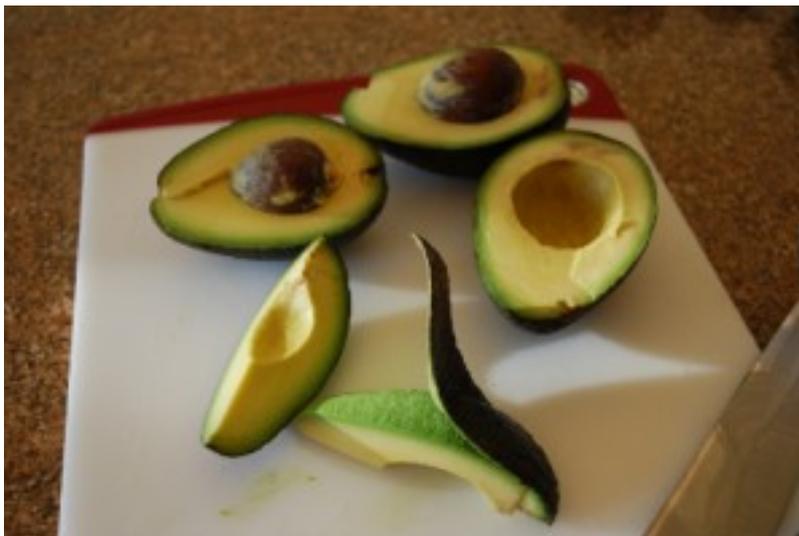


05/30/10 - Guacamole

Luscious, creamy, yet vibrant green, slightly chunky textured guacamole slides into your mouth with a flavor intensifying salty citrus tang. Be it on tortilla chips, in soft corn tortillas rolled up with grilled chicken or as a big scoop on top of pupusas, guacamole is one of the most fabulous dips or accompaniment ever invented.



Hands down, California Haas or Hass (correct spelling) variety avocados make the best guacamole with their oily content. They are easily identifiable with their dark pebbly skin. They are perfect to use when you press down on the fat end and they give a little. Too soft and they may already have roots or dark spots inside. Too hard and you can't mash them. If you use them when they are just right you can peel them by cutting the avocado in quarters and peeling them starting at one end. The skin comes off intact with a yank. No need for scooping the avocado contents with a spoon, leaving the best part of the avocado still on the skin.



Buy them hard and lighter color and in a couple days, when they give a little on the fat end and have turned dark green; you may refrigerate them for a few days. Store outside, on the counter, until ready to use. Never buy the ones that the market has put ripe stickers



2 large ripe Haas avocados

1/2 teaspoon sea salt or to taste

2 tablespoons fresh lemon or lime juice



Optional additions $\frac{1}{4}$ cup minced red or yellow onion

2 tablespoons minced Jalapeño pepper

$\frac{1}{4}$ cup finely diced seeded tomato

$\frac{1}{4}$ cup chopped cilantro

$\frac{1}{3}$ cup pico de gallo

Quarter and peel the avocados. Place the avocado in a flat bottomed bowl. Gently mash with a potato masher. Stop mashing when there are still some chunks left. Add the salt and lemon or lime juice and stir. Serve.

If you make the guacamole a little ahead this is my trick to keep it from turning dark. Place a piece of plastic wrap directly onto the avocado, yes, covering the bowl but the plastic directly touching the guacamole like a skin. This way no air gets on the guacamole to oxidize it and make it turn brown. Two avocados serve 3-6 people so keep lots of avocados on hand.



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