Guac Off! by Nathan Myers

A Gift!

Nathan Myers is a guacamole master. His recipes will have guac fans forgoing the chips and digging in with a spoon. With 30 recipes for classic, exotic and extreme guacamoles there is a guac to suit every occasion from the green chile-enhanced Brooktown Classic to the ultra-spicy Scarface Guac. Following the tenets of Sun Tzu's Art of War Myers sets the rules for holding a guac-off—the ultimate contest to see who reigns supreme in the world of guacamole—culminating in the victor being bestowed with a bottle of tequila. Guac Off! includes prize-winning recipes from past showdows a history of avocados plus a healthy dose of fun.

My Personal Review:
Guac Off! starts off with the kind of history I actually enjoy reading about: fascinating tidbits about the history of avocados, their use, and their advancement throughout the world and its cuisines. Next, Myers provides a guide to competitive guacamole-making, or guac offs, with all sorts of practical, handy, and over-the-top hilarious advice! Soon you'll be rounding up your friends to experiment with home-made variations in the backyard.

Finally, he delves into the important part of the book: recipes! The first chapter handles a few classic guac recipes and variations, including my favorite from this book: the mango guac. At first I wondered why it specifically has you mash the mango in with the avocado instead of leaving it chopped, but I quickly understood the point after tasting the delightful blend of flavors! The chapter of exotic guacs includes influences from around the world, such as one inspired by Asian flavors, and a French Guac with blue cheese. So far my favorite from this chapter is the artichoke guac, which includes marinated artichokes, toasted pine nuts, and feta, and is surprisingly delightful!

A chapter of extreme guacs adds unusual ingredients to guacamole such as marinated chicken, crab, shrimp, bacon, and so on, turning it into an entree rather than a side or appetizer. There's even a breakfast guac with hardboiled eggs, mayo, and bacon. Finally, a chapter entitled guacamole
road: the journey continues gives you some ideas of where to go next. It lists out a plethora of guacamole varieties that the author thinks would be fun to try (cherry guac? steak sauce guac?) to inspire your own experiments. Then it includes a few drinks to go with your guacamole tastings, such as margaritas, sangria, and tequila sunrise. Of course the book wouldn't be complete without a recipe for making your own tortilla chips, as well as chip alternatives, fresh salsa, and salsa verde.

Every recipe we tried from this book had a wonderfully-balanced blend of delicious flavors; it's just a matter of picking the ones that suit your tastes! I guarantee that after playing around with this cookbook, you'll no longer be afraid to come up with your own guacamole from scratch.

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