

Authentic Mexican Guacamole

The real thing - serves 4 to 6

Serves 4-6 • Prep 10 min • No cook • Mexico

INGREDIENTS

The core

- 3 ripe Hass avocados
- 1/4 white onion, finely chopped
- 1 small ripe tomato, seeded and finely chopped
- 1/4 cup fresh cilantro leaves, chopped
- 1 jalapeno, seeded and minced (or serrano for more heat)
- Juice of 1 lime
- 3/4 tsp fine sea salt, or to taste

METHOD

1. Halve and pit the avocados. Scoop the flesh into a bowl or, better, a molcajete.
2. Mash the avocado with a fork or the pestle until chunky - do not puree. Real guacamole has texture.
3. Add the onion, tomato, cilantro, and jalapeno.
4. Squeeze in the lime juice and add the salt.
5. Fold gently with a spoon until just combined - about 5 or 6 turns. Taste and adjust salt and lime.
6. Serve immediately with warm tortilla chips. Guacamole is a live thing - it is best in the first hour.

Tip • Ripe avocados yield to gentle pressure and feel heavy for their size. Skip anything soft with bruises or hard as a stone. If your avocados are underripe, put them in a paper bag with a banana for a day.
