

2014 N°30

Legendary Guacamole

My hubby almost got into a guacamole making contest with a complete stranger in a restaurant in New York.

He would have won.

Here's his recipe.

Ingredients for 4 people

4 very ripe avocados. They should be evenly soft – no super soft patches and no discoloured skin patches.

4 cloves of garlic and half a small red chilli, preferably squeezed through a garlic press, or finely chopped if you don't have a press.

The juice of 1 lime and 1 lemon

1 generous teaspoon of smoked paprika

about ¼ teaspoon freshly ground coriander seed.

salt and pepper to taste

What to do. Roughly speaking:

Halve the avocados, remove the stones and keep 1 of the stones.

Scoop the avocado flesh into a bowl, add half the juice and all the other ingredients. Mash well with a fork; really legendary guacamole is slightly lumpy, not smooth and slimy.

If it's too hard to mix, add a little more juice.

Taste it and adjust the seasoning.

Serve immediately as a starter with crisps or tortilla chips, or as a side dish with fish tacos (recipe 15) or chicken fajitas (recipe 24).

Very cold Mexican beer and a shot of good tequila are also good companions.

If you want to store it in the fridge place the spare stone in the centre – this will stop it from going brown – and cover tightly with cling film.



About Kay's Essex Road Recipes.

I improvise recipes based on what looks good in my local shops. Living just around the corner from 4 of London's best food shops; **Steve Hatt** the fishmonger, **The Market Garden** greengrocers, **James Elliott** the butcher and **Raab's** Bakery, it's easy to be inspired. Throughout 2014 I plan to share a recipe a week. Once you get the hang of it, you can start to improvise your own menus.

These recipe cards are old school and limited edition; only available on paper in the shops, and in our splendid local pub, **The New Rose**. At the end of the year, though, you'll be able to order a special edition full set of about 50 recipes online via frogandbison.com – check in there later in the year for more information.

All recipes are for about 4 people. They're not written for complete beginners; I'm assuming that you know a little bit about cooking so I've been approximate and poetic with measurements, times, weights and instructions. I hope you get the idea, and go on to improvise your own Essex Road recipes.

Most of the other ingredients, including spices and oils, are available from the convenience stores between the New Rose and Raab's. Pasta, risotto rice and really good oils and wines are to be found in **Saponara** on Prebend Street which also serves the best fresh pasta and pizza in the neighbourhood.

You need never visit a supermarket again. . .

If you have any suggestions or comments I'd love to hear them. You can leave them on the facebook page (Kay's Essex Road Recipes) or, in the spirit of the thing, write me a note and leave it in one of the shops. Kay