

Guacamole

This recipe was originally shared with me from a staff member at Pan Chancho, and later published in the Pan Chancho Cookbook. It is the ultimate guacamole recipe and is the one that I use every time I make it. The recipe makes quite a lot of guacamole so I usually half-it (3 avocados), except for the onion.

- 5 ripe avocados, halved, peeled + pitted
- 1 medium tomato, diced
- 3 heaping tablespoons sour cream (40 mL)
- 1/2 large red onion, diced
- juice of 1 lime
- 2 Thai chilies, minced
- 2 cloves garlic, minced
- 2 tablespoons chopped cilantro (25 mL)
- sea salt

In a large bowl, mash avocados into a chunky puree. Fold in tomato, sour cream, and onion. Stir in lime juice, chilies, garlic and cilantro, and add sea salt to taste. Chill.

Makes about 5 cups (1.25 L).

This recipe is taken from the Pan Chancho Cookbook (Bookmaker's Press, Kingston ON, 978-1-896451-02-2) and is made available here under Fair Use.