

Guacamole avocado cream

A common sight in Sóller: the avocado tree, and a normal sound: the avocados plop to the ground in the wind and almost like the egg hunt at Easter, the delicacies are ferreted out.

Pureed, the avocado cream can be wonderfully frozen (without ingredients) and tastes wonderfully fresh again after defrosting.

Preparation time: 10 min. · Level of difficulty: very easy ·

Quantity

4 S.

Ingredients

1 piece Ripe avocado
150 g Cream cheese
1 tsp Fresh lemon juice
1 tsp Flower sea salt
1 pinch Foc spicy olive oil
1 tsp Agave syrup
1 tsp Capers

Preparation

Guacamole simple & mild:

- one fully ripe avocado
- 1 tsp lime or lemon juice
- sea salt, ground black pepper, a dash of agave syrup

Cut the avocado in half crosswise, remove the stone with a spoon, then scoop out the shell halves and put the avocado flesh into the blender. Quickly add the lemon juice and blend to keep the cream nice and green.

Add the rest of the ingredients and blend until creamy. Super delicious with Quelitas (salty biscuits) or Quely Bread Sticks. Add agave syrup & capers if desired.

Guacamole with dried tomato:

- one fully ripe avocado
- 3-4 dried tomatoes (in oil also works)
- 2 spring onions
- 1 tsp lime or lemon juice
- Sea salt, pepper, a little agave syrup

Chop the dried tomatoes into small pieces (if using tomatoes without oil, briefly pour a little hot water over them and leave to infuse for about 5 minutes). Blend all the ingredients together in a blender until creamy. First add the tomatoes, then the spring onions and finally the avocado with the citrus juice.

Mexican guacamole

- three ripe avocados
- 1 tomato
- 1 red onion
- 1 clove of garlic
- juice of one lime
- 2 tablespoons coriander leaves
- Sea salt, pepper
- Foc (hot olive oil with Pebre chilli from Mallorca) or chilli powder

Mash the avocados with a fork, immediately stir in the lime juice, then chop all the other ingredients with a knife and mix well with the avocado cream. Serve with nachos or as a dip.