

# New Age Guacamole very good

It's great to create surprise when serving food. Here the surprises are sweet corn kernels and chopped fresh water chestnuts, which add extra color, texture, and flavor. To retain the bright green of freshly made guacamole during hours of storage, add a paper-thin film of milk across the surface. Don't use lactose-free milk, because it's the lactic acid that prevents discoloration. Any type of milk, from non-fat to regular milk, that has lactic acid will work. Just before using, stir the guacamole to incorporate the milk. The milk will not discolor the guacamole or add any flavor.

$\frac{3}{4}$ cup mashed ripe avocado (about 1 medium)	1 tablespoon minced cilantro sprigs
$\frac{1}{2}$ cup chopped fresh water chestnuts or jicama	$\frac{1}{2}$ teaspoon finely minced garlic
1 ear white corn, husked	1 tablespoon fresh lemon juice, or to taste
2 tablespoons minced green onions, white and green parts	1 teaspoon Asian chile sauce
	$\frac{1}{4}$ teaspoon salt
	1 tablespoon milk, optional

## ADVANCE PREPARATION

In a mixing bowl, combine the avocado and water chestnuts or jicama. Standing the corn on one end, cut off all the kernels. Add the kernels to the avocado along with the remaining ingredients. Mix thoroughly. If doing this in advance, transfer to a small bowl, press the guacamole to firmly pack it, smooth the surface, and cover the surface with a tablespoon of milk. Press plastic wrap onto the surface of the guacamole and refrigerate for up to 12 hours. To use, stir the guacamole and serve. Makes  $1\frac{1}{2}$  cups.