- We can tell what a 2d image is almost naturally
- Artists make you see what they want you to see
 - Two dimensional representation
- Altamira, Spain - where the first art was found/made from the Paleolithic Era
 - It was the first gallery of prehistoric paintings ever to be discovered
 - Paintings were of Aurochs
 - Archeologists questioned the paintings authenticity
 - Why? They were in too good of a shape
- Soon, other caves were found with "cave paintings", as they were dubbed
 - In Lascaux, France a large gallery was unearthed which finally validated Altamira
- Scientists began to argue that though cave paintings are old, we actually began creating art too late in our existence
 - Humans have been around for 100s of thousands of years, but we only created for roughly 30 thousand years
 - When we began "to create" is called the Creative Explosion

Cave of Altamira, Spain

- Paleolithic cave paintings (c. 16,000 - 12,000 BCE)
- First place prehistoric cave paintings were discovered (19th Century CE)
- It was not until 1902 that the paintings were widely accepted as authentic due to discoveries in other regions
- Power of the image perhaps came from the making rather than the viewing for the Prehistoric people, who didn't intend to sit and look at the paintings

*Prehistoric paintings have numerous dots. One popular theory is that the cavemen were sensory deprived and the light brought out dots in their vision

Art of Note:

Hybrid Figure with a Human Body and Feline Head.
C. 40,000 - 28,000 BCE. Mammoth Ivory. 11"h



Art of Note:

Woman of Willendorf. Austria. C. 22,000 - 21,000 BCE. Limestone.
4 3/8"h

- Goddess of fertility - reproductive feminine features are

Two Tomato Salsa

Ingredients:

2 c diced unpeeled plum tomato
1 c unpeeled green tomato
½ c diced green bell pepper.
1/4 c chopped purple onion.
1 tbsp finely chopped jalapeno pepper
1 tbsp finely chopped fresh cilantro
1 clove minced garlic
1/4 tsp salt.
1/8 tsp coarsely ground pepper.
2 tbsp fresh lime juice
1 tbsp olive oil.

Directions:

Combine all ingredients in a bowl. Stir well. Serve at room temperature or chilled. Use a slotted spoon to serve with corn tortilla wedges, poultry, or fish.

Tropical Fruit Salsa

Ingredients:

1 ripe mango, peeled, pitted and cut into 1/4" cubes
1 ripe papaya, peeled, seeded and cut into 1/4" cubes
1 ripe Avocado, peeled, pitted and cut into 1/4" cubes.
3 tbsp. lime juice
2 tbsp. fresh cilantro, chopped.
2 tbsp. brown sugar
1 tsp. jalapeno peppers, drained.
1 tsp. ginger, crushed

Directions:

Combine all ingredients in a medium bowl. Cover and refrigerate at least 1 hour to allow flavors to blend. Serve with grilled fish or chicken. Also good with tortilla chips.



Habanero Salsa for Fish Tacos

Ingredients:

4 small red ripe tomatoes, chopped
1/4 cup minced red onion
2 tablespoons chopped cilantro
2 tablespoons chopped parsley
2 cloves garlic, finely chopped
1/4 teaspoon ground cumin
2 teaspoons fresh lime juice
1 teaspoon finely chopped habanero pepper
Salt

Directions:

Mix all ingredients together. Serve at room temperature.

Tequila-Lime Salsa

Ingredients:

2 ounces tequila
1/2 ear corn, grilled and kernels cut from cob
1 avocado, diced
3 limes, juiced
1/2 cup tomatoes, diced
1/4 cup white onions, diced
1/2 jalapeno, seeds removed and minced
1 tablespoon cilantro, chopped
Sea salt

Directions:

In a mixing bowl, combine all of the ingredients. Season with the salt. Refrigerate 30 minutes before use. Good with fish or lobster tacos.

Mango Salsa for Grilled Yellowtail

Ingredients:

4 (6 ounce) yellowtail fillets (silver perch and yellowtail snapper are ok substitutes)
4 tablespoons ancho chile powder
4 tablespoons kosher salt
2 tablespoons black pepper
Olive oil
Mango Salsa, recipe follows

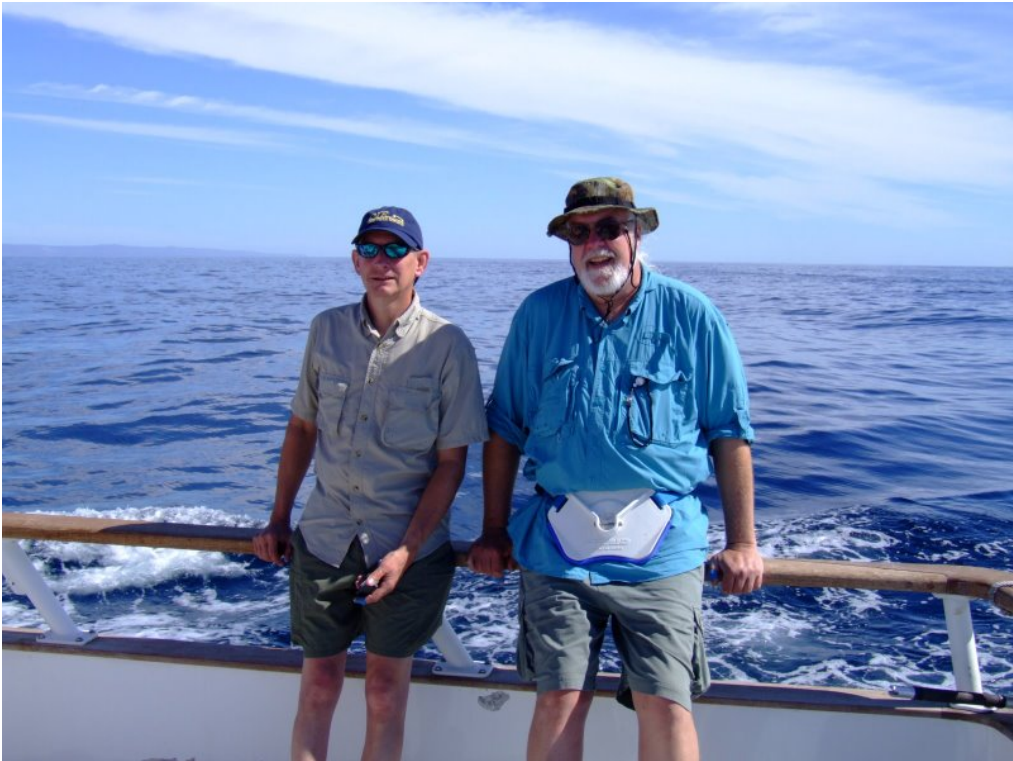
Directions:

