

Bangkokamole

From Food 52 blog 7/12



Servings: 10

Yield: 2 1/2 cups

1 large lime

1 tablespoon fish sauce

1 medium shallot

3 medium garlic cloves, peeled

1 1/2 to 2-inch knob ginger

2 large avocados, ripe

Mint (about 10 large leaves)

Thai Basil (or less if substituting regular basil)

About 10 sprigs cilantro

1 whole thai chiles, or serranos

1. Wash lime thoroughly and remove 2 loosely packed teaspoons of zest. Place zest in medium bowl. Juice lime and add 1 1/2 to 2 tablespoons of lime juice to bowl. Add fish sauce to bowl. Mince shallot and add 2 tablespoons to the bowl. Stir to combine.

2. Using microplane grate the garlic into the bowl (about 1 1/2 teaspoons). Using microplane grate the ginger and add 1 tablespoon to the bowl. Stir to combine.

3. Cut each avocado in half and remove the pit. Scoop out the flesh and add it to bowl. Use a fork to mash the avocado, then stir to thoroughly blend the ingredients. Taste for salt and acidity. Add a splash more fish sauce or lime juice if needed.

4. Coarsely chop the mint, basil, and cilantro. Measure 2 tablespoons of each by gently scooping it into a measuring spoon (or eyeball it if you're good at that sort of thing.) Add each to the bowl. Finely mince the thai chile(s) and add 1/2 (or less) to the bowl. Stir to combine. Taste for heat and add more chile if desired.

5. Allow flavors to marry for 20 minutes or longer before serving. Keeps covered and refrigerated for at least 12 hours.

Per Serving (excluding unknown items): 72 Calories; 6g Fat (72.4% calories from fat); 1g Protein; 5g Carbohydrate; 1g Dietary Fiber; trace Cholesterol; 5mg Sodium. Exchanges: 0 Vegetable; 0 Fruit; 1 1/2 Fat; 0 Other Carbohydrates.