

Guacamole

1 large bowl

■ 4 ripe avocados, 1 soft red onion, 1 clove of garlic, 2 small tomatoes, 1/2 juice of lemon, 2 tablespoons of chopped coriander, 1 dessertspoon of paprika, 1 dessertspoon of caraway powder, some drops of tabasco, 1 tablespoon of Worcestershire sauce, salt and pepper, and 2 tablespoons of olive oil (optional).

■ Wash tomatoes, remove the pips and the skin by scalding them, and cross in small dice. Peel and cut onions, peel and press garlic. Recover the pulp of avocados.

■ Crush avocados with a fork, and with the other ingredients. Taste, add salt and pepper, and reserve in the fridge during one hour.

