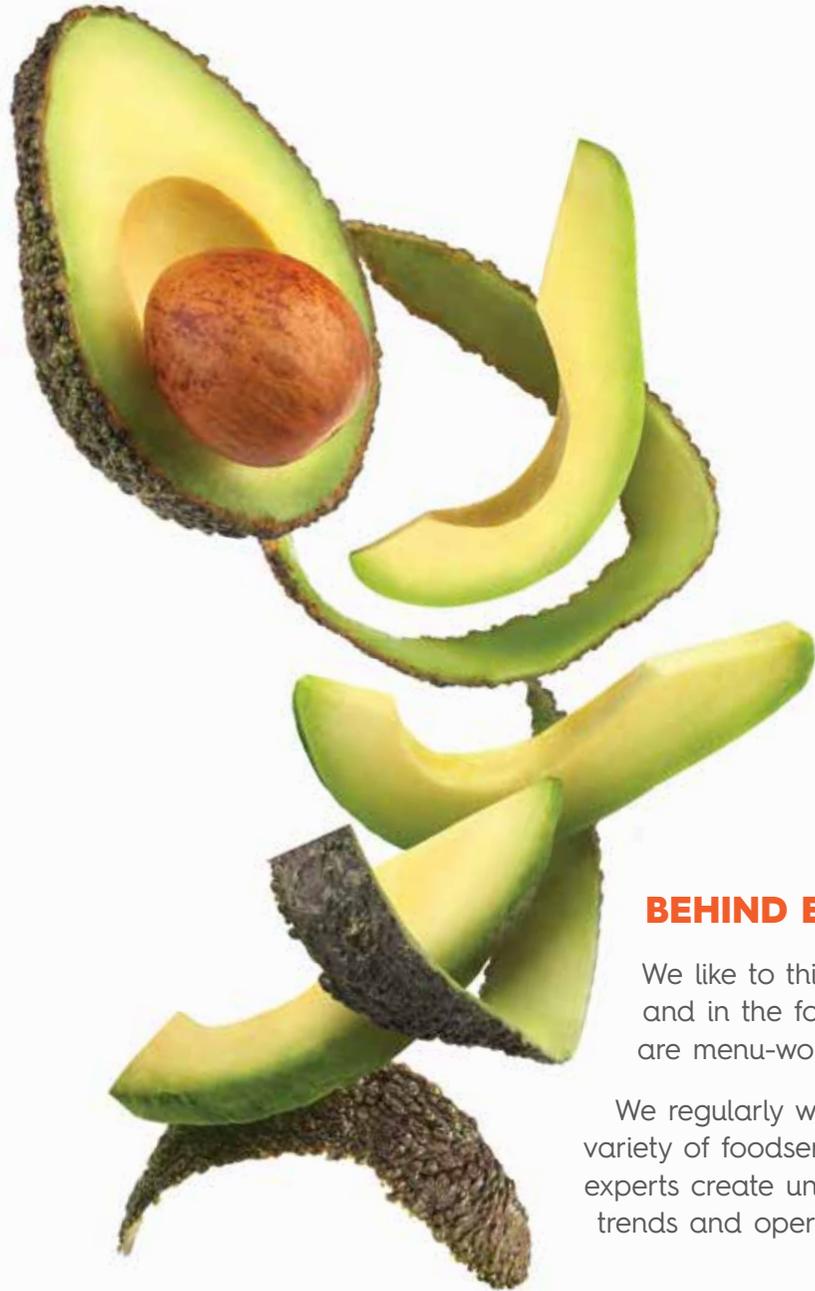




**ONLY  
FRESH**  
*CAN DO IT.*

Avocados  
From  
**Mexico**<sup>TM</sup>  
▲▲▲▲▲▲▲▲  
ALWAYS GOOD



# ONLY FRESH CAN DO IT

## **EASY RECIPES AND TECHNIQUES TO INSPIRE YOUR AVO-CREATIVITY!**

At Avocados From Mexico, the passion and dedication that go into the growth of our avocados translates into something truly special—one fruit with unprecedented versatility and culinary creativity. We hope to inspire operators to use fresh avocados year-round in unique and memorable menu applications. We know that fresh is always good—and your customers can taste the difference!

In this guide, you'll find innovative recipes that bring excitement to the menu while addressing your operational needs. Looking to extend shelf life, improve to-go offerings or utilize avocados across all stages of ripeness? Techniques such as pickling, charring and candying fresh avocado turn these challenges into unforgettable menu items—and we'll show you how it's done.

### **BEHIND EVERY DELICIOUS IDEA** \_\_\_\_\_

We like to think that all delicious ideas include Avocados From Mexico, and in the following recipes, they do! So how do we know these ideas are menu-worthy?

We regularly work with large national brands, concessionaires and a variety of foodservice operators. With each batch of recipes, our culinary experts create unique crowd-pleasers that reflect consumer insights, flavor trends and operator needs.



# A FRESH WAY TO SHOW OFF

FRESH AVOCADOS DELIVER UNMATCHED TASTE AND TEXTURE.

WHEN IT COMES TO FRESH, YOUR CUSTOMERS CAN TASTE THE DIFFERENCE.



Using our fresh seal is a great way to show your customers that they're about to enjoy a truly delicious dish with the fresh avocado that they know, love and crave! We support our 100% Fresh Seal operator partners with program support, including a digital campaign with messaging targeted to consumers. Throughout this guide, we'll call out recipes where the fresh seal would be a great addition to your menu, carryout packaging and grab-and-go options.

