

Guacamole

Ingredients:

- 3 medium avocados
- 1 medium white onion, well peeled and chopped
- 2 large plum (Roma) tomatoes, stemmed, seeded, and chopped
- 1 teaspoon green jalapeño flesh, finely minced
 - [Or in place of the tomato and jalapeño, substitute ½ can (5 ounces) Rotel diced tomatoes and chilies – this will be less spicy]
- ¼ tsp ground cumin
- juice of one lime
- 1 packed tablespoon chopped cilantro leaves
- 1 generous dash of salt
- 1 pinch ground white pepper (black pepper does NOT substitute)

Directions:

Have all the other ingredients ready to use before opening the avocados. Pit the avocados and take the flesh out of the skins. Put the avocados in a large bowl and immediately sprinkle them with the lime juice to retard browning. Add all the other ingredients and mash them all together. A food processor can be used, but the mixture should not be processed to the point where there are no longer distinct chunks of tomatoes and onions.

The guacamole does not keep well. If it is not used immediately, it must be protected from the air, as even with the lime juice the guacamole will soon brown. If it has to be kept until later it must be vacuum sealed and refrigerated.

You can do without the jalapeño if you wish, but I regard the white pepper as essential.