



The world's finest.



Guacamole de La Palapa

Barbara Sibley & Margaritte Malfy, co-authors "antojitos; Festive and Flavorful Mexican Small Plates" (Ten Speed Press)

The word guacamole comes from two words in Nahuatl, the language of the Aztecs: ahuacatl (avocado) and molli (mixture). When possible, we use avocados from the state of Michoacán, where they are grown in volcanic soil in mountainside orchards. The fruits are harvested by hand three times a year at their peak of ripeness, which ensures the guacamole will be creamy and delicious. If you cannot find them, use any flavorful, ripe avocados.

- 2 large avocados, preferably Mexican Hass, halved and pitted
- ½ sweet onion, such as Vidalia, or 4 spring onions* (white part only), finely chopped
- ½ cup chopped fresh cilantro leaves
- 1 to 2 serrano or jalapeño chiles**, finely chopped
- 1½ tablespoons freshly squeezed lime juice
- Kosher salt

Using a tablespoon, scoop out the avocado pulp into a small bowl. Add the onion, cilantro, chiles, and lime juice. Mix well and season with salt. Taste and adjust with more lime juice if necessary (it both provides flavor and keeps the guacamole from turning brown).

Guacamole tastes best when eaten right away. Or, cover tightly with plastic wrap to prevent discoloring and refrigerate for up to 2 days.

* If you use spring onions, look for bulbs about 1 inch in diameter.

** For a spicier guacamole, use 2 chiles and be sure to leave the seeds in them. For less heat, use 1 chile. If you like tomatoes in your guacamole, peel and seed a perfectly ripe tomato, chop it finely, and stir it into the mixture.

Makes about 2 cups; serves 4 to 6

For more recipes and information, go to www.avocadofiesta.com