

More fresh ways to WOW...

Try these on-trend ideas with **Avocado Rings** that work all across the menu, all year long.

BREAKFAST & BRUNCH

BFY Bagel Top Top each half of a split, toasted bagel with an Avocado Ring and smoked salmon; garnished with shallots and microgreens. The Avocado Ring picks up the shape of the bagel, and provides a delicious alternative to cream cheese.

Avocado Bennie Biscuit Split a buttermilk biscuit and top each half with a slice of grilled ham and an Avocado Ring. Place a poached egg in the center of each ring. Drizzle with lemon-herb beurre blanc and garnish with snipped chives.

Bullseye Ranchero Brown a small flour tortilla topped with pepper-jack cheese on a griddle. Top with pico de gallo and a fried egg. Place an Avocado Ring over the egg so the yolk shows through. Serve with black beans and fried plantains.

SALADS

Caprese Tricolore (see photo) Layer Avocado Rings with sliced mozzarella, heirloom tomatoes and fresh basil. Drizzle with olive oil.

Cobb-o-Cado Thread a long wedge of romaine through three Avocado Rings, shingled like fallen dominoes; drizzle with buttermilk ranch dressing and sprinkle with chopped bacon and minced hard-cooked egg.

Avocarpaccio Thinly slice Avocado Rings. Arrange overlapping rings in a circle on a large plate. Place a citrus-dressed salad of arugula, roasted red

peppers and toasted pistachios in the center of the circle, and drizzle with mustard-Parmesan dressing.

Three-Ring Louie Place three Avocado Rings on rounds of toasted sour-dough cut the same size as the rings. Fill each ring with a mound of crab salad. Drizzle with Russian dressing and garnish with chopped hard-cooked egg and lemon wedges.

GARNISHES

Avocado Ramekin Fill a thick-cut Avocado Ring with a thick dipping sauce, such as sriracha mayo, aioli or blue cheese dressing; serve as an edible ramekin with fries, sandwiches, buffalo wings and more.

Ramen Topper Garnish ramen with an Avocado Ring with a vertically halved soft-cooked egg in the center of the ring.

Drinks Use smaller Avocado Rings to garnish everything from an avocado-based smoothie to a classic margarita, daiquiri or bloody Mary; just cut a small slice to hang the ring over the rim of the glass.

SMALL PLATES & MAINS

Avo-Causa Avocado Rings are a perfect fit for what's often called the national dish of Peru:

Press a layer of room-temperature mashed Yukon Gold potatoes flavored with lime juice into a ring mold. Top with an Avocado Ring, a layer of crab salad, a layer of lime-seasoned mashed purple potatoes and a second Avocado Ring. Garnish with chopped egg, minced olives, parsley and a drizzle of aji Amarillo sauce.

Ring of Fire Roll the outside edge of an Avocado Ring in a spicy rub of salt, smoked paprika and cayenne. Fill the ring with a jalapeño cream cheese mixture. Serve on a crisp corn tostada round, and garnish with multicolor tostada strips.

Robata-Cado Scallops Place sea scallops in the center of Avocado Rings and insert two parallel bamboo skewers into each ring to hold the scallops in place. Brush with oil and grill both sides. Drizzle with unagi sauce and garnish with salmon roe, black and white sesame seeds and lemon zest.

Beet It! Fill two Avocado Rings with mounds of beef tartare, one red and one golden (roasted beets, fine-diced and tossed with olive oil, mustard, capers, garlic, Worcestershire, lemon juice, minced anchovy, shallots and parsley). Garnish with grilled scallions and thin, oblong baguette crostini.

SANDWICHES

Porcado Slider Layer a split slider bun with an Avocado Ring, a grilled pork sausage patty, a dollop of lemon-caper mayo and baby greens.

The DLT Split and griddle a bacon donut. Layer with an Avocado Ring, a slice of heirloom tomato, baby greens and a spicy mayo made with minced bacon, hot sauce and chives.



Avocado Rings®

Recipes and menu ideas for a whole new way to **WOW.**



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The chefs at Avocados From Mexico proudly present a simple idea with spectacular possibilities. Introducing **Avocado Rings**—the fresh new way to round out your menu.



Avomaki

Sushi appeal meets avocado goodness in this fresh, fun appetizer. For 24 servings.

- 6 sheets Nori, toasted and cut into ½-inch pieces
- 72 Avocado Rings
- Crab Salad (recipe follows)
- 2 tbsp Tobiko (or red or golden caviar)
- 4 tbsp Wasabi paste
- 48 pieces Pickled ginger

CRAB SALAD

- ¾ cup Japanese-style mayonnaise (such as Kewpie)
- 1–3 tsp Wasabi paste
- 1 ½ lbs Cooked crab meat, chilled, patted dry

For each serving, wrap 1 nori strip around each of 3 rings. Use a second piece if needed to finish completing the wrap. Place rings onto serving plate. Fill center of each ring with ½ oz. Crab Salad, lightly press salad into ring to bring even with height of ring. Garnish each ring with ¼ teaspoon tobiko. Arrange ½ teaspoon wasabi and 2 pieces pickled ginger on the plate.

