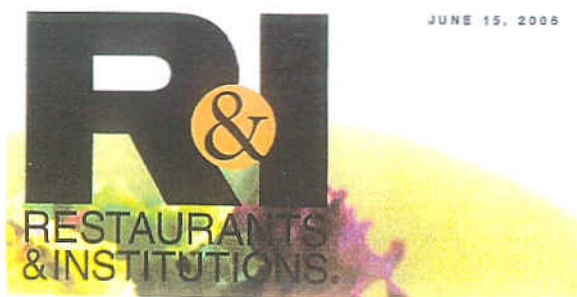


guac rocks



Consumption of avocados has more than doubled in the past decade and it's a safe bet that guacamole has helped the growth. Essential to Mexican menus, the glorious mash of avocados crosses segment borders into casual dining where it is served both as appetizer and sandwich topping.

Freshly made—increasingly from table-side carts—is most authentic, and the recipes that follow offer delicious differentiations. But prepared guacamole often fills the gap when house-made is not convenient. For operations that take the labor-saving route, ideas for customizing can be culled from the recipes as well.

Guacamole a la Mesa

Chef Anthony Lamas, Seviche, Louisville, Ky.
Yield: 4 servings

Avocados, peeled, mashed	2
Lime, juice only	1
Pico de gallo (recipe follows)	1/2 cup
Pickled-jalapeño mojo (recipe follows)	to taste

Combine avocados and juice of 1/2 lime. Add pico de gallo and pickled-jalapeño mojo. Mix well, adding more lime juice if desired.

Pico de Gallo

Tomato, seeded, diced	1
Red onion, minced	1
Cilantro, chopped	1 bunch
Lime juice	1/4 cup
Jalapeño chile, minced	1
Salt	to taste

Combine tomato, red onion, cilantro, lime juice, jalapeño in bowl. Season to taste with salt.

Pickled-Jalapeño Mojo

Garlic cloves, peeled, chopped	1/2 cup
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Cayenne pepper sauce	10 shakes
Pickled jalapeños, drained	2 cups
Olive oil	1 cup

Combine garlic, pepper sauce, jalapeños and oil.

Guacamole Sencillo

Chef-owner Rick Bayless,
Frontera Grill and Topolobampo, Chicago
Yield: 6 to 8 appetizer servings

Avocados, peeled, mashed	3
Garlic cloves, peeled, minced	2
Serrano chiles, minced	2
Cilantro (or, if available, <i>pipisa</i> or <i>pápalo</i>), chopped	2 Tbsp.
White onion, small, finely chopped	1
Salt	to taste
Lime juice	2 Tbsp.
Queso fresco, crumbled	garnish
Radish, thinly sliced, for garnish	1

Combine avocados with garlic and chiles. Add cilantro and onion; stir to combine. Taste and season with salt (usually about 1 tsp.) and lime juice. Garnish with queso fresco and radish slices.

Mango-Jicama Guacamole

Chef Patricio Sandoval,
Mercadito, New York City
Yield: 4 servings

Avocados, peeled, mashed	2
Tomatoes, seeded, finely diced	1 cup
Spanish onion, minced	1/2 cup
Jicama, peeled, diced	1/2 cup
Mango, peeled, diced	1/2 cup
Adobo sauce (from canned chipotles)	2 Tbsp.
Serrano chile, minced	1 Tbsp.
Cilantro, chopped	1 Tbsp.
Lime juice	1 Tbsp.
Salt	1 tsp.

Combine avocados, tomatoes, onion, jicama, mango, adobo sauce, chile, cilantro, lime juice and salt. Mix well.

Sala Guacamole

Executive Chef Graham Duncan,
Sala-Sabor de Mexico, Atlanta
Yield: 6 servings

Yellow onion, peeled, finely diced	1
Serrano chiles, chopped	5
Cilantro, chopped (reserving few unchopped sprigs for garnish)	1 bunch
Salt and pepper	to taste
Limes, juiced	3 plus
Avocados, peeled, mashed	6
Romaine lettuce leaves	as needed
Tomato, seeded, chopped	1

1. Combine onion, chiles and cilantro; add salt, pepper and juice of 3 limes. Mix in avocados, breaking chunks to desired consistency. Add additional lime juice to taste.
2. Place romaine on platter; top with guacamole. Garnish with tomato and reserved unchopped cilantro sprigs.

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