




# Guacamole

## Ingredients:

AVOCADOS	1 KG	SALT
JUICE OF 1 LEMON		PEPPER
TOMATO QUARTERS	300 G	
OLIVE OIL		

	Ingredients	Weight	Action	Heat setting 	Speed 	Time 	Lid opening	Comments
<b>1</b>	<b>Avocados</b>	1 kg	Put in cold bowl	-	1,500 rpm pulse	4 pulses	Open	
	<b>Lemon juice</b>	1						
	<b>Olive oil</b>	-						
	<b>Salt</b>	-						
	<b>Pepper</b>	-						
<b>2</b>				-	1,000 rpm	20 sec		
<b>3</b>	<b>Tomatoes cut in cubes</b>		Add	-	-300 rpm R-Mix	30 sec		Taste and adjust seasoning



### CHEF'S TIP

The preparation must be covered with ClingFilm as soon as it comes into contact with the air to prevent oxidation.

Add Tabasco sauce if you want it to be spicier.