

Tapena

GRAB A FORK



Catalan Guacamole

Guacamole a la Catalana

Ingredients:

- 2 small garlic cloves, chopped
- 2 best-quality oil-packed anchovy fillets, drained and chopped
- 3 Tbsp minced fresh flat-leaf parsley
- 1 large pinch of coarse salt (kosher or sea)
- 1 1/2 Tbsp fragrant extra-virgin olive oil
- 1 Tbsp sherry vinegar, preferably aged
- 2 Tbsp fresh lemon juice, or more to taste
- 2 small ripe Hass avocados, pitted and diced
- 1 small ripe plum tomato, cut in half and grated on a box grater, skin discarded
- Toasted or grilled country bread, for serving

Directions:

Place the garlic, anchovies, parsley, and salt in a mortar and, using a pestle, mash them into a paste. Whisk in the olive oil, vinegar, and lemon juice. Set the dressing aside.

Place the avocados in a bowl and, using a fork, mash them until completely smooth. Stir in the tomato and the dressing, taste for seasoning, adding more lemon juice as necessary. Let the spread stand for 15 to 20 minutes for the flavors to meld, then serve with toasted or grilled bread. Makes about 1 1/2 cups.