

Guacamole

Description:

Yield: 1 KG

Categories: Accompaniments

Cost Per Kilo	
\$	5.99

Action **Date** **Initials**
 Created: 8/1/2012 CR
 Revised:



Amount	Measure	Ingredient	Preparation Method	Product No.
0.128	kg	Red onions	minced	20-100000838
0.145	kg	Tomato concasse	see recipe	50-100000103
0.015	kg	Jalapeno peppers	seeded, minced	20-100000873
0.006	kg	Cilantro	chopped	20-100000883
0.100	lt	Lime juice		20-100001385
1.685	kg	Avocado		20-100000762
0.025	kg	Salt		20-100001323
0.005	kg	Black pepper		20-100001295

Method of Preparation:

- Put the onions, tomatoes, jalapenos, cilantro and lime juice together.
- Peel the avocados, cut roughly into a medium dice.
- Combine the avocados with the rest of the ingredients and mix well, smashing the avocados a little to form a rough paste.
- Adjust seasoning with salt and pepper