Preheat outdoor grill to medium heat and oil the grates using a brush or paper towel. In a small bowl, mix the chile powder, salt, and pepper together. Coat the yellowtail fillets with a light layer of olive oil and sprinkle with the chile mixture. Place each fillet flesh side down on a hot grill and cook for about 3 minutes. Flip fillets over and cook for an additional 3 minutes. Remove from grill and top with Mango Salsa.

Mango Salsa:

2 mangos, small dice
1 medium red onion, small dice
1 cucumber, peeled, seeded, small dice
2 jalapeno peppers, minced
1/4 cup cilantro leaves, chopped
1/2 tablespoons ancho chile powder
2 large limes, juiced
2 tablespoons olive oil
Salt
Pepper

To make mango salsa, combine all ingredients together in a medium bowl and stir. Refrigerate.



Tomato and Green Olive Salsa

Ingredients

3 plum tomatoes, seeded and chopped

A handful cilantro leaves, finely chopped, flat leaf parsley may be substituted

½ small red onion, chopped

12 large green olives, cracked away from pits and coarsely chopped

1 lime, juiced

1 teaspoon crushed red pepper flakes

Directions:

Combine salsa ingredients in a small bowl and allow it to marinate until ready to serve.

Serve with grilled fish and sangria.



Red, White and Black Bean Salsa for Fish

Ingredients:

1/2 cup dried black beans
1/2 cup dried red kidney or pinto beans
1/2 cup dried white beans (Great Northern or cannellini)
1 small red onion, finely diced
1 bunch cilantro, leaves only, roughly chopped
1/2 cup olive oil
3/4 teaspoon salt
1/2 teaspoon freshly ground black pepper
3 tablespoons juice from Pickled Chipotes, or red wine vinegar
1 Pickled Chipote Chile, seeded if desired and minced

Directions:

Keeping them separate, wash and pick over all the beans. Place each kind in a separate pot, cover generously with water and bring to a boil. Reduce the heat to medium-low and cook, covered, until the beans are done in the center but not too soft, 1 to 1 1/2 hours. Drain and rinse in a colander. For added flavor, you can smoke the beans on a grill. Start a small fire off to one side and throw soaked wood chips on the coals when the fire is moderately hot. Lay out the beans on a baking pan, pour in water to a depth of 1/8 inch and cover with a wet towel. Place on the grate, cover and smoke 2 hours, adding more wood chips every 20 minutes or so. Set aside to cool and then drain. Transfer the beans to a large mixing bowl. Add the remaining ingredients and mix well. Bean salsa can be refrigerated up to 2 days. Bring back to room temperature before serving. To serve, line a platter or serving plates with salsa and top with grilled, broiled or sauteed fish fillets.

Tomatillo Guacamole Salsa

Ingredients:

3/4 pound fresh tomatillos husked and rinsed

1/4 to 1/3 cup packed fresh cilantro

1 garlic clove

Salt

3 avocados

Directions:

In a saucepan simmer the fresh tomatillos in salted boiling water to cover for 8 to 10 minutes, or until they are tender, transfer them with a slotted spoon to a bowl, and let them cool. (Alternatively, use a drained 11-ounce can tomatillos). In a food processor or blender, puree the tomatillos with the cilantro, to taste, the garlic, and salt, to taste, and transfer the mixture to a bowl. Halve and pit the avocados, chop the flesh, and stir it into the tomatillo mixture. Serve the salsa with tortilla chips or with hamburgers, grilled meat, or fish.



Tomatillo-Cucumber and Avocado Salsa

Ingredients:

Tomatillos (husked, washed and cut in rough pieces)
Cucumber (peeled, seeded and cut into rough pieces)
Avocado
Jalapeno Chile (roasted, peeled and seeded)
Lime juice
Orange Juice
Cilantro

Directions:

Place all ingredients in blender and blend until smooth adding water (little) if necessary. Adjust seasonings (lime juice, orange juice or salt). Serve with grilled tuna.

Grilled Tomato and Chile Salsa

Ingredients:

Tomato
Green chile (not hot)
Pasilla chile (dried form of Chilaca chile, stemmed and seeded)
Green onion (white part)
Garlic (peeled)
Cilantro
Orange juice
Corn oil
Mezcal (or other tequila)

Directions:

Grill tomatoes, chiles, and onions. Peel, stem and seed green chile. Poach garlic in corn oil. Place all in blender with cilantro, orange juice and mezcal. Blend until smooth and adjust season with salt. Serve with fish tacos.

Habanero and Green Chile Salsa

Ingredients:

Habanero chiles (grilled, peeled and seeded)
Sweet green chiles (grilled, peeled and seeded)
Orange juice
Lime Juice
Salt

Directions:

Pulse chiles in food processor. Add juices and salt and pulse until combined. Serve with grilled dorado.