

Guacamole by Diana Kennedy

Author: Adapted slightly from Diana Kennedy's book, *The Essential Cuisines of Mexico*



2 tablespoons white onion, chopped
4 whole serrano pepper, or substitute other chiles of choice
4 tablespoons cilantro, chopped
salt to taste
3 large avocados, Hass, preferably
4 ounces tomatoes, diced finely
1/2 whole lime, juice only (optional - not in the Kennedy recipe)

GARNISH:

1 tablespoon white onion, minced
2 tablespoons cilantro, minced

Serving Ideas: Serve with crispy tortilla chips.

Blog: Carolyn T's Blog:

<http://tastingspoons.com>

Your Text Here

Per Serving (excluding unknown items): 131 Calories; 12g Fat (72.7% calories from fat); 2g Protein; 8g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 12mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fruit; 2 1/2 Fat.

**Carolyn T's
Main Cookbook**

Servings: 8

Yield: 2 1/2 cups

Notes: The word guacamole comes from the Nahuatl words for "avocado" (ahucatl) and "mixture" or "concoction" (molli). Kennedy suggests you chop the base (onion, serranos and cilantro) in a blender, but my blender doesn't work well with so-called dry ingredients, so I use the food processor. In Central Mexico where this comes from the guacamole is made in the molcajete (a big bowled rock with a pestle). And it's served as soon as you make it. If you make this ahead, just add a little bit of lime juice (or lemon) to keep it from turning brown. Whatever you do, don't completely mash the avocado, or put the in the food processor. This needs to have some texture to it.

1. Grind together the onion, chiles, cilantro and salt to a paste. (Alternately, pulse to a fine mince in a food processor. Not authentic, but okay.)
2. Cut the avocados in halves, remove pits and squeeze the flesh out of the shells and mash into the chile base, to a textured consistency. This should not be a smooth mixture, but still have some chunkiness to it.
3. Add all but a tablespoon of the tomatoes. Taste for seasoning. (Add pepper if desired.)
4. Scoop out into a serving bowl and garnish with the tomatoes, and the white onion and cilantro. Guacamole does not keep, so eat it up the same day as it's made.