## WHY CHOOSE AVOCADOS FROM MEXICO?

### ALWAYS IN SEASON

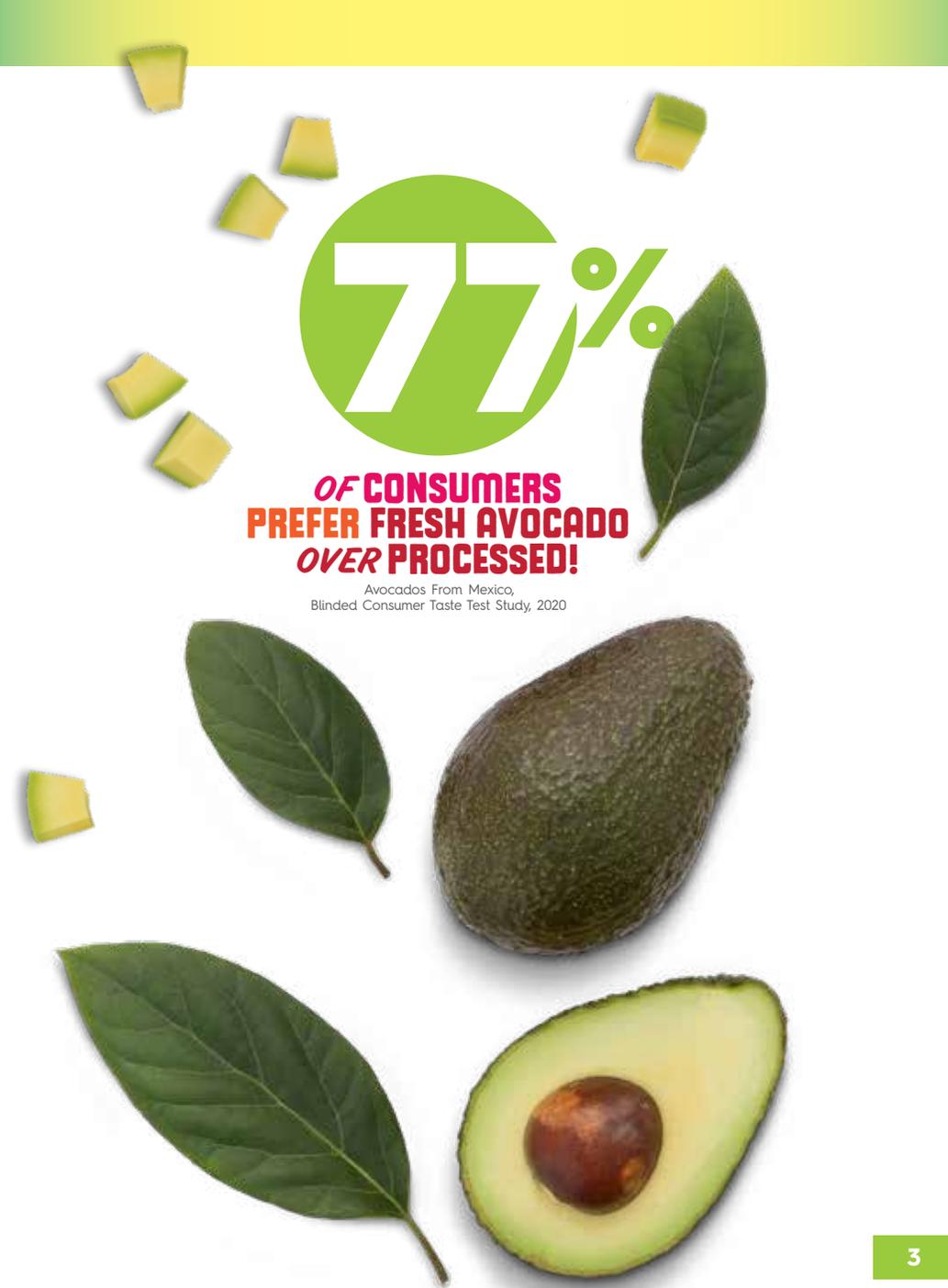
When you combine rich volcanic soil with Mexico's abundant sunshine, nourishing rain and coastal air, it's a recipe for access to fresh avocados all year long.

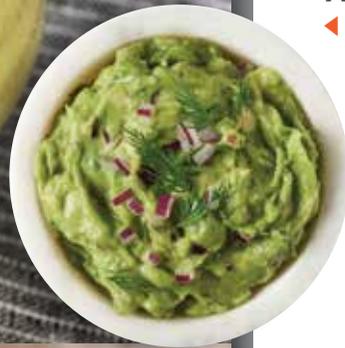
### ACROSS THE MENU

Play up the trends in sweet and savory ways with fresh avocado. All culinary possibilities are on the table—breakfast, snacks, beverages, all-day entrées and even desserts!

### DELICIOUSLY BENEFICIAL

Nutritious, delicious fresh avocados make it easy to create feel-good fare, with a natural creaminess that lends an indulgent element to any dish. What's not to love?





## SEE THE SIMPLE, *DELICIOUS* THINGS AVOCADOS CAN DO

The fresh creaminess of Avocados From Mexico lends itself to a wide range of forms and flavor profiles to enhance any menu part. If you're ready to get started, take a look at the possibilities. Avo-inspo, back-of-house tips and valuable culinary insights await!

