

Copyright: Alex, 2015-2016, FOODS

“Live Guacamole!”

Ingredients

1. 2 ripe Hass avocados (how do you know if they are ripe?) **MASH**
2. 1 roma tomato **DICE**
3. Bunch of cilantro ***punch first, then mince***
4. Jalapeno (optional) **JULIENNE, then DICE**
5. Garlic (optional) **MINCE**
6. ¼ of an onion **MINCE**
7. ½ lime ***roll lime on cutting board then squeeze!***
8. Sea salt and ground pepper to taste

Directions

USE THE CLAW!

Wash all produce!

1. Cut avocados in half; take out the pit, mash with fork (1 person can be doing this)
2. Cut roma tomato in half, place the (juice side of tomato on cutting board) then cube, then **dice** into smaller pieces.
3. Wash cilantro, punch cilantro, then **mince!**
4. Cut jalapeno in half, take out seeds!!!, cut in sticks (julienne) and then dice.
5. **Mince** garlic.
6. **Dice** onion, then mince.
7. Roll the lime, squeeze!
8. Sea salt and ground pepper to taste ...don't over salt or it will have a salty, poor taste.
9. Mix/mash together.
10. Enjoy with chips!

Knife Skills WEDNESDAY

1. Show video (5 minutes)
2. Go over worksheet/demo (salsa/guac) (15 minutes)
3. Close read recipes (5 minutes)
4. Lab plan!