

# GUACAMOLE

*Chef Therese Harding - The Classic Catering People*

## INGREDIENTS

2 tablespoons finely chopped, fresh cilantro leaves

2 teaspoons finely chopped onions

2 teaspoons minced jalapeño or serrano chilies; seeds and membranes removed

Coarse salt

2 large, ripe avocados; peeled and seeded

2 tablespoons cored, seeded and finely chopped plum tomato

2 teaspoons freshly squeezed lime juice

## INSTRUCTIONS

- Mash together 1 tablespoon cilantro, 1 teaspoon onion, 1 teaspoon of chilies and ½ teaspoon of salt in the bottom of a molcajete or medium-size bowl.
- Add avocados and gently mash with a fork until chunky-smooth. Fold the remaining cilantro, onion and chilies into the mixture.
- Stir in the tomato and lime juice and adjust seasonings to taste.



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