



Let's Eat The World - Guacamole - Mexico

I just love Guacamole and Tortilla chips. They are made for each other. Of course Guacamole is used as an accompaniment to lots of Mexican food, or wrapped up in fajitas. This is so simple to make, tastes delicious and will stop you from buying the ready made stuff ever again.

- **3 ripe avocados**
- **1/2 red onion, finely chopped**
- **1 or 2 fresh green chillies finely chopped**
- **1 tomato chopped (optional, but good)**
- **Juice of 1 - 2 limes**
- **1 teaspoon sea salt, or to taste**
- **Small handful of fresh coriander chopped**

1. Put a quarter of the onion and half the chilli and salt in a pestle and mortar and mash to a rough paste.
2. Cut open the avocados, remove the stones and scoop out the flesh into the pestle (or into a large bowl if your pestle is small). Roughly mash the flesh with a fork, adding half the lime juice as you go. I prefer mine quite chunky.
3. Stir in the rest of the lime juice and chillies, coriander, red onion and tomato.
4. Season with plenty of black pepper and salt (only if more salt is needed)
5. Serve with tortilla chips and a couple of bottles of Corona :o)

Guacamole is very versatile, with lots of variations to the basic recipe. Try some of these:

Bacon Guacamole - Add to the basic recipe above - a minced garlic clove, 2 sliced spring onions, 75g crumbled Feta cheese and 6 slices of streaky bacon, cooked to a crisp and crumbled.

Basil Guacamole - Add to the basic recipe above - a minced garlic clove, another chopped tomato and a palmful of fresh basil leaves finely chopped.

Creamy Guacamole - Simply stir in 2 or 3 tablespoons of Greek yogurt.

Better get more beers.