

As Seen In May 2009

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**CHEF HENRY GONZALEZ**  
and his wife, Ana

PHOTOGRAPHY: TRINA GONZALEZ

## UPLAND **HOW TO MAKE GREAT GUACAMOLE**

If your guacamole lacks that certain something, Henry Gonzalez, chef-owner of Spaggi's in Upland, can help. On May 18, his monthly cooking class zooms in on guacamole, salsa, and Mexican food. Held at the restaurant for \$65 per person, Gonzalez says the classes are a great way "to really connect with people. I invite them into the kitchen and you build a nice relationship," he says. You also learn some tricks of the trade, like that knives are gender-sensitive. "A man chops harder and with more force than a woman does," Gonzalez says, and if he grabs a knife that isn't suited to his exuberance, the blade will wear out. You can't tolerate a slacker knife when the texture of guacamole or salsa depends on fresh ingredients being chopped uniformly. From there, tastes vary, but Gonzalez says, "Everything should be balanced with color and flavor." Guacamole recipes abound, but Gonzalez likes to start with high-quality fresh avocados, then add a little onion, cilantro, tomatoes, and sour cream. "We don't use mayonnaise, but you can put a squeeze of lime or lemon in it. I like to use lime because it carries the freshness a little longer," he says. Plus, if you dab guacamole on your tacos and squeeze fresh lime juice on top, the flavors blend. For information on Chef Henry's cooking classes, visit [www.spaggis.com](http://www.spaggis.com) or phone (909) 579-0497.

BY: TAMMY MINN

### Guacamole

- 8 ripe avocados, peeled and cut in half
- 4 ounces sour cream
- 1 vine-ripened tomato, finely diced
- 1/2 Maui onion, finely diced
- 4 cloves fresh garlic, super finely diced
- 1 lemon, squeezed
- 1 Jalapeno, finely diced
- 4 Serrano chiles, finely diced

Combine all ingredients, mix slowly in a mixer, allowing ingredients to blend thoroughly and avocados to break down to a dipping consistency. Add kosher salt and white pepper to taste.