

Guacamole

Peter Microulis, Chief Compliance Officer/VP

First you have to commit yourself — never, never, ever again purchase Guacamole off a store shelf of any kind. You can make your own, and once you do, you'll never see it quite the same.

Ingredients:

- 4 Ripe Avocados - A ripe avocado will feel firm, but with a little give. Squeeze with your fingers, and if it feels like you can use it to hammer a nail, it's not ready. On the other hand, if it is too soft, that probably means it is overripe and will not provide the best results.
- 2 Limes (Juiced) - This is really a taste thing. Some might want to add more, some less, and it depends on the size of the limes you use. Adds tremendous bounce to the flavor.
- 1 Red Onion (Diced) - You want this diced in pieces small enough to provide a little crunch, but not so big that the onion flavor overwhelms.
- 2 Jalapeno Peppers - Cut off tops, cut in half, and remove seeds and pulp. You can add some heat by leaving the pulp in, but it can easily cross the line. Dice the peppers.
- Sea Salt - Careful! This is the last step and the one that can most easily ruin the dish.

1. Peel avocados by slicing thru skin down to the pit inside, and then circle around the pit until the avocado is cut all the way around. Twist the two halves and you will have two pieces, one with the pit, one without. Remove the pit and set aside.
2. Scrape the interior green of the avocado with a small spoon into a bowl.
3. This is the part where you can mash the avocado by hand (preferred), or dump it all into a blender. I prefer the manual approach because it leaves the guacamole with a more chunky texture. The blender works fine if you want it smooth like butter. Use a ricer, large fork, or other handy kitchen utensil to break up and mash the avocado. When broken down, whip and fold with that same fork or a spoon/ladle. Don't rush, this part takes some time to get it right. To make it easier, you can add a little bit of the lime juice to help lubricate the mixture.
4. When stirred to a desired texture, add half of the lime juice, red onion, and jalapeno.
5. Stir again, and taste. What is your taste telling you? Does it need more sharpness (onion), more heat (jalapeno), more fresh (lime)? Add to desired levels slowly.
6. Salt is a helpful flavor enhancer, but only to the point where it optimizes the flavor of the avocado without taking over. If you feel that the flavor is lacking at this point, add a pinch of sea salt. If it is still a little bland, add another. Stir in completely, but be careful because a little too much salt will overwhelm the other flavors very quickly.
7. There is something about the pit that helps to keep the guacamole fresh. Once you have completed the dish and it looks ready to eat, place one or two of the pits into the mixture. It looks good, and for some reason, it seems to help it to last a little bit longer.
8. Guacamole stores okay in the refrigerator, but not for too long. Even covered in plastic, the mixture will oxidize and begin to lose color. Best to eat within 24 – 48 hrs.