

ON THE TABLE

Nordic-style Guacamole

Prep Time: 10 min; Total Time: 10 minutes; Yield: 8 servings.

4 avocados peeled, seeded and mashed
1 tablespoon fresh lemon juice
1 tablespoon fresh dill, minced
1/2 cup sour cream
1 tablespoon chives, thinly sliced
1/2 teaspoon natural fine sea salt, or to taste

Gently combine all the ingredients and serve. Serve with thin rye crackers, cucumber rounds and sliced red bell peppers or with steamed baby potatoes.

English-style Guacamole

Prep Time: 10 min; Total Time: 10 minutes; Yield: 4 servings.

2 avocados peeled, seeded and mashed
1 1/2 tablespoons malt vinegar
1/2 teaspoon Worcestershire sauce
1/2 teaspoon natural sea salt, or to taste
1/2 cup shelled, fresh English peas, if not available, substitute thawed frozen peas

In a bowl, gently combine avocados, vinegar, and Worcestershire. Salt to taste reserving a few flakes. Top with peas and reserved salt and serve immediately, preferably with fish and chips!

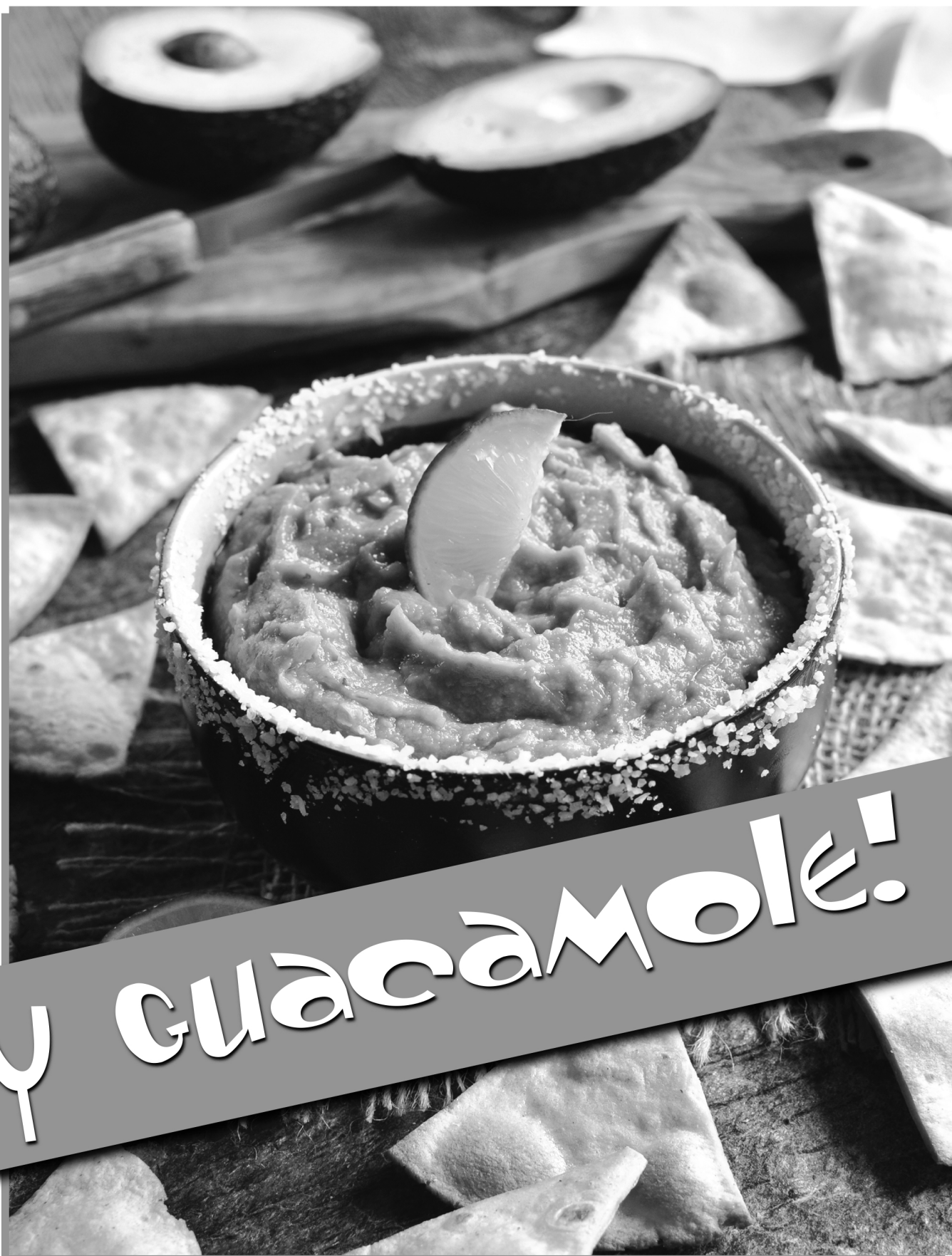
Wholly Guacamole!

