

## Guacamole

### Ingredients:

2 to 4 cloves local fresh garlic, chopped;  
1 tsp fine sea salt  
dash cayenne pepper  
5 ripe avocados  
juice of one large (or one and a half small) limes  
small onion diced  
two or three fresh Roma tomatoes chopped

### Method (illustrated):

1. Get yourself some good help in the kitchen.



You will notice that the hair is either cut short, or pinned up out of the way. Also, aprons are the order of the day!

2. Fresh, local garlic - preferably fresh picked in season (July and August) - is best.



## Guacamole

If it is not crunchy and moist, I avoid it. Everything in its season, as they say. Once picked, it keeps best tightly wrapped in a black natural fabric (cotton) bag in the vegetable keeper of your refrigerator. I prefer larger cloves like these ones. If you cut them in four they're a lot easier to peel.



Now add a teaspoon of salt to the garlic right onto the cutting board, and start chopping with a sharp chef's knife. Chop it as fine (or as coarse) as you like.



Add a dash of cayenne (careful - not too much!) and keep chopping until mixed.

Dump into a bowl large enough to accommodate and mix all of the ingredients easily without spilling. I really like the steel bowls for this, and they clean up lickity split.

## Guacamole



Now, for the avocados . . .



Choose ripe ones that have turned dark brown and are just beginning to get soft; otherwise you will never be able to smush them! These ones are perfect. And not too soft and over-ripe either.

Cut them in half, and use the same chef's knife to pry out the nut in the middle.



When you core out the good stuff, core around the dark part at the stem.

Use a soup spoon to do this; and do the same to all the avocados, placing them in the bowl and discarding the shells and nuts.

## Guacamole

Use whatever method you prefer to extract the juice from one large lime (or more, to taste) and add to the bowl with the rest of the mix. Then use a steel masher to blend to a pulp.



Now it's time to dice up the onion and chop the tomatoes ...



And add them to the bowl, mixing up the whole works . . then the all-important taste-testing to check the flavour . .

Does it need more salt? Cayenne?  
More lime?

Or is it *just right* . . !!!

## Guacamole

Now you can transfer it to a nice bowl, and refrigerate for at least a few hours or overnight to let the flavours blend.



Tomorrow, it will be fabulous!

Bon Appetit!

*Thirdwish Recipes . . . for the gastronomically adventurous!*