### BREAKFAST ..... 12-21

AVOCADO CHILAQUILES ..... 12

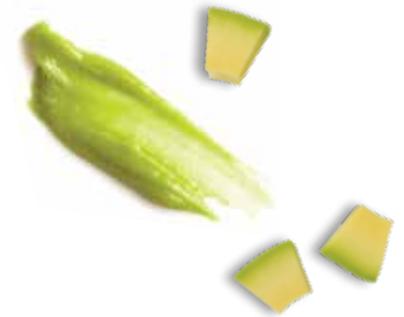
◀ Featuring Avocado Salsa Verde

EVERYTHING AVOCADO & SALMON BAGEL ..... 13

◀ Featuring Forager's Guacamole

LOADED BREAKFAST BÁNH MÌ WITH TOASTED SESAME GUAC .... 14

Featuring Toasted Sesame Guacamole ▶



INDIAN-STYLE SCRAMBLED EGG CHAPATI WRAP WITH AVOCADO CHUTNEY. .... 16

◀ Featuring Avocado Chutney

AVOCADO & KALE BRUNCH NEST. .... 18

FRENCH TOAST STUFFED WITH AVOCADO ..... 19

LOADED LUMBERJACK BREAKFAST BOWL ..... 20

LOADED AVOCADO TOAST. .... 21

## BURGERS ..... 22-27

CRUNCHY SOUTHWEST BURGER ..... 22

5-ALARM BURGER ..... 23

Featuring Cayenne-Avocado Mayonnaise

SPICY SHRIMP BURGER WITH  
RELISH & CITRUS-AVOCADO AIOLI ..... 24

Featuring Charred Corn & Avocado Relish ▶

GRILLED SALMON BURGER ..... 26

Featuring Avocado Mash

BACON-GORGONZOLA GUAC BURGER ..... 27

Featuring Bacon-Gorgonzola Guacamole ▶



## TACOS ..... 28-35

STEAKHOUSE TACOS ..... 28

Featuring Roasted Garlic Guacamole

Featuring Steakhouse Avocado

FAJITA AVOCADO TACOS ..... 29

Featuring Taco-Seasoned Avocado

SESAME-CRUSTED AVOCADO & SALMON POKE TACOS ..... 30

Featuring Avo-Sabi Sauce ▶

AVOCADO AL PASTOR TACOS ..... 32

◀ Featuring Al Pastor Marinated Avocado

INSIDE-OUT GRILLED CHEESE TACOS ..... 33

Featuring Avocado Giardiniera

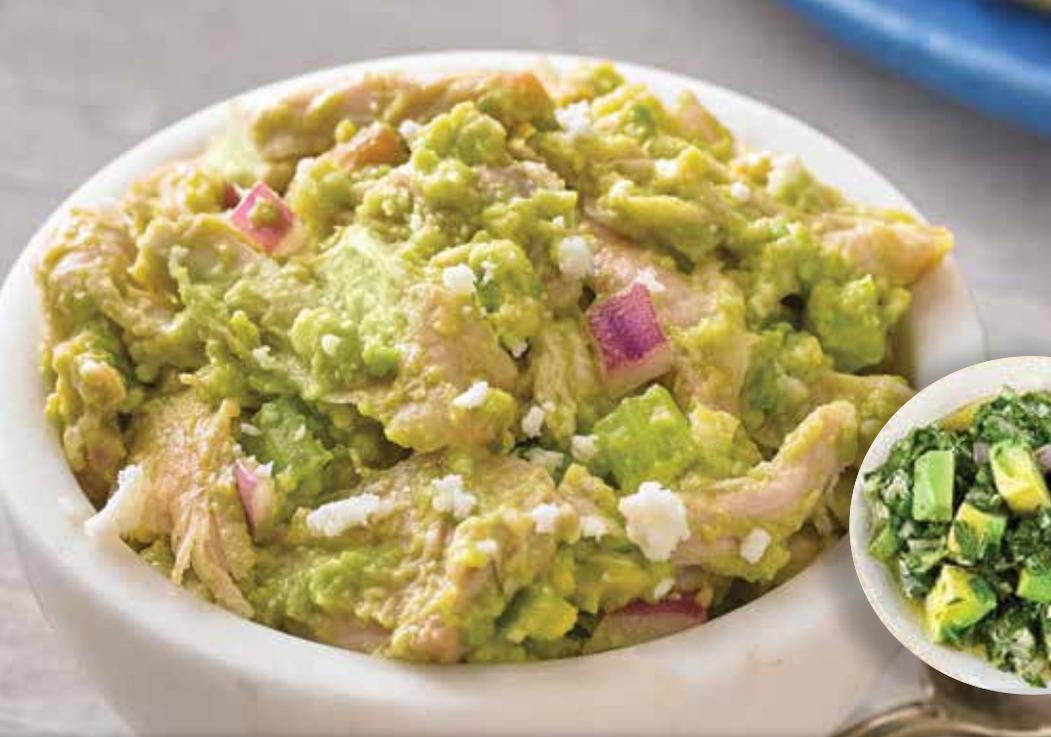
Featuring Avocado-Chili Aioli

CRISPY FISH TACOS ..... 34

Featuring Avocado Tomatillo Sauce

Featuring Spicy Jalapeño Pickled Avocado ▶





## SANDWICHES & WRAPS.....36-49

**AVO AREPA VERDE..... 36**

Featuring Avo Arepas

◀ Featuring Avo-Verde Chicken Salad

**CEMITA AVOTÓMICA..... 37**

Featuring Charred Avocado & Tomatillo Salsa

**AVO-CHIMI STEAK ROLL..... 38**

◀ Featuring Avocado Chimichurri

**AVO-CUBANO WITH AVO-MOJO SAUCE..... 39**

**CURRIED FRIED CHICKEN SANDWICH..... 40**

Featuring Cilantro-Lime Avocado Slaw

Featuring Spiced Avo-Mango Aioli

**BRATWURST WITH AVOCADO GIARDINIERA..... 42**

Featuring Avocado Giardiniera ▶

**STEAK SALAD WRAP..... 43**

Featuring Seasoned Avocado

**ROASTED PORK TORTA WITH SPICY PICKLED AVOCADO .. 44**

Featuring Avocado Tomatillo Sauce

Featuring Spicy Jalapeño Pickled Avocado

**SPICY CRISPY CHICKEN SANDWICH WITH PICKLED AVOCADO SLAW. . 46**

**GRILLED BRATWURST WITH PICKLED AVOCADO SLAW..... 48**

◀ Featuring Pickled Avocado Slaw

**TURKEY SANDWICH WITH BBQ AVOCADO..... 49**

Featuring BBQ Avocado ▶



## CENTER OF THE PLATE ..... 50-65



**AVOCADO CARBONARA** ..... 50  
Featuring Avocado & Oregano Gremolata

◀ **HAMACHI AVOCADO TOAST** ..... 51

**SHRIMP & AVOCADO GRITS** ..... 52

**AVOCADO KHACHAPURI** ..... 53  
Featuring Avocado Cheese Filling

**CHARRED AVOCADO & MANGO SALAD BOWL** ..... 54  
Featuring Charred Avocado & Mango Salsa ▶

**AVOCADO PESTO PIZZA** ..... 55

**GRILLED NEW YORK STRIP STEAK WITH AVOCADO BUTTER** ..... 56

**STEAK SALAD WITH SEASONED AVOCADO** ..... 57  
Featuring Seasoned Avocado ▶

**AVOCADO BBQ TRAY** ..... 58  
Featuring BBQ Avocado Halves  
Featuring Pickled Avocado Slaw

**CRISPY MEXICAN FLATBREAD WITH PICKLED AVOCADO ESCABECHE** . . 60  
Featuring Spicy Pickled Avocado Escabeche ▶  
Featuring Avocado Crema



