

Guasacaca Sauce (Avocado Garlic Sauce)

Parrillada is a Venezuelan meal which includes a variety of meats that are grilled or barbecued. The Venezuelan version includes flank or skirt steak, hot links, yucca, plantains and guasacaca (avocado garlic sauce) is usually served at special occasions. Here is the recipe for the guasacaca we prepared on this episode.

Ingredients:

1. 2 large ripe avocados seeded (I use Haas)
2. ½ medium onion halved
3. 1 small green or yellow bell pepper seeded and quartered
4. 1-2 medium jalapeños stemmed and seeded
5. 1 cup fresh cilantro tightly packed
6. ½ cup fresh parsley tightly packed
7. 2 tablespoons vinegar
8. 3 tablespoon fresh lime juice (more to taste)
9. 1 tablespoon olive oil
10. ½ teaspoon kosher salt (more to taste)
11. ¼ teaspoon freshly ground black pepper

Instructions:

1. Combine all ingredients, but olive oil, in the food processor. Process until smooth.
2. Add olive oil and pulse a couple of times until the oil is fairly incorporated.
3. Taste and add more salt, pepper, lime juice or vinegar, if desired.