

PREPARATION FOR PRACTICAL

Hygiene – Aprons, Hair, Hands, Surfaces

Ingredients

- 2 ripe avocados, roughly dice
- ¼ red onion, finely dice
- handful coriander, finely chopped
- 1 lime, juice only
- 1 red chilli, finely slice (optional)

For the crudités

- 1 large carrot, Julienne - cut into finger-length sticks
- 1 celery stalks, cut into finger-length sticks
- ½ cucumber, deseeded, cut into finger-length sticks

Equipment

- Medium size mixing bowl
- Fork
- Paring Knife
- Tablespoon, teaspoon
- Brown chopping board
- Colander
- Plate
- Scrap bowl
- Vegetable peeler
- Juicer



Guacamole & Crudités



Ingredients

- 2 ripe avocados, roughly dice
- ¼ red onion, finely dice
- handful coriander, finely chopped
- 1 lime, juice only
- 1 red chilli, finely slice (optional)

For the crudités

- 1 large carrot, Julienne - cut into finger-length sticks
- 1 celery stalks, cut into finger-length sticks
- ½ cucumber, deseeded, cut into finger-length sticks

Method

1. Wash vegetables and prepare avocado, red onion, coriander and chilli, juice lime.
2. Put the avocado in a medium mixing bowl and mash with a fork until almost all the avocado is smooth leaving a few chunkier pieces for texture.
3. Add the onion, coriander, red chilli and lime juice
4. Season with salt and pepper and mix together.
5. Prepare Crudites – wash carrot, cucumber and celery.
6. For cucumber cut in half – using claw method
7. Cut in 3 lengthwise – using bridge method
8. Place flat side down and slice lengthwise – using claw method.
9. For celery cut into 3 using claw method
10. Slice each piece lengthwise using claw method.



Carrot Method

11. Peel carrot (peel away from your hand)
12. Remove ends
13. Using claw method cut in half
14. Using claw method cut 1 side so edge of carrot is flat rather than curved.
15. Turn carrot so flat edge is now touching the chopping board, cut 2nd side flat.
16. Repeat two more times so your carrot is flat rather than round.
17. Using bridge method cut into 3/4 equal pieces
18. Turn and using claw cut into julienne rectangular pieces