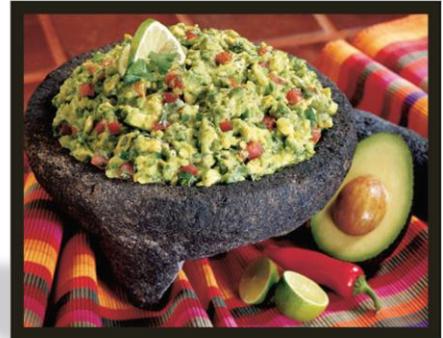


## David's Mean Guacamole Recipe

### **Ingredients**

- 4 California avocados halved, seeded and peeled
- 1 lime
- 1/2 tablespoon salt (sea salt or kosher salt is best)
- 1/2 tablespoon ground pepper
- 1/2 teaspoon ground cumin
- 1/2 medium Spanish onion, diced
- 1/2 jalapeno pepper, seeded and minced
- 2 Roma tomatoes, seeded, pulped and diced
- 2 tablespoons fresh chopped cilantro



### **Directions**

Scoop avocados into a large bowl and coat with lime juice. Add the salt, pepper and cumin. Using a potato masher, mash the avocados (make sure to leave it chunky at this stage).

Next add in the onions, jalapeno and cilantro and stir in using a large fork or spoon.

Taste the guacamole and add more seasoning to taste.

When ready to serve, fold in the tomatoes.

### **Tips**

Go very light on the cumin. A little bit brings out the earthy flavor of the guac, but too much can overwhelm it.

Tomatoes will quickly darken the guacamole so it's best to leave them out until right before serving.

To make larger batches, increase ingredients proportionally.

### **How to pick perfect avocados for making guacamole**

Ripe avocados typically have mostly dark skin with a little green. But skin color can be deceiving. To determine if an avocado is perfect for guacamole, squeeze it. A ripe avocado will be firm but give slightly under your fingers when you squeeze.

If it's too hard (no give at all), the avocado isn't ripe. If it's too soft (your fingers sink easily into the skin) the avocado is over-ripe. If in doubt it's best to err on the side of too ripe but never go with mushy.

Unripe avocados will typically ripen in 3 or 5 days so plan ahead. To increase ripening speed, place avocados in a paper bag with a cut tomato. This will produce ethylene gas and speed up the ripening process - often cutting ripening time in half.