

Guacamole

Makes 1 cup

1 ripe avocado
1 medium jalapeno chile
1 ½ tablespoons finely diced white onion
½ cup fresh cilantro, ends trimmed and leaves and stems finely chopped
2 plum tomatoes, cored and diced small
1 tablespoon freshly squeezed lime juice
Kosher salt, to taste

1. Cut the avocado in half and remove the pit, then chop into small cubes. Remove the jalapeno stem and cut the chile in half, then deseed and finely chop.
2. Grind the onion, jalapeno peppers, cilantro and salt in the molcajete (or with a mortar and pestle) until you have a very thick paste, about 2 minutes.
3. Transfer the paste to a medium stainless steel bowl. Add the avocado to the bowl and mix with the vegetable paste, breaking apart some (but not all) of the avocado chunks. Fold in the tomatoes and lime juice, and serve. (The lime juice will prevent the guacamole from browning, but you can also cover it with a piece of plastic wrap applied directly to the top of the bowl.)

Recipe courtesy of Wegmans Chef Ernesto Cadima

For more recipes and information about Food Fridays visit: <http://bit.ly/foodfridays>



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