



Guacamole (as a spread)

Guac is probably the perfect food. Plenty of creamy goodness, but 100% vegetable based. We'll go through how to make it as a spread (like for quesadillas or burgers), but also mention how to modify is a dip. Both incarnations are fantastic, and really better than a store-bought guacamole.

Ingredients

- 3 ripe (not over ripe) avocados
- Juice of 1 lemon
- 1 bunch of FRESH cilantro
- 1 tsp ground pepper
- 1 tsp kosher salt
- 1-2 Roma tomatoes
- 2 jalapeños (can use an Anaheim pepper here)

Get the flesh: Run your kitchen knife around each avocado to the pit. Twist to separate the two halves. "Pop" your knife into the pit remaining in one of the halves. Rotate until the pit comes out. Pinch the pit from the back side (not the sharp side) of the knife until it falls off. Use a spoon to remove the avocado meat from the skin.

A little acid: Add the juice of one lemon to the avocado. This add great flavor. Lime is a bit more traditional, so go there if you like, but guac will brown a little faster.

Mash: Use a potato masher to turn the avocado/lemon mixture into a paste. Mash pretty smooth for a spread. Leave it a little chunkier for a dip.

S&P: Add the salt and pepper.

Cilantro: Chop the cilantro very fine. It will seem like a lot of cilantro. Go with it you'll be rewarded. Using dried cilantro will not produce the same result. Go with fresh here. Add to the bowl.

Tomato: Chop the tomatoes very fine (about ¼ inch chunks or smaller). Leave a little bigger if making a dip. Add to the bowl.

Heat: Dice the jalapeños very fine (1/8 inch chunks). Leave a little bigger if making a dip. Add to the bowl.

Others: Red onion is traditional, and definitely use it if making a dip. I just find that as a spread, this is less likely to overpower the main dish without the onions.

Fold: Use a spatula to fold the ingredients together. Don't get to aggressive here or you'll break up the tomatoes.

Cover: Place plastic wrap down on the surface of the guac, and refrigerate. Or you can enjoy immediately!

Serve: This is outstanding with quesadillas. It's also a great spread on burgers. Have fun with it. If you have any left over, enjoy with tortilla chips.