  
Masafrica Corn Flower Pty ltd

Reg nr. 2010/018025/07, VAT 4650263447

N4 Gateway Industrial Park

Stand 483 unit 3,Pretoria,South Africa

Tel +2779 1718838

[Info@masafrica.com](mailto:Info@masafrica.com)

**Guacamole**

INGREDIENTS

2 ripe avocados

1/2 red onion, minced (about 1/2 cup)

1-2 Serrano (green) chiles, stems and seeds removed, minced

2 tablespoons cilantro (coriander) leaves and tender stems finely chopped

1 tablespoon of fresh lime or lemon juice

1/2 teaspoon coarse salt

A dash of freshly grated black pepper

1/2 ripe tomato, seeds and pulp removed, chopped

METHOD

* Peel avocado and mash with a fork. (Don't overdo it! The guacamole should be a little chunky.)
* Chop the onion, cilantro and tomatoes.
* Add the onion, cilantro, tomatoes, lime or lemon, salt and pepper to the avocado and mix.
* Chili peppers vary individually in their hotness. Start with a half a chili pepper and add to the guacamole according to your desired degree of hotness.
* *Note: Be careful when handling the peppers; wash your hands thoroughly after handling and avoid touching your eyes for several hours after. (Alternatively, wear gloves)*
* Cover with plastic wrap directly on the surface of the guacamole to prevent oxidation as this will turn the avo black. Refrigerate until ready to be serve.

…….SERVE WITH MASAFRICA’S FAMOUS NACHOS**……**

TIP: The trick to perfect guacamole is using good, ripe avocados. Check for ripeness by gently pressing the outside of the avocado. If there is no give, the avocado is not ripe yet and will not taste good. If there is a little give, the avocado is ripe. If there is a lot of give, the avocado may be past ripe and not good. In this case, taste test first before using.