**CRISPY CHICKEN, BACON & RANCH FLATBREAD** . . . 62  
Featuring Spicy Pickled Avocado Escabeche

**SHRIMP & AVOCADO PESTO SCAMPI** ..... 63  
Featuring Avocado Pesto

**CHICKEN & AVOCADO TANDOORI BOWL** ..... 64  
◀ Featuring Avocado, Tomato & Cucumber Salad





## APPETIZERS ..... 66-73

◀ AVOCADO FRENCH ONION DIP ..... 66

AVO-HEARTS OF PALM CEVICHE ..... 67

Featuring Avocado Hearts Of Palm ▶

Featuring Avocado Leche De Tigre



AVOCADO CRAB RANGOON ..... 68

◀ CREAMY AVOCADO & FIG BITES ..... 68

AFM SIGNATURE HOT SAUCE ..... 69



◀ AVOCADO & SHRIMP TERIYAKI SKEWERS ..... 70

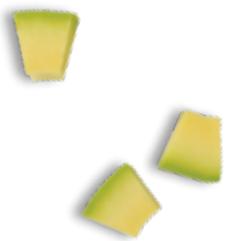
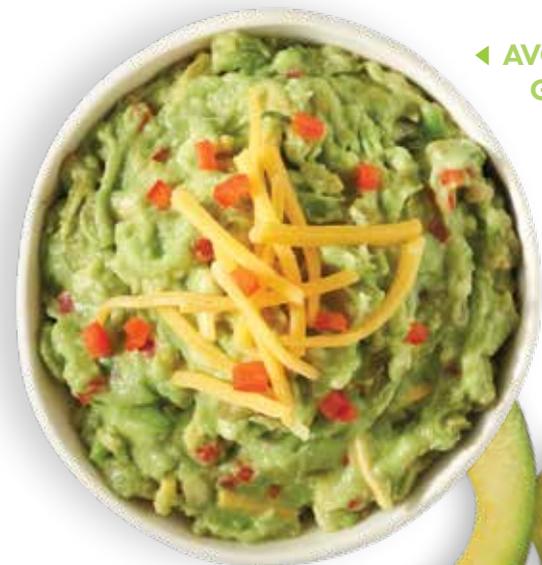
CUCUMBER, MANGO & CRAB SALAD IN SEASONED AVOCADO ..... 71

AVOS ON A HALF SHELL ..... 72

# GUACAMOLE ..... 74-77

PALOMA GUACAMOLE ▶ ..... 74

◀ AVOCADO-PIMIENTO  
GUACAMOLE. .... 74



JERK GUACAMOLE ▶ ..... 75

PESTO GUACAMOLE. .... 76

TROPICAL GUACAMOLE. .... 77





## DESSERTS..... 78-85

**MANGO-AVOCADO SOPAPILLAS** ..... 78  
Featuring Agave, Avocado & Mango Compote

**AVOCADO TRES LECHES CAKE** ..... 79  
Featuring Avocado Whipped Cream

**SWEET AVOCADO SURRENDER SUNDAE** ..... 80  
◀ Featuring Avocado-Mango Ice Cream  
◀ Featuring Chipotle, Chocolate & Avocado Donut Holes  
◀ Featuring Avocado Sprinkles

**AVOCADO POPPY SEED POUND CAKE** ▶ ..... 82



**AVOCADO FLAN** ▶ ..... 83

**NO-BAKE, CRUSTLESS AVOCADO CHEESECAKE** ..... 84

**AVOCADO CRÈME BRÛLÉE** ..... 85



## BEVERAGES ..... 86-91

MANGO AVO SMOOTHIE ..... 86

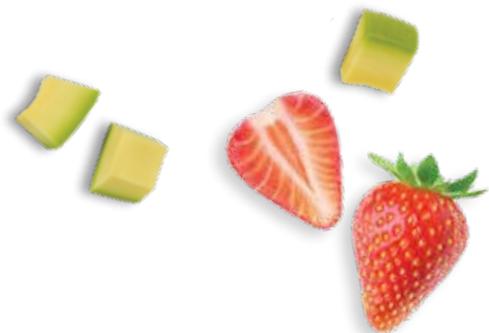
CHOCOLATE-AVOCADO BATIDO ..... 87

Featuring Avocado Whipped Cream

AVOCHATA ▶ ..... 88

AVOCADO TART CHERRY SMOOTHIE ..... 88

BERRY DREAMIN' AVOCADO SMOOTHIE ▶ ..... 89



KICKIN' AVOCADO MARGARITA ..... 90

Featuring Chili-Lime Candied Avocado Skewer ▶

AVOCADO BUBBLE TEA ..... 91

AVOCADO BO DAM ..... 91



# AVOCADO CHILAQUILES

[ YIELDS 6 SERVINGS ]

## Ingredients

2½ Lb	Tortilla Chips
3 Cups	Avocado Salsa Verde (see below)
1½ Cups	Cheddar Cheese, Shredded
3 Cups	Scrambled Eggs, Prepared
½ Cup	Yellow Onion, ¼" Dice
½ Cup	Green Bell Pepper, ¼" Dice
½ Cup	Tomato, ¼" Dice
1 Cup	Avocados From Mexico, Stage 3, ¼" Dice

## Directions

1. In a large bowl, toss the tortilla chips with Avocado Salsa Verde to coat them evenly.
2. Build each serving of Avocado Chilaquiles with the following ingredients, in an oven-safe serving vessel:
  - 2 Cups Salsa-Coated Chips
  - ½ Cup Scrambled Eggs
  - ¼ Cup Shredded Cheddar Cheese
3. Bake at 350°F until cheese is bubbly and golden brown.
4. Once the cheese is melty, remove from the oven and garnish with the following:
  - 1 Tbsp Diced Yellow Onion
  - 1 Tbsp Diced Green Bell Pepper
  - 1 Tbsp Diced Tomato
  - 2 Tbsp Diced Avocado

## AVOCADO SALSA VERDE [ YIELDS 3 CUPS ]

¾ Cup	Avocados From Mexico, Stage 4, Mashed
2¼ Cups	Salsa Verde, Prepared

1. Combine both ingredients in blender; process until smooth.
2. Reserve in an airtight container in the refrigerator until ready for use.



**MAXIMIZE HOLD TIME FOR SPLIT AND PITTED AVOCADOS. PLACE HALVES TOGETHER AND SEAL IN PLASTIC WRAP. PLACE IN A CONTAINER AND REFRIGERATE FOR UP TO 12 HOURS.**

# EVERYTHING AVOCADO & SALMON BAGEL

[ YIELDS 12 OPEN-FACED SANDWICHES, 6 SERVINGS ]

## Ingredients

6 Each	Everything Bagels, Halved, Toasted
3 Cups	Forager's Guacamole (see below)
12 Oz	Kipperd Salmon, Prepared
¾ Cup	Hard Boiled Egg, Roughly Chopped
6 Tbsp	Red Onion, Minced
2 Tbsp	Fresh Dill, Plucked
¾ Cup	Radish, Shaved
6 Tbsp	Capers, Fried

## Directions

- Split bagel and toast the open face until golden brown.
- Build each open-faced bagel by layering the following:
  - 1 Each Toasted Bagel Half
  - ¼ Cup Forager's Guacamole
  - 1 Oz Kipperd Salmon
  - 1 Tbsp Chopped Hard Boiled Egg
  - ½ Tbsp Minced Red Onion
  - ½ Tsp Dill
  - 1 Tbsp Shaved Radish
  - ½ Tbsp Fried Capers

