

How To Make Guacamole

What Do You Need?

Equipment:

- a bowl,
- a sharp knife,
- a chopping board,
- and a fork.

Ingredients:

- 1 ripe avocado;
- 1/2 a lime or lemon;
- salt;
- fresh coriander (optional);
- 1 chilli pepper (optional);
- 1 small, raw tomato (optional).



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Did You Know?

“Guacamole” comes from the Aztec words “āhuacatl” and “moli”, meaning avocado sauce.

Method:

1. First, use a sharp knife to cut the avocado in half, around the stone. (Ask an adult to help you!)
2. Remove the stone, then scrape out the flesh into the bowl.
3. Use the fork to mash the avocado until it is smooth.
4. Next, squeeze in the juice of 1/2 a lime or lemon and add a pinch of salt.
5. If desired, add chopped coriander, chopped chilli pepper, and/or chopped tomato.
6. Finally, mix all ingredients with the fork.
7. Serve with tortilla chips.

Top Tip!

Keep your avocado stone to use later.

If you want to save your guacamole for another day, put the stone into the guacamole and cover the bowl with cling film, so that the plastic is touching the top of the sauce. This will help the dip stay fresh.