

Perfect Guacamole



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Ingredients

2 ripe avocados

$\frac{1}{2}$ teaspoon Kosher salt

1 tablespoon of fresh lime juice or lemon juice

2 tablespoons minced red onion, up to $\frac{1}{4}$ cup or thinly sliced green onion

1 serrano chiles, stems and seeds removed, minced (up to 2)

2 tablespoons cilantro (leaves and tender stems), finely chopped

A dash of freshly grated black pepper

$\frac{1}{2}$ ripe tomato, seeds and pulp removed, chopped

Method

1. Cut the avocados in half. Remove seed. Scoop out avocado from the peel, put in a mixing bowl. (I find it easiest to score the inside of the avocado with a blunt knife and scoop out the flesh with a spoon. See How to Cut and Peel an Avocado.)

2. Using a fork, roughly mash the avocado. (Don't overdo it! The guacamole should be a little chunky.) Sprinkle with salt and lime (or lemon) juice. The acid in the lime juice will help delay the avocados from turning brown. Add the chopped onion, cilantro, black pepper, and chiles.

3. Chili peppers vary individually in their hotness. So, start with a half of one chili pepper and add to the guacamole to

your desired degree of hotness. Be careful handling the peppers; wash your hands thoroughly after handling and do not touch your eyes or the area near your eyes with your hands for several hours.

4. Remember that much of this is done to taste because of the variability in the fresh ingredients. Start with this recipe and adjust to your taste.

5. Place plastic wrap on the surface of the guacamole cover it and to prevent air reaching it. (The oxygen in the air causes oxidation which will turn the guacamole brown.) Refrigerate until ready to serve.

6. Chilling tomatoes hurts their flavor, so if you want to add chopped tomato to your guacamole, add it just before serving.

7. Variations

8. For a very quick guacamole just take a 1/4 cup of salsa and mix it in with your mashed avocados.

9. The simplest version of guacamole is just mashed avocados with salt. Don't let the lack of availability of other ingredients stop you from making guacamole.

10. To extend a limited supply of avocados, add either sour cream or cottage cheese to your guacamole dip. Purists may be horrified, but so what? It tastes great. In fact, guacamole with a little cottage cheese added to it is my favorite.

Prep

- Prep: 10 Minutes

Source: SimplyRecipes.com (8 servings)