

Guacamole

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Guacamole is an avocado-based dip which originated in Mexico. Guacamole was originally made by the Aztecs by mashing ripe avocados with a molcajete (mortar and pestle) and adding tomatoes and salt. After the arrival of the Spanish conquistadors, guacamole became popular in Spain.

Ingredients

- 2 ripe California avocados (1 pound total), quartered, pitted, and peeled
- ¼ cup chopped fresh cilantro
- ¼ cup minced white onion
- 1 fresh Serrano Chile, without seeds, minced
- 2 teaspoons fresh lime juice, or to taste
- 1 ½ teaspoons salt, or to taste
- ¼ cup water
- 2 roma (plum) tomatoes, diced

Preparation Time	15 min	Difficulty	Very simple
Portions		Yield	
Country/Region	Mexico		
Vegetarian	No		

Preparation

Mash together all ingredients in a bowl with a fork until smooth, using enough water for desired consistency.

Notes

Guacamole can be made 1 hour ahead and chilled for best flavor. Its surface should be covered with plastic wrap.