

Guacamole recipe

(Serves 4)

Prep time: 15 mins

Cooking time: N/A

Key local ingredients: avocado and limes

Key skills: following recipes, cutting and knife skills, mixing, blending



Equipment

- Chopping board
- Sharp knife
- Mixing bowl
- Hand blender, potato masher or fork

Ingredients

- 1 large ripe tomato
- 3 ripe avocados
- juice 1 large lime
- 1 small red onion
- 1 mild green chilli (optional)

Method

1. Use a knife to finely chop the tomato and tip into a bowl.
2. Cut the avocados in half and remove the stone.
3. Chop the avocado into small pieces and add to the tomato.
4. Deseed the chilli (if using) and finely chop it.
5. Finely chop the onion and add to the other ingredients.
6. Use a hand blender, potato masher or fork to mash up the mixture.
7. Your guacamole is ready to serve immediately and goes very nicely with tortilla chips and sour cream.

Refried beans and tortillas recipe

(Serves 4)

Prep time: 15 mins (refried beans) + 10 mins tortillas

Cooking time: 5 mins (refried beans) + 5 mins tortillas

Key local ingredients: Pinto or black beans and corn or wheat

Key skills: following recipes, measuring and weighing, cutting and knife skills, mixing, blending, heating, kneading, assembling



Equipment

- Chopping board
- Sharp knife
- Sharp scissors
- 2 frying pans (one large, one small)
- Spatula
- Mixing bowl
- Hand blender

Ingredients

Refried beans:

- 2 garlic cloves, finely chopped
- 1 tsp cumin seeds
- 400g can pinto or kidney beans, rinsed and drained
- 2 tsp smoked paprika
- 250g streaky bacon

Tortillas:

- 400g self-raising flour
- 1/2 tsp salt
- 300ml warm water
- 3 tablespoons olive oil

Method

Refried beans:

1. Finely chop the onion and garlic and set to one side.
2. Use the scissors to chop the bacon into small pieces. Fry it in oil in a large frying pan over a medium heat for 2 minutes, turning the bacon with a spatula.
3. Add the onion and garlic and fry for 2 further minutes.
4. Add the cumin and continue to cook for 1 minute.
5. Rinse and add the beans with the paprika and a little water, then heat for 1–2 minutes.
6. Bring the mixture off the heat and pour into a bowl. Use a handheld blender to pulp the mixture until it has a creamy texture.