

# Avocado Mash



## A Taste of *The Café* AT THE FRICK

*Serves:* Yields 2 cups

*Prep Time:* 20 minutes

### *Ingredients*

4 ripe \*avocados, soft to the touch  
1 small red onion, diced  
2 teaspoons minced jalapenos  
1 tablespoon chopped cilantro  
4 cloves garlic, grated or in a garlic press  
1/4 cup lime juice  
2 teaspoons salt

### *Procedure*

Cut avocados in half and, with a large serving spoon, scoop out the avocado pulp into a large mixing bowl and discard the skins.

Mash the avocado with a potato masher until fairly chunky.

Add the remaining ingredients, mash a little more with the potato masher and then mix thoroughly with a spoon or spatula. Taste and add more salt if necessary.

Use immediately, or cover tightly with plastic wrap and remove as much air as possible to keep the mixture from turning brown. If you do get a brown layer, you can scrape it off and the rest of the mash will be fine. The mash will keep refrigerated for a couple of days.

\*Avocados bought in the late spring through the end of summer come from California and have less water content and more flavor and require less salt in the mixture. Avocados bought in the fall and winter come from South America and/or Mexico and are more watery and less flavorful and require more salt to bring out the avocado flavor. A good rule of thumb is to be conservative with the salt because you can always add more, but you can't take it back out. So always taste the mixture before serving for the right amount of seasoning.