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# Grilled Doc’s “Guac”

3 Ripe **Avocados**

**Sea salt to taste**

1 + ½ **Limes**

1 **Orange**

2 Tbsp. of **Red Onion**

2 Tbsp. **Fresh Chopped Cilantro**

6 Tbsp. **Roma Tomatoes**

6 Tbsp. **Serrano / Anaheim Peppers**

2 Tbsp. Chipotle Tabasco Sauce

Serving Day

* Heat your Grill to 350 degrees
* Wash **Limes**, **Oranges**, **Cilantro**, **Tomatoes**, **Peppers**
* Chop **Red Onion**, **Cilantro**
* Slice **Avocados** in half, remove pit
* Slice **Limes** and **Oranges** in half
* Grill Halved **Avocados**, **Roma Tomatoes** until slightly charred – approx. 4 min. per side
* Remove from grill to cutting board, & let cool
* To prepare, use a Tbsp and large bowl, or Mortar and pestle
* Spoon out **Avocados**, and lightly mash
* Chop roasted **Roma Tomatoes** fine, eliminate as much juice as possible, and add to mixture
* Add chopped **Red Onion** and chopped **Cilantro**
* Slice open **Peppers**, remove seeds, finely chop and add to mixture
* Squeeze juice of **Lime** halves and **Orange halves into mixture**
* Fold entire mixture gently together
* Wrap bowl and refrigerate for 1 hour to let flavours permeate
* Serve with crispy tortillas

## Serrano Peppers Anaheim Chile Pepper

 

(Med. Heat – 25,000 SU) (Sweet Mild to Med. Heat – 2,500 SU)

**Ripe Avocados:**

**Description:** A ripe avocado is relatively firm, but will yield to gentle pressure when held in the palm of the hand and squeezed. Color cannot always be trusted to determine whether or not an avocado is ripe. Indeed, the squeeze test is the most accurate.

 