





KRISTA'S GUACAMOLE

This recipe is a combination of 2-3 recipes that I found in various books.

1 ripe avocado, peeled, seeded and mashed
1 clove minced garlic
2 tsp lemon or lime juice
2 tbsp finely chopped seeded tomato
1 tbsp minced onion
2 tbsp mayonnaise or sour cream
salt + pepper

Mash above ingredients and serve together with corn chips.

MEXICAN GUACAMOLE

 **Some like it hot and some not!** 

2 firm ripe tomatoes, finely chopped
4 springs fresh coriander, finely chopped
½ onion, finely chopped
2 green chillies, finely chopped
Juice of ½ lime or lemon
¾ teaspoon salt
½ teaspoon ground black pepper
1 very large or 2 medium size ripe avocados

Mix all the ingredients together, except the avocados, not more than 2 hours ahead of time. Cover with cling film until required. This will draw the juices from the onions and tomatoes, and thus provide the liquid required to make the guacamole creamy. About 30 minutes before required, cut the avocados in half, reserve the stones, and spoon out the flesh, scraping the skin clean. Mash with a fork and add to the vegetable mixture. Put in a serving dish, placing the stone in the center of the dish to prevent the avocado from going black. Cover with cling film until required

