



THE WAY THE COOKIE CRUMBLES

A FOOD BLOG

Ultimate Seven-Layer Dip (from America's Test Kitchen Feed)

<http://www.americastestkitchenfeed.com/recipes/ultimate-seven-layer-dip/>

Serves 8 to 10

CI note: This recipe is usually served in a clear dish so you can see the layers. For a crowd, double the recipe and serve in a 13 by 9-inch glass baking dish. If you don't have time to make fresh guacamole as called for, simply mash 3 avocados with 3 tablespoons lime juice and ½ teaspoon salt.

This is exactly the original recipe. I made just a few small changes: Greek yogurt for the sour cream, cheddar for the pepper Jack, and I made a simple guacamole as described in Cook's Illustrated's note, above.

4 large tomatoes, cored, seeded, and chopped fine
2 jalapeño chiles, seeded and minced
3 tablespoons minced fresh cilantro
6 scallions, 2 minced and 4 with green parts sliced thin (white parts discarded)
2 tablespoons fresh lime juice plus 2 teaspoons, from 2 limes
¼ teaspoon salt
1 can black beans (16-ounces), drained but not rinsed
2 cloves minced garlic
¾ teaspoon chili powder
1½ cups sour cream
4 cups (16 ounces) shredded pepper Jack cheese
3 cups chunky guacamole
Tortilla chips for serving

1. Combine the tomatoes, jalapeños, cilantro, minced scallions, and 2 tablespoons lime juice in a medium bowl. Stir in ¼ teaspoon salt and let stand until the tomatoes begin to soften, about 30 minutes. Strain the mixture into a bowl and discard the liquid.
2. Pulse the black beans, garlic, remaining lime juice, chili powder, and remaining salt in the food processor until it resembles a chunky paste. Transfer to a bowl and wipe out the food processor. Pulse the sour cream and 2½ cups (10 ounces) of the cheese until smooth. Transfer to a separate bowl.
3. Spread the bean mixture evenly over the bottom of an 8-inch square glass baking dish or 1-quart glass bowl. Spread the sour cream mixture evenly over the bean layer, and sprinkle evenly with the remaining cheese. Spread the guacamole over the cheese and top with the tomato mixture. Sprinkle with the sliced scallions and serve with tortilla chips. (The dip can be refrigerated for up to 24 hours. Let the dip stand at room temperature for 1 hour before serving.)