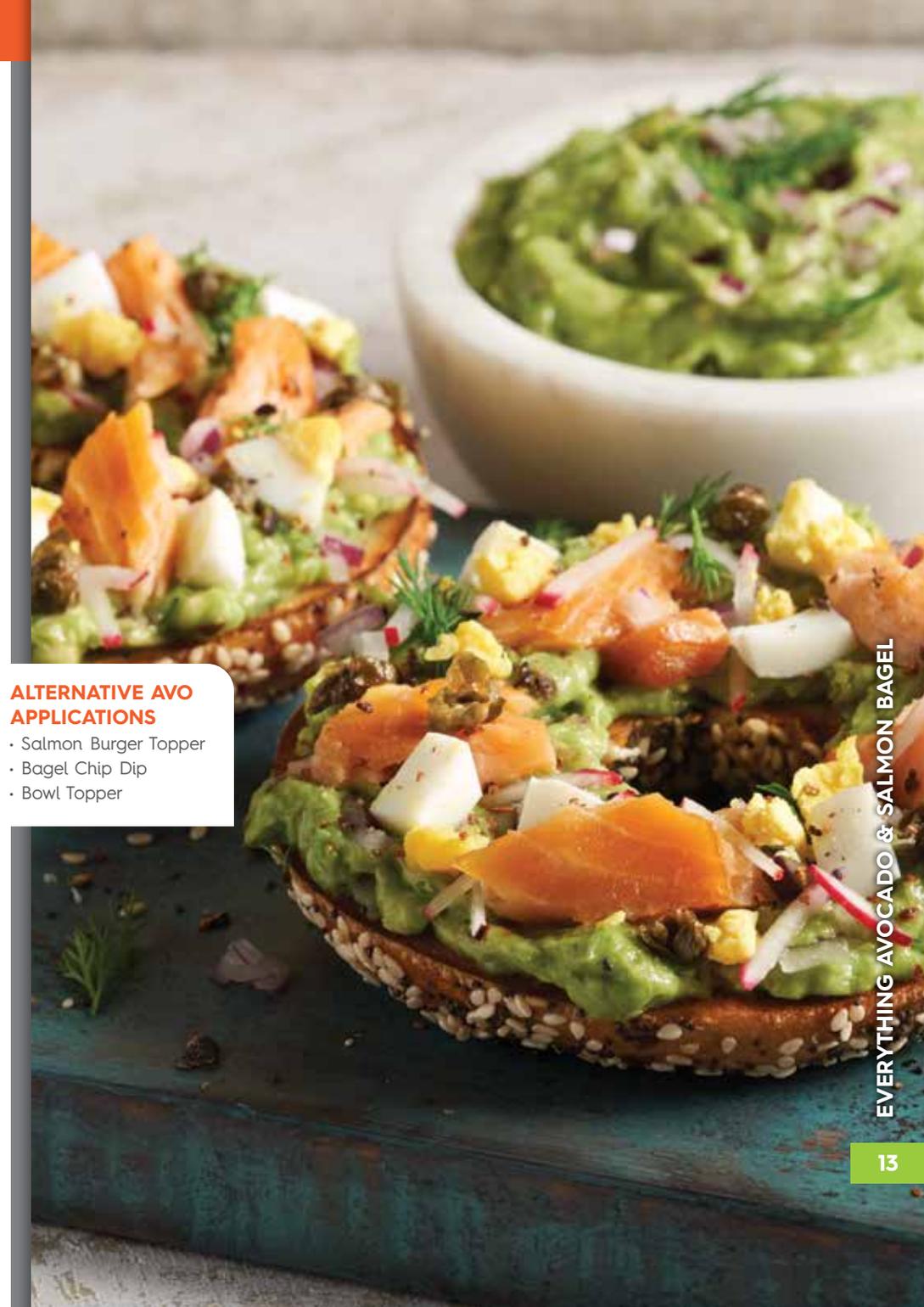
## FORAGER'S GUACAMOLE [ YIELDS 3½ CUPS ]

2½ Cups	Avocados From Mexico, Stage 4, Mashed
½ Cup	Red Onion, Minced
¼ Cup	Lemon Juice, Fresh
2 Tbsp	Capers, Chopped
¼ Cup	Fresh Dill, Minced
1½ Tbsp	Juniper Berries, Ground
2 Tsp	Kosher Salt

- In a medium bowl, fold together fresh mashed avocado, minced red onion, lemon juice, chopped capers, minced dill, ground juniper and kosher salt until all ingredients are evenly combined.
- Transfer to container and press plastic wrap to the surface of the guacamole. Hold in the refrigerator until ready for use.

## ALTERNATIVE AVO APPLICATIONS

- Salmon Burger Topper
- Bagel Chip Dip
- Bowl Topper



# LOADED BREAKFAST BÁNH MÌ WITH TOASTED SESAME GUAC

[ YIELDS 6 SERVINGS ]

## Ingredients

6 Each	Baguettes, Split, Toasted
1½ Cups	Toasted Sesame Guacamole (see right)
18 Strips	Spicy Honey-Roasted Bacon (see below)
6 Each	Eggs, Hard Boiled, ¼" Slice
3 Cups	Cabbage Slaw (see right)

## Directions

Build each Loaded Breakfast Bánh Mì with the following ingredients:

- 1 Each Toasted Split Baguette
- ¼ Cup Toasted Sesame Guacamole
- 3 Strips Spicy Honey-Roasted Bacon
- 1 Each Sliced Hard Boiled Egg
- ½ Cup Cabbage Slaw

## SPICY HONEY-ROASTED BACON [ YIELDS 18 PIECES ]

18 Strips	Bacon, Thick-Cut
½ Cup	Honey
2 Tsp	Coriander, Ground
1 Tsp	Cayenne Pepper
¼ Cup	Sesame Seeds

1. Prepare the bacon: Line 1 or 2 rimmed baking sheets with parchment paper and preheat oven to 350°F. Lay bacon strips on prepared baking sheet.
2. In a small saucepan, combine honey, coriander and cayenne and heat over medium heat until just melted. Use a pastry brush to spread honey mixture over bacon.
3. Roast bacon for 8 minutes, then sprinkle sesame seeds over bacon. Roast an additional 5 to 7 minutes until crisp. Transfer bacon to a cooling rack and set aside. (Times may vary depending on fattiness of bacon.)



