

The BEST Guacamole

Swick

Makes 1 to 2 cups | Active Time: 10 minutes | Total Time: 10 minutes

Step 1: Preparing the Guacamole

• 2 tbsp minced red onion, or to taste To prepare the guacamole, first, gather and prepare all of the ingredients.

- 1 tsp minced garlic
- 1/2 jalapeño, or to taste*
- 1/4 tsp toasted, gr cumin
- 2 to 4 tbsp fresh cilantro
- 2 avocados
- 1 to 2 limes
- sea salt, to taste

Note: Serrano peppers can be substituted for the jalapeños. How much you use depends on how spicy you like your food. It is better to start with less and add more as needed. Also, note that we have made this without any spice and it is still delicious.

Lastly, cut the avocados in half and remove the pits. Carefully score the avocado (using something that will not cut through the skin and/or your hand) and then scoop out the flesh. Place the avocado into a bowl and then mash it up a bit with a fork. The texture is really up to you. We prefer our guacamole to be a bit chunkier, especially when serving it as a dip.

Next, add the red onion, garlic, jalapeño, cumin, and cilantro. Gently fold everything together and then add the lime juice and a bit of salt.

Lastly, taste for seasoning, adding more lime juice, salt and/or cilantro or red onions as desired.

Guacamole is best made and served immediately or, at the very least, within the same day. If you need to store it, be sure to cover the surface of the guacamole with plastic wrap to prevent it from oxidizing and turning brown. Refrigerate until ready to serve.

Chef's Notes

When making guacamole, the trick is to use good, ripe avocados. To check for ripeness, gently press the outside of the avocado. If there is no, or very little give, the avocado is not yet ripe. If there is a bit of give (not too little, not too much) when you press the surface, the avocado is likely ripe. If, however, there is a lot of give, the avocado is likely overripe. To speed up the ripening, place the avocado into a brown paper bag for a day or so.

Variations:

If desired, seeded and diced tomatoes can be added to the guacamole just before serving.

To extend the guacamole, some cooks add a bit of mashed green peas to the mixture. This also makes the guacamole a little healthier and also really brightens up the color.