Spirited Spanish-style Guacamole

Prep Time: 5 min; Cook Time: 5 min; Total Time: 10 minutes; Yield: 4 servings.

4 avocados, seeded and peeled
2 tablespoons fresh lime juice
1 tablespoon fresh orange juice
3 tablespoons good quality tequila
2 cloves garlic, minced
1 small red onion, minced
1 serrano pepper, minced (optional)
finely chopped cilantro (optional)
1 teaspoon natural fine sea salt
1/2 teaspoon black pepper

In a bowl, mash avocados with lime juice, orange juice, and tequila, leaving chunks of avocado if you like guacamole with texture. Add garlic, onion, serrano, cilantro, salt, and pepper, seasoning to taste. Serve with tortilla chips or your favorite dipper.



Celebrate Cinco de Mayo – or any day – with a cool and flavorful dip that is wholly guacamole! **Photographer: Laura Kurella**

Pronounced (in America) as “guack-a-mow-lay” or just “guack,” guacamole is the perfect dish to serve on Cinco de Mayo.

With archeological evidence indicating that avocado trees were cultivated as early as 750 B.C., it should come as no surprise that guacamole dates back to the 16th century Aztecs, who developed it, and gave it its name. Coming from the Aztec word, ahuaca-mulli, which literally translates into “avocado sauce” or “concoction.”

With centuries doing little to change its recipe or its ingredients, which has traditionally been made by combining tomatoes, onions and avocados and then mashing them together, we can thank the Spanish for bringing the idea back to Spain, from the Aztec natives.

Changing it up a bit to give it a more modern name, the Spanish turned “ahuacatl” into “aguacate,” which then gradually changed into “avocado” which caused “ahuaca-mulli” to become “guacamole.”

Boasting a clean, fresh aroma and a flavor-filled, refreshing taste, it should also come as no surprise that guacamole grew to become a dish that is loved internationally, with other cultures putting its own spin on this oh-so-delicious dip!

The biggest issue most have with making guacamole is

that ripe avocados tend to quickly turn brown. This is because avocados naturally contain polyphenol oxidase which, when exposed to air causes an enzymatic reaction that causes the meat of the avocado to turn brown. Since it is the air that is the problem, browning can be greatly

diminished by protecting the surface area of your guacamole from being exposed to air. A glass plate pressed against the surface of your dip will offer the best protection because air can permeate plastic wrap.

Vitamin C can also help retard oxidation, so adding in some fresh lime juice to your guacamole will not only give it an extra oomph of flavor but also slow down its browning, too!

Today’s guacamole deserves to be served with freshly-made chips, which is more flavorful, economical and easily done with soft corn or flour tortillas.

Using a knife or scissors, cut into triangles then spread out on a baking sheet. Spray with cooking spray then bake in a 375-degree oven until desired doneness. Alternately, place triangles in an air fryer or conventional fryer and cook till they

are as crisp as you like! Here now are some worldly ways to go wholly guacamole. Enjoy!



Laura Kurella

