

DOC'S GUAC

As you may or may not have been able to tell, I have been trying to expand my palate into Mexican food. I can pretty much guarantee that anything I have made has strayed far from what could be considered traditional, but it still TASTES FANTASTIC!!! Anyways, for some reason, I have been staying away from Guacamole until, I think it was last week, I decided !!@# it! Lets give it a try! And I am glad I did. In fact, I am making it again this weekend!

20210806 (Friday) – A slight change on this. Well, not a change but an option. It all has to do with the tommies and the jallies... Read on!!!

INGREDIENTS

<u>Qty.</u>	<u>Unit</u>	<u>Item</u>
~9	Oz.	Tomatillos
2	-----	Mediumish Roma Tomatoes
4	-----	Avocados
3	oz	Jalapenos
1	-----	Jumbo Shallot
2	-----	Decent sized Garlic Cloves
1	-----	Medium lime
1	Small Bunch	Fresh Cilantro
AR	-----	Light Olive Oil
AR	-----	Extra Virgin Olive Oil
AR	-----	Kosher Salt
AR	-----	Fresh Ground Black Pepper
AR	-----	Accent
AR	-----	Pinot Grigio

I have had mixed luck with tomatillos. Sometimes they have large ones, sometimes they only have small ones. Go by weight!

I don't think I have the knack for picking out good avocados, so use your instincts. When ripe, they should give a little when gently squeezed in your palm

3 oz of jalapenos works out to about 3 or 4 smalls

Shallots are another I have mixed luck with. Martin's generally has some nice jumbos, but last time I was there, they did not. I happen to have one in the fridge and it weighs 4.8 oz. Going by the label on the bag, the weight of 4 was 1.180 lbs which works out to 4.6 oz per jumbo shallot on average

SPECIAL TOOLS

- Paper lunch bags [i]

PREPARATION

COUPLE / FEW DAYS BEFORE

- 1) Brush off any dirt or debris, but don't rinse
- 2) Place the avocados in the paper lunch bags, no more than two avocados to a bag
- 3) Roll the tops of the bags down so they are "sealed" and secure with a binder clip. Set aside on the counter, but away from any heat source, until ripe. Check once a day, it might be a couple / few days (I need to run an experiment on this one of these days)

DAY OF

- 1) Husk the tomatillos and thoroughly rinse the fruit [ii]
- 2) Rinse the Romas, shallots, and jallies
- 3) Preheat your oven to 450 deg. F [iii]
- 4) Grease (kinda generously) with LVO
- 5) De-stem and slice the jalapenos in half and place in a glass bowl. DO NOT REMOVE THE SEEDS OR RIBS!!!
- 6) Slice tomatillos in half and place in glass bowl
- 7) Peel the two cloves of garlic and place in glass bowl
- 8) Toss the veggies in glass bowl with a generous amount of EVO (but not TOO much!)
- 9) Place the veggies in the ¼ sheet pan, cut side down
- 10) When the oven is at temperature, inset the ¼ sheet pan. Roast until the skins become a nice dark brown. This should take around 25 minutes
 - a. OK, side note here, and this all depends on what you want. If you want a bright green guac, only roast until the skins just start becoming brown. If you want a fuller, more... "UMAMI" flavor, roast until nice and deep brown. IF you are looking for just a bit more fuller flavor, but at the expense of an even browner guac, deglaze the pan with Pinot Grigio and scrape with a flat edge wood spoon to get all that fond goodness up and into the guac mix. May not look great, sure is tasty!!!
- 11) While that is going, prep your remaining ingredients
- 12) Remove the paper from the shallot, small dice, and set aside
- 13) Degunk, deseed, and small dice the Romas and set aside
- 14) Juice the lime, but do not zest, and set the juice aside
- 15) Rinse the cilantro and remove any funky bits
- 16) Fine chop the cilantro (stems too!)
- 17) Set ¼ cup of cilantro aside for immediate use and store the rest
- 18) When the tommies and jallies are done, pull from the oven and let cool for 5 minutes or until handleable
- 19) Put in a blender and blend until coarsely smooth (if that makes sense)
- 20) Rinse the avocados and pat dry
- 21) For each avocado
 - a. Slice in half and remove the pit
 - b. Score the meat down to, but not through, the skin
 - c. Turn it inside out over a clean glass bowl and scrape out the meat
- 22) Mash the avocados with a fork to a somewhat chunky consistency

- 23) Gently fold in the blended tommies and jallies
- 24) Gently fold in the tomatoes, shallots, lime juice, and cilantro
- 25) Lightly sprinkle Accent over the top of the guac
- 26) Salt and fresh ground pepper to taste, gently folding into the guac
- 27) Serve as a dip, put into other dishes, but whatever you do...
- 28) ENJOY!!!

CLOSING THOUGHTS

This one was another nice surprise. They (you know, THEM) say you should eat it as soon as possible because it oxidizes and browns quickly, but I had this as leftovers the next day and it still looked good and tasted GREAT! That might have something to do with the acid this version. Vac sealing is also supposed to do a pretty good job preserving it

NOTES

- i. Yes, I put paper bag under special equipment. I just get the feeling that most households will not have these around these days
- ii. They (you know, them) say that tomatillos have some sort of resin on the skin of the fruit and it is recommended to rinse it off
- iii. You toaster oven might work for this too. I used my Breville Smart oven and it worked out great!

PICTURES