In a bowl, blend the mayonnaise with wasabi to taste. Fold in crab, mix to coat well. Refrigerate until needed.



Crispy Avocado Rings

Heads up, foodservice. There's a fresh new ring in the house. For 24 servings.

- 192 Avocado Rings, ¼-inch thick (from 48 avocados)
- Batter, as needed (recipe follows)
- Breading mix, as needed (recipe follows)
- Kosher salt, as needed

BATTER

- 2 qt Buttermilk
- 1 tsp Garlic powder
- ¼ cup Smoked salt
- 2 tsp Freshly ground black pepper

BREADING

- 8 cups All-purpose flour
- 1 cup Corn meal
- 2 oz Freshly cracked black pepper
- 2 tsp Dried thyme
- 2 tsp Paprika
- 2 tsp Garlic powder
- 4 tbsp Dried tarragon
- 4 tbsp Iodized salt

For each serving, immerse 8 Avocado Rings in batter mix. Let sit for 5 minutes to absorb flavor of the batter. Carefully remove rings a few at a time. Transfer to container with breading mix and coat well on all sides. Deep-fry at 350°F for 1 ½ minutes. Remove from fryer, drain and season with salt to taste.

Combine all ingredients and mix well and store in refrigerator until ready to use.

Combine all ingredients, mix well and store in an airtight container until ready to be used.



Coctel de Mariscos

An Avocado Ring makes the perfect topper for this shrimp and ceviche cocktail. For 24 servings.

- Fresh lime juice, as needed
- Kosher salt, as needed
- 12 cups Ceviche (recipe follows)
- 24 Avocado Rings ¼-inch thick (from 6 avocados)
- 24 Shrimp, grilled and chilled*
- 24 Lime wedges
- 24 Cilantro sprigs

CEVICHE

- 3 lbs White fish, (such as cod, sole, rockfish, tilapia, pollock, or a combination), diced small
- 2 cups Fresh lime juice
- 3 cups Seeded and chopped tomato
- 1 ½ cups Peeled, seeded, finely diced cucumber
- 1 ½ cups Finely chopped red zft
- ¾ cup Fresh cilantro, chopped
- 1 tsp Jalapeño, minced
- 1 tsp Ground cumin

For each serving, dip rim of martini glass into lime juice. Dip rim of glass in salt, as for a margarita. Place ½ cup ceviche in glass. Top with 1 Avocado Ring, tuck shrimp into the center of the ring. Garnish with lime wedge and cilantro sprig.

Combine fish and lime juice in bowl, toss well, cover and chill for at least 30 minutes or until fish is white throughout. Remove from refrigeration, place in strainer and drain off lime juice, then press gently on fish to squeeze out any additional lime juice. Place drained fish in bowl, add all other ingredients and fold to incorporate and mix well. Cover and hold under refrigeration until needed. Best used the day the ceviche is made. Discard after 2 days.



Sopes de Carnitas

Shareable, handheld, and irresistibly nuevo-cool. For 24 servings.

- 24 Sopes (recipe follows)
- 24 Avocado Rings 1/3-inch thick (from 8 avocados)
- 1 ½ lbs Pulled pork carnitas*
- 8 tbsp Crumbled prepared pork cracklings
- 8 tbsp Crumbled cotija cheese
- 1 cup Prepared pico de gallo

SOPES

- 6 cups Masa harina
- 1 tbsp Salt
- 3 ¾ cups Water

For each serving, plate 1 hot sope. Place 1 Avocado Ring inside the rim, selecting a ring that just fits. Fill the ring with 1 ounce Carnitas. Top with 2 teaspoons pico de gallo. Garnish with 1 teaspoon chopped cilantro and a lime wedge

Pour masa harina and salt into bowl; add water and mix. Dough should be slightly tacky. Portion into 24 balls using #24 scoop; place on a tray and cover with a damp towel until needed. Place a piece of plastic wrap on a tortilla press or cutting board. Put 1 dough ball in the center, cover with second piece of plastic and press to make a disk about ¼ inch thick. Heat a griddle or sauté pan on medium-high; cook sopes in small batches for 1 minute, flip and cook another minute. Remove, and pinch edges to form a rim, ¼ to ½ inch high. At service, heat deep-fryer to 350°F. To order, fry the sopes for 4 minutes. Drain well and hold hot.



*For complete recipe visit: Foodservice.AvocadosFromMexico.com