

Great Guacamole

Bialik College Kitchen Garden Program



Bialik College

Ingredients:

- ¼ Red onion, finely diced
- 1 ripe tomato, cut in half and seeds removed, then finely diced
- 3 ripe avocados
- 2 limes
- ½ teaspoon salt
- ½ teaspoon cumin (optional)
- 1 pinch cayenne pepper (optional)
- 5-6 fresh coriander sprigs

Equipment:

- metric measuring spoons
- spatula
- chopping board
- cook's knife
- mixing bowl
- citrus juicer
- potato masher or fork

Method:

1. Prepare all ingredients as listed above.
2. Peel avocados and scoop out the flesh into a bowl.
3. Juice the limes using a citrus juicer.
4. Combine ¾ of the lime juice and the salt together and add the cumin/cayenne pepper if using.
5. Add avocados to the lime juice and mash using a potato masher or fork.
6. Place onions and tomato with the avocado and mix to combine.
7. Taste the guacamole and add more salt or lime juice if necessary.
8. Serve with homemade tortillas.