**AVOCADOS TOO HARD? PLACE THEM IN A WARM AREA IN THE KITCHEN, PREFERABLY IN DIRECT SUNLIGHT, TO SPEED UP THE RIPENING PROCESS. JUST RIGHT? SLOW THE RIPENING PROCESS BY PLACING THEM IN THE REFRIGERATOR.**

**CABBAGE SLAW** [ YIELDS 4 CUPS ]

1½ Cups	Napa Cabbage, Shredded
1½ Cups	Purple Cabbage, Shredded
¾ Cup	Carrots, Shredded
½ Cup	Cilantro, Roughly Chopped
¼ Cup	Scallions, Sliced
1 Tbsp	Jalapeño, Seeded, Minced
3 Tbsp	Lime Juice
1½ Tsp	Seasoned Rice Wine Vinegar
1½ Tsp	Honey
1½ Tsp	Sesame Oil
1 Tsp	Garlic, Fresh, Minced
1½ Tbsp	Sesame Seeds, Toasted
1 Tsp	Kosher Salt

1. To prepare the slaw, combine Napa cabbage, purple cabbage, carrots, cilantro, scallions and jalapeño in a large bowl.
2. In a separate small bowl, whisk together lime juice, rice vinegar, honey, sesame oil, garlic, sesame seeds and salt.
3. Pour over vegetables and toss until well combined. Transfer the slaw into an airtight container and hold in the refrigerator until ready to use.

**TOASTED SESAME GUACAMOLE** [ YIELDS 1½ CUPS ]

1½ Cups	Avocados From Mexico, Stage 4, Mashed
2 Tbsp	Seasoned Rice Wine Vinegar
1 Tbsp	Scallions, Sliced
1 Tbsp	Cilantro, Roughly Chopped
1 Tsp	Sesame Oil
1 Tsp	Sesame Seeds, Toasted
1 Tsp	Kosher Salt

1. In a medium bowl, fold together fresh mashed avocado, rice wine vinegar, sliced scallions, chopped cilantro, sesame oil, toasted sesame seeds and kosher salt until all ingredients are evenly combined.
2. Transfer to container and press plastic wrap to the surface of the guacamole. Hold in the refrigerator until ready for use.

**SANDWICHES ARE ONE OF THE MOST MENUED BREAKFAST ITEMS AND A FLEXIBLE GRAB-AND-GO OPTION THAT'S WELCOMED EVEN AFTER NOON.**

Datassential SNAP, "Most Popularly Menued Breakfast Items," 2022

**ALTERNATIVE AVO APPLICATIONS**

- Taro Chip Dip
- Cold Spring Roll Filling
- Asian Salad Topper

# INDIAN-STYLE SCRAMBLED EGG CHAPATI WRAP WITH AVOCADO CHUTNEY

[ YIELDS 6 SERVINGS ]

## Ingredients

6 Each	Chapati Wraps or Tortillas, Warm
6 Cups	Ginger & Chili Scrambled Eggs (see below)
1½ Cups	Avocado Chutney (see right)

## Directions

1. Build each wrap with the following ingredients:
  - 1 Each Warm Chapati Wrap or Tortilla
  - 1 Cup Ginger & Chili Scrambled Eggs
  - 2 Tbsp Avocado Chutney
2. Serve with an additional 2 tablespoons Avocado Chutney for dipping.

## GINGER & CHILI SCRAMBLED EGGS [ YIELDS 3 CUPS ]

15 Each	Large Eggs, Beaten
1 Tbsp	Kosher Salt
½ Cup	Whole Milk
½ Cup	Vegetable Oil
1 Cup	Yellow Onion, ¼" Dice
¼ Cup	Serrano Chile, Seeded, Minced
1 Tsp	Garlic, Minced
1 Tsp	Ginger, Minced
1 Cup, Divided	Tomato, Diced
2 Tbsp, Divided	Cilantro

1. Whisk the eggs, salt and milk in a medium bowl, then set aside.
2. Heat the vegetable oil in a medium skillet at medium-high heat. Once hot, cook the onions until soft and lightly fried with bits of brown, approximately 10 minutes.
3. Add in chile and garlic, and cook for 1 minute. Add in ginger and cook for 30 seconds. Add in ½ cup of tomato and 1 tablespoon cilantro and cook for 1 minute.
4. Lower heat to medium-low. Add the eggs to pan. Slowly stir with a wooden spoon until mixture is soft and additional moisture has been cooked off. Stir in the remaining 1 tablespoon of cilantro and ½ cup of tomato. Remove from heat.
5. Serve immediately.

**AVOCADO CHUTNEY** [ YIELDS 4 CUPS ]

¾ Cup	Avocados From Mexico, Stage 4, Mashed
¾ Cup	Cilantro, Roughly Chopped
¾ Cup	Yellow Onion, ¼" Dice
¾ Cup	Tomato, ¼" Dice
½ Cup	Shredded Coconut, Unsweetened
½ Cup	Water
3 Tbsp	Lemon Juice, Fresh
1 Tbsp	Garlic, Minced
1 Tbsp	Ginger, Minced
1 Tsp	Kosher Salt
½ Tsp	Serrano Chile, Seeded, Minced

1. Puree all ingredients in a blender or food processor until smooth. Add more water if needed to blend.
2. Transfer to container and press plastic wrap to the surface of the chutney. Hold in the refrigerator until ready for use.

**ALTERNATIVE AVO APPLICATIONS**

- Samosa Dipping Sauce
- Chicken Sandwich Spread
- Salad Dressing Base



**71%**

**71% OF CONSUMERS PREFER EATING INDIAN CUISINE AWAY FROM HOME TO COOKING IT THEMSELVES. CREATE A STANDOUT DINE-IN DISH WITH THE CREAMY FLAVOR OF AVOCADO CHUTNEY.**

Datassential, Simply Smarter Webinar, October 28, 2021



## AVOCADO & KALE BRUNCH NEST

[ YIELDS 6 SERVINGS ]

### Ingredients

3 Quarts	Kale, Roughly Chopped
3 Cups	Avocados From Mexico, Stage 4, Mashed
2 Tbsp	Lemon Juice, Fresh
1½ Tsp	Kosher Salt
1½ Tsp	Black Pepper
6 Each	Large Eggs, Poached
As Needed	Smoked Paprika
24 Each	Wheat Bread Points, Toasted

### Directions

1. Microwave kale for 30 seconds to wilt.
2. Transfer wilted kale to a large bowl and fold in avocado, lemon juice, salt and black pepper. Portion ¾ cup of this mixture into a small bowl and form it into a nest shape.
3. Place a poached egg into the “nest.” Dust the egg with a pinch of smoked paprika and serve each portion with 4 toasted wheat bread points.

