



Guacamole

Recipe Source: Dimitra Alfred, Kitchen Specialist, Stanmore Public School

From the Garden: tomatoes, onion, coriander, lime

Equipment	Ingredients
2 x 1 cup Metric measures	1 large or two small ripe red tomatoes
½ teaspoon measure	¼ white or brown onion
Citrus juicer	6 stems (including leaves) fresh coriander
Potato masher	3 large or 4 small firm ripe avocados
Large mixing bowl	1 lime
Flexible spatula	½ teaspoon salt, or to taste
1 dessert spoon	¼ small chilli (the guacamole will have a very mild heat, for more heat, add more chilli)
3 medium bowls	
Four serving bowls	
Four small serving spoons	
**Extra equipment (wait for Ms Dimitra to ask you to get these):	
<ul style="list-style-type: none">• 1x cook's or chef's knife• 1x chopping board• 1x rubber mat• 2-3 small preparation bowls	

Method

Make sure all your ingredients are measured and prepared before starting

1. Set up the board, rubber mat, knife, a few preparation bowls and compost bucket before you start.
2. Use the **bridge cut technique** to cut the lime in half; set aside.

3. Use the **bridge cut technique** to cut the tomatoes in half. Use the bear claw technique to finely chop the tomatoes; set aside.
4. Use the **bridge cut technique** to finely chop the onion; set aside.
5. Trim any thick tough stems from the coriander. Wash the coriander and pat dry with a tea towel.
6. Use the **rock and chop technique** to chop the fresh coriander; set aside.

To prepare the avocado:

7. Use the **bridge cut technique** to cut to the centre of the avocado then run the knife around the centre seed and twist to reveal the two halves. Cut avocado in half again (now it will be in quarters), and remove the seed from the centre. Use a spoon to scoop out the flesh into the large bowl. Place the skin into the compost.

To prepare the chilli:

Have an adult prepare the chilli for you. Always wear rubber gloves when preparing chilli as the cut surface can cause irritation. Wash hands, gloves, board and knife in warm soapy water after use.

8. Use the **rock and chop technique** to finely chop the chilli.

Finishing the Guacamole:

9. Use the citrus juicer to juice the lime.
10. Use the teaspoon measure to measure 1 teaspoon lime juice into the large bowl. Pour the remaining leftover lime juice into a jar and store in the fridge for another use.
11. Use the potato masher to mash the avocado into a rough paste.
12. With the flexible spatula, clean all the avocado off the potato masher and place the masher at the sink to be washed up.
13. Now add the tomato, onion, coriander, chilli and salt to the avocado in the bowl.
14. Use the flexible spatula to mix it all together. Taste and check if the Guacamole needs more salt or lime juice.
15. Serve the Guacomole with tacos, nachos, tortillas or corn chips!