

APPETIZER – GUACAMOLE a la ART

Each avocado serves 2 to 3 persons

For each medium avocado:

1 small or ½ medium or ¼ jumbo tomato, peeled and chopped (when in doubt, reduce the amount of tomato)

1 medium scallion, finely chopped, including some of the green part

¼ teaspoon chili powder

¼ teaspoon coriander

¼ teaspoon ground cumin

½ teaspoon olive oil

1 to 2 teaspoons chopped fresh cilantro

½ tablespoon lime or lemon juice (½ medium lime or 1/8 large lemon)

1 avocado, diced and mashed

½ Tablespoon diced Anaheim chile (= ½ ounce = 1/6 medium chile, peeled and seeded; equal to 1/4 can = 1 oz = 2 Tbs Hatch chiles from Trader Joe's)

½ teaspoon jalapeno, seeded, de-ribbed and chopped (more if your guests like spicy food)

Salt

Sour cream

Tortilla chips

Holding the avocado in the cup of the hand, split the avocado in half lengthwise and remove the seed. Finely dice the avocado in its shell by cutting in 3 orthogonal directions with a dinner knife. Scoop the avocado out of the skin with a spoon. Use the back of a wooden spoon to mash the avocado in a bowl. Sprinkle with lime or lemon juice. Stir in other ingredients except sour cream and tortilla chips. Add salt to taste.

Using a spatula, spread sour cream (not more than one Tablespoon per avocado) to cover the surface. Then cover with plastic wrap, pressing out the air. Refrigerate up to a few hours. When ready to serve, stir in the sour cream.

(adapted from Joy of Cooking 1974 page 60 and Rosa Mexicano Restaurant, New York, April 2006)