#### ALTERNATIVE AVO APPLICATIONS

- Healthy Kale Dip
- Sandwich Spread

# FRENCH TOAST STUFFED WITH AVOCADO

[ YIELDS 6 SERVINGS ]

## Ingredients

¾ Cup	Avocados From Mexico, Stage 3, Mashed
½ Tsp	Kosher Salt
1 Tsp	Black Pepper, Ground
12 Each	Challah or Brioche Slices
3 Each	Large Eggs, Beaten
¾ Cup	Whole Milk
3 Tbsp	Butter, Unsalted
As Needed	Fruit Jam
As Needed	Maple Syrup

## Directions

1. Mash the avocado and season with salt and pepper.
2. Carefully slice into each piece of bread to create a pocket for the mashed avocado.
3. Spread 1 tablespoon of avocado mash inside the pocket of each piece of bread.
4. Beat the eggs with the milk and dredge both sides of each bread slice in the mix.
5. For each batch of 4 slices, heat 1 tablespoon of butter in a skillet on the stove over medium heat. Once the butter has melted, place the bread slices in the skillet and cook for 3 to 4 minutes on each side or until golden in color.
6. Remove from heat and serve 2 slices of French toast on each plate. Serve with fruit jam or syrup.

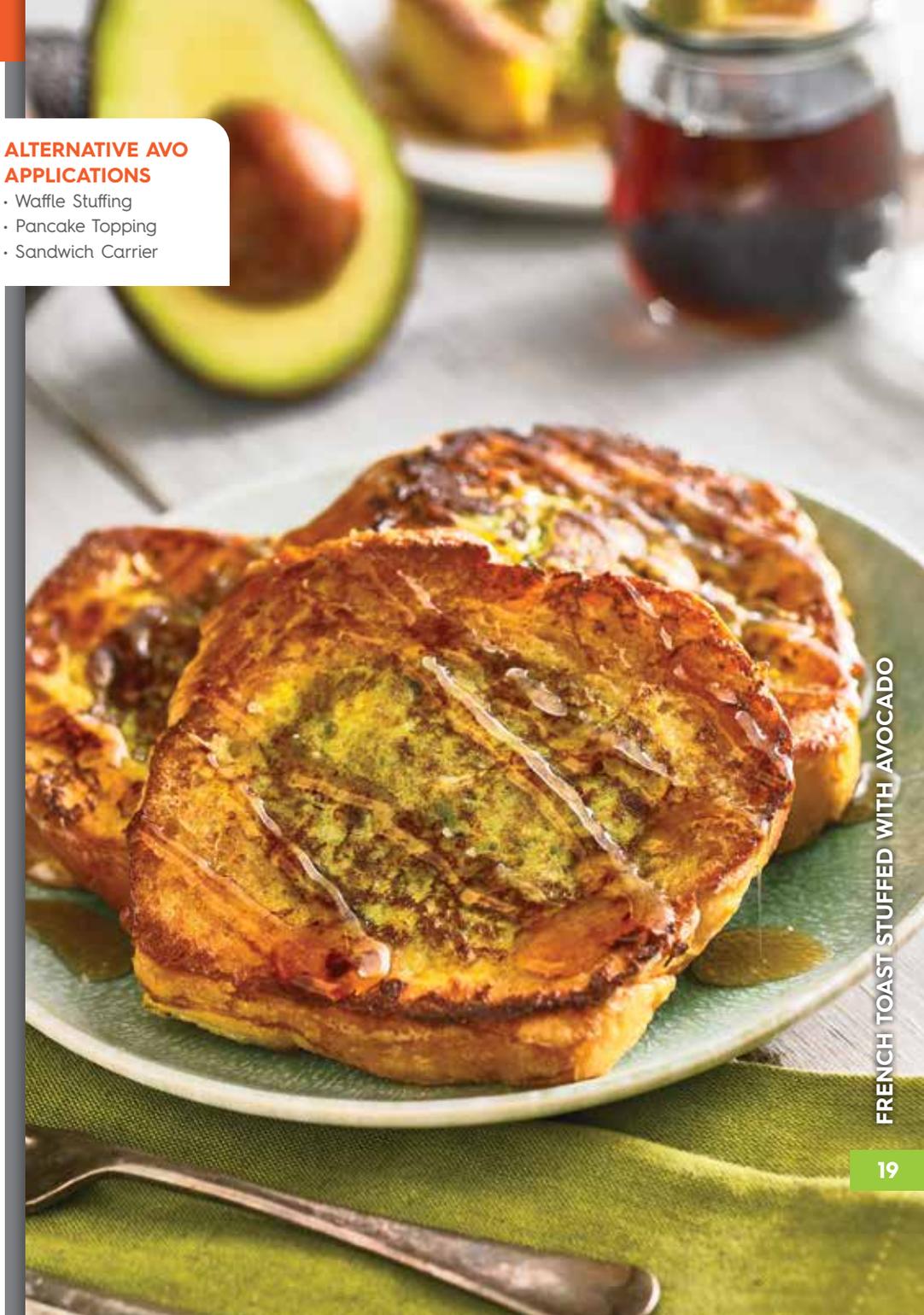
## ALTERNATIVE AVO APPLICATIONS

- Waffle Stuffing
- Pancake Topping
- Sandwich Carrier

80%

**WITH 80% OF CONSUMERS SAYING THEY LIKE OR LOVE FRENCH TOAST, IT'S THE IDEAL PLATFORM FOR FLAVOR EXPERIMENTATION. PUT A FRESH TWIST ON THE CLASSIC WITH AVOCADO!**

Datassential FLAVOR, French Toast, 2022



# LOADED LUMBERJACK BREAKFAST BOWL

[ YIELDS 6 SERVINGS ]

## Ingredients

6 Tbsp	Olive Oil
4½ Cups	Hashbrown Potato, Diced
6 Cups	Egg & Chorizo Scramble (see below)
1½ Cups	Avocados From Mexico, Stage 2, ¼" Dice
3 Tbsp	Chives, Fresh, Minced

## Directions

1. Heat the olive oil in a small skillet over medium heat.
2. Add the hashbrowns and cook until crispy.
3. Place the hashbrowns in a serving bowl.
4. Top with 1 cup of Egg & Chorizo Scramble, and finish with ¼ cup diced avocado and ½ tablespoon of minced chives.

## EGG & CHORIZO SCRAMBLE [ YIELDS 6 SERVINGS ]

6 Tbsp	Olive Oil
12 Each	Eggs, Scrambled
¾ Cup	Chorizo, Cooked, Crispy
¾ Cup	Cheddar Cheese, Shredded
2 Tsp	Kosher Salt
¾ Tsp	Black Pepper, Ground

1. In a medium nonstick pan, add olive oil and set over medium heat.
2. Add remaining ingredients and cook, stirring constantly, until the eggs are just set and the cheese has melted. Reserve warm for service.

