

Guacamole

Where LCHF cooking is concerned, avocados are an essential staple ingredient, full of fat and flavour and adding a wonderful richness to dishes.

Serves 6-8
Prep time 15 minutes
Carb count 0.1 g (per tbsp)

EQUIPMENT

Chopping board, knife, mixing bowl, or a hand or jug blender (if doing the purée method)

INGREDIENTS

3 ripe avocados
 1 red chilli, finely chopped (de-seed it for less heat)
 juice of 2 limes
 25 g (2 tbsp) chopped fresh coriander
 ½ clove garlic, grated
 salt and pepper to taste
 30 ml (2 tbsp) extra-virgin olive oil (or 60 ml [4 tbsp] for a smoother, purée-style guacamole)
 30 ml (2 tbsp) water (for a smoother, purée-style guacamole)

METHOD

If making the guacamole by hand, start by chopping the avocados as small or as large as you like. Add the remaining ingredients and season to taste. It will keep for 1-2 days only.

I like a refined, purée consistency to my guacamole, almost like an avocado aioli. To do this, begin by blitzing the avocado in the food processor with all the ingredients except the oil. When the mixture is smooth and mixing nicely, start pouring the oil into the moving mixture in the style of making a mayonnaise; the resultant purée will be smooth, thick and incredible. Give it a go, we love it!

Tomato salsa

In summer, instead of cooking the salsa I leave the combined ingredients, covered, outside in direct sunlight for an hour before I need them; the sun's heat takes the rawness out of the veggies without destroying their vibrant flavour or texture.

Serves 3-4
Prep time 15 minutes
Cooking time 20 minutes, plus 15 minutes standing time
Carb count 0.4 g (per tbsp)

EQUIPMENT

Chopping board, knife, mixing bowl (not aluminium), pot

INGREDIENTS

2 ripe tomatoes, diced
 1 red onion, diced
 ¼ clove garlic
 15 g (1 tbsp) chopped fresh coriander
 juice of 2 limes
 1 capsicum (colour of your preference), diced
 1 spring onion, finely sliced
 1-2 (depending on preference) chillies, de-seeded and finely chopped
 15 ml (1 tbsp) vinegar
 20 ml (2 tbsp) extra-virgin olive oil
 celery salt (optional), to taste
 salt and pepper to taste

METHOD

Mix all the ingredients together in the bowl to allow the salt and vinegar to draw liquid from the salsa. After 15 minutes, strain the liquid into the pot with about one-quarter of the mixture. Bring to the boil and simmer for 10 minutes, until it has reduced considerably. This step activates the natural pectin in the tomato. Once the cooked mixture has cooled, stir it through the remaining salsa and refrigerate. The pectin will help to thicken the salsa. Keep refrigerated for up to 1 week.