

Coat 'em!

Check out these simple, sensational coatings that take Avocado Rings to a whole new level of flavor, texture and visual excitement all year, all across the menu. Just press on your chosen coating mixture and serve your coated rings in salads, sandwiches and more—or deep-fry to make your rings extra-crisp and golden outside and meltingly rich inside.



Spicy-Smoky
Peanut

Peanuts roasted with EVOO, smoked sweet paprika and cayenne (deep-fried)



Chocolate
Pecan

Pecans and crushed chocolate wafers toasted with oil & salt (served fresh)



Peppery
Pine Nut &
Dijon

Pine nuts toasted with EVOO, Dijon, pepper, mustard powder & mustard seeds (served fresh)



Crunchy
PB&J

Peanuts & peanut brittle toasted with honey, vegetable oil & salt; strawberry glaze (served fresh)



Buffalo
Pepita

Pepitas toasted with Buffalo Spice mix & Buffalo Sauce (deep-fried)

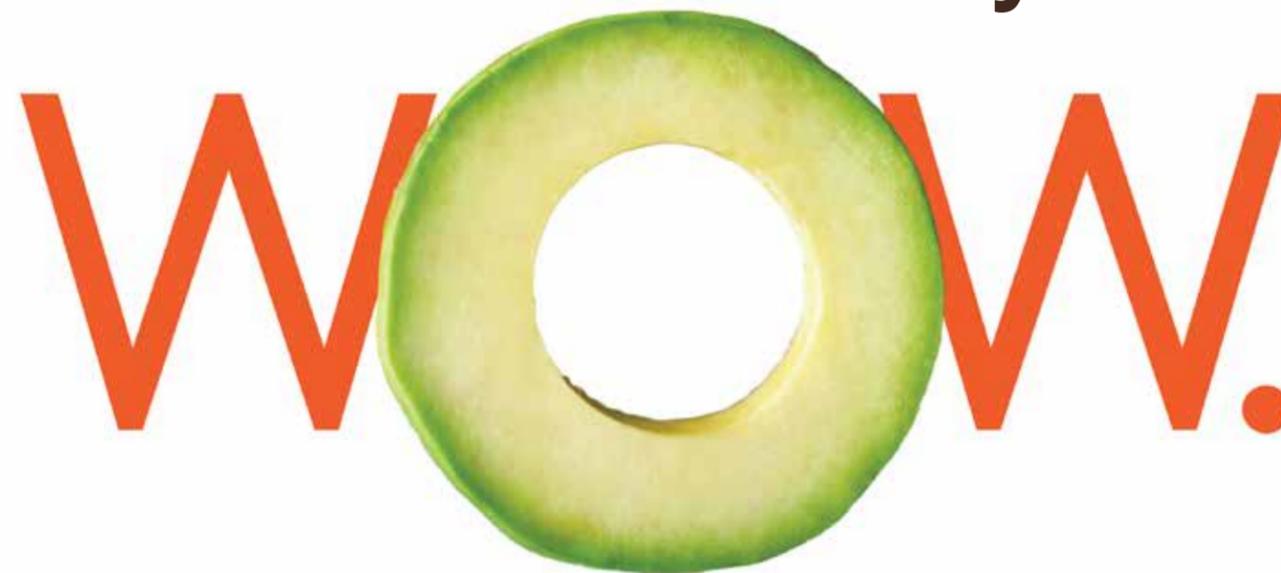
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ALWAYS
IN SEASON

Introducing Avocado Rings®

One simple technique.
A whole new way to



ALWAYS
IN SEASON

Sometimes innovation is as simple as looking at something familiar in a fresh new way. It's the wow of an idea that's been there all along, just waiting to be discovered. That's how the chefs at Avocados From Mexico felt when they hit on the idea of Avocado Rings—a simple, surprising way to take the beauty of avocados to a whole new level of cool.



Here's how to add the appeal, value and profit potential of this innovative cutting technique to your menu.



1.

Split:

Run a knife around the "equator" of an avocado, cutting through to the pit.



2.

Twist:

Holding the avocado in both hands, twist to separate it into two halves.



3.

Pit:

Wearing safety gloves, carefully strike the pit with the blade of a chef's knife, then twist the pit to remove it.



4.

Peel:

Use a paring knife to pull the skin away from the flesh.



5.

Slice:

With a sharp knife, slice the avocado into rings of the desired thickness. You can also use a mandoline or meat slicer to cut very thin slices. Save unused ends for other purposes, such as salads, sandwiches or guacamole.

Alternative slicing method:

If avocados are very ripe, peeling skin by pulling it away with a paring knife may be difficult. In that case, **SPLIT**, **TWIST** and **PIT** as directed above, then **SLICE** into rings, leaving the skin on. Then peel one ring at a time by inserting a paring knife directly under the skin and running the knife all the way around the underside of the skin to separate it from the flesh.



6.

Stack:

Stack slices and wrap in plastic wrap; refrigerate until ready to use.



7.

Plate!

Use Avocado Rings to top round items like burgers, crab cakes, bagels, biscuits, sliders, tortillas and more. Fill them with salads or sauces to serve as small plates and shared appetizers. Or use them to create spectacular salads, entrées, sandwiches, and more.



Why Avocado Rings?

- **Attractive:** A differentiating, innovative look for signature presentations
- **Value-adding:** Great plate coverage and perceived value
- **Convenient:** Prep in advance for plating to order
- **Consistent:** Ensures consistent plating, freshness and quality with every order
- **Healthy halo:** Adds a fresh green touch to any item