Year 5 Cooking Knowledge Organiser

**Guacamole**

Ingredients

Serves 4

* 1 spring onion
* 1 x 15ml spoon bottled/fresh lemon juice
* 1 ripe avocado
* 100ml low-fat natural yoghurt
* Ground black pepper (optional)

Equipment:

* Chopping board
* Sharp knife
* Measuring spoons
* Small bowl
* Dessert spoon
* Fork
* Plastic cups/serving dish
* Cling film

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| Method  1. Wash, top and tail then finely chop the spring onion.  2. Cut the avocado in half down the long side using a sharp knife  3. Twist and separate the two halves. Remove the stone using a spoon. Cut each half into 2 pieces.  4. Spoon out the flesh and put in a small bowl, immediately add 5ml spoon of the lemon juice.  5. Mash up the avocado using a fork until it is smooth.  6. Stir in the yoghurt and spring onion.  7. Season with black pepper (if using).  8. Put the mixture into a plastic cup or small serving dish (if at home).  9. Taste and enjoy! Take the rest home to share with your family. |

Challenge

**What foods would you use to dip into your guacamole?**

Vocabulary

Guacamole (G’wak-a-mol-e) a Mexican dip made with avocados.

Mash – to reduce (food or other substance) to a soft mass by crushing it.

Season – add salt, herbs, pepper, or other spices to food.