

Cinco de Mayo!

May 5, 2020 | CHEF VEE, COOKING SCHOOL HEAD CHEF



Cinco de Mayo is a time where food of Mexico is celebrated in the states more than any other day! We love our guacamole, margaritas and tacos! With every region in Mexico the recipe changes slightly with ingredients, as family recipes are passed down from old traditions. Today I want to share my family's guacamole recipe, because let's face it, no fiesta is a fiesta without the guac and chips!!

Here is what I used...

- 2 ripe avocados
- ¼ onion – cut into small dice
- 1 jalapeno – cut into small dice
- ¼ cup of cilantro – mince very fine
- Juice of 1 whole lime
- 1 tomato – cut into small dice
- 1 tablespoon of whole milk
- Salt to taste

The vessel you see in the picture is called a "molecajete" it's a mortar and pestle made of rock and used to make guacamole and salsas in its most natural form. If you don't have a molcajete or mortar and pestle no worries, a good ole fork will do the trick just as good.

In a large bowl add in your avocados, now you can pre-cut the avocado into cubes or with a spoon scoop out the avocado into your bowl. Add in diced onion, jalapeno and cilantro. If you like heat but don't love it. Cut your jalapeno in half and scoop out the seeds and ribs from the inside as all heat lives there. Here you can control the amount of heat your guacamole will have. With a fork mash up all the ingredients together. The reason we mash it together and not the avocado first, is because guacamole isn't meant to be smooth. The avocado should be chunky. For the tomatoes please cut in half and scoop out all the seeds and water from the middle. Only dice the skins of the tomato. Adding in all of the juices will water down the avocado.

Now add in the juice of the lime and stir in well, add in a pinch of salt and milk. Stir in well and give a taste. If you don't have all of the ingredients no worries, feel free to swap out any ingredients with what you have at home. Onions can swap out for any onion type, such as scallions or chives. Pomegranate's give a pop of color or red peppers. Really, add in what you have and create your own family recipe! Pair with your favorite chips or crackers!