# LOADED AVOCADO TOAST

[ YIELDS 6 SERVINGS ]

## Ingredients

6 Slices	Honey Wheat Bread, Toasted
3 Each	Avocados From Mexico, Stage 3, ¼" Slice
3 Cups	Egg & Chorizo Scramble (see below)
3 Tbsp	Chives, Fresh, Minced

## Directions

1. Over each slice of toast, fan slices of one half avocado.
2. Top each with ½ cup of Egg & Chorizo Scramble.
3. Garnish with ½ tablespoon fresh chives.

## EGG & CHORIZO SCRAMBLE [ YIELDS 6 SERVINGS ]

3 Tbsp	Olive Oil
6 Each	Eggs, Scrambled
6 Tbsp	Chorizo, Cooked, Crispy
6 Tbsp	Cheddar Cheese, Shredded
1 Tsp	Kosher Salt
¼ Tsp	Black Pepper, Ground

1. In a medium nonstick pan, add olive oil and set over medium heat.
2. Add remaining ingredients and cook, stirring constantly, until the eggs are just set and the cheese has melted. Reserve warm for service

# 326%

**326% GROWTH OF AVOCADO TOAST ON MENUS OVER THE PAST 4 YEARS. IT'S A DISH THAT ONLY CONTINUES TO GROW IN POPULARITY.**

Datassential MenuTrends, U.S. menu penetration growth 2017-2021





#### ALTERNATIVE AVO APPLICATIONS

- Chicken Wing Dip
- Sandwich Spread

## CRUNCHY SOUTHWEST BURGER

[ YIELDS 6 BURGERS ]

### Ingredients

6 Each	Brioche Buns, Toasted
6 Slices	Tomato, ¼" Slice
6 Each	½-Lb Beef Patties, Cooked
6 Slices	Pepper Jack Cheese
18 Slices	Avocados From Mexico, Stage 3, ¼" Slice
1½ Cups	Tortilla Chips, Crushed
¾ Cup	Picante Ranch (see below)

### Directions

Build each burger with the following ingredients:

- 1 Each Toasted Brioche Bun Bottom
- 1 Each Cooked Burger Patty
- 1 Slice Pepper Jack Cheese
- 1 Slice Tomato
- 3 Slices Fresh Avocado
- ¼ Cup Crushed Tortilla Chips
- 2 Tbsp Picante Ranch Drizzle
- 1 Each Toasted Brioche Bun Top

### PICANTE RANCH [ YIELDS ¾ CUP ]

½ Cup	Avocados From Mexico, Stage 4, Pureed
2 Tbsp	Garlic Powder
2 Tbsp	Onion Powder
1 Tbsp	White Vinegar
1 Tbsp	Green Chili Hot Sauce
2 Tsp	Water

1. In a medium bowl, whisk all ingredients until they are evenly combined.
2. Hold in an airtight container in the refrigerator until ready to use.

85%

85% OF CONSUMERS LOVE OR LIKE BURGERS. UTILIZE A FAVORITE, FAMILIAR FORMAT TO **SHOWCASE FRESH AVO-INNOVATION WITH BOLD FLAVORS AND TEXTURES.**

Datassential FLAVOR, Burger, 2022

## 5-ALARM BURGER

[ YIELDS 6 BURGERS ]

### Ingredients

6 Each	Brioche Buns, Toasted
¾ Cup	Cayenne-Avocado Mayonnaise (see below)
6 Each	3-oz Beef Burger Patty
6 Slices	Jalapeño Pepper Jack Cheese
6 Leaves	Green Leaf Lettuce
¾ Cup	Yellow Onion, ¼" Slice
6 Each	Tomato, ¼" Slice

### Directions

Build each burger with the following ingredients:

- 1 Each Toasted Brioche Bun Bottom
- 2 Tbsp Cayenne-Avocado Mayonnaise
- 1 Each Cooked Burger Patty
- 1 Slice Jalapeño Pepper Jack Cheese
- 1 Leaf Green Leaf Lettuce
- 2 Tbsp Sliced Yellow Onion
- 1 Slice Tomato
- 1 Each Toasted Brioche Bun Top

### CAYENNE-AVOCADO MAYONNAISE [ YIELDS ¾ CUP ]

½ Cup	Avocados From Mexico, Stage 4, Pureed
¼ Cup	Mayonnaise
2 Tbsp	Lime Juice, Fresh
1 Tsp	Kosher Salt
½ Tsp	Cayenne Pepper

1. In a medium bowl, whisk all ingredients until they are evenly combined.
2. Hold in an airtight container in the refrigerator until ready to use.

### ALTERNATIVE AVO APPLICATIONS

- Sandwich Spread
- Vegetable Dip
- Wrap Spread



## SPICY SHRIMP BURGER WITH RELISH & CITRUS-AVOCADO AIOLI

[ YIELDS 6 BURGERS ]

### Ingredients

6 Each	Burger Buns, Toasted
6 Each	Shrimp Burger (see below)
1¼ Cups	Charred Corn & Avocado Relish (see right)
¾ Cup	Citrus-Avocado Aioli (see right)

### Directions

Build each burger with the following ingredients:

- 1 Each Toasted Burger Bun Bottom
- 1 Each Cooked Shrimp Burger
- 3 Tbsp Charred Corn & Avocado Relish
- 2 Tbsp Citrus-Avocado Aioli Drizzle
- 1 Each Toasted Burger Bun Top

### SHRIMP BURGERS [ YIELDS 6 BURGER PATTIES ]

1¼ Lb	Shrimp, Raw, Peeled, Deveined
1 Cup	Panko Breadcrumbs
1 Each	Egg, Whole
2 Tbsp	Stone Ground Mustard
1 Tbsp	Garlic, Minced
4 Tsp	Basil, Dried
4 Tsp	Smoked Paprika
4 Tsp	Onion Powder
2 Tsp	Kosher Salt
2 Tsp	Black Pepper, Ground
½ Cup	Sour Cream
¼ Cup	Hot Sauce
4 Tsp	Lime Juice, Fresh
4 Tsp	Olive Oil

1. Preheat oven to 400°F. In a food processor, chop the shrimp into a fine paste.
2. Add breadcrumbs, egg, mustard, garlic, basil, paprika, onion powder, salt and pepper until combined. Add sour cream, hot sauce and lime juice and puree again until just combined.
3. Form into six 4-ounce patties. Heat olive oil in a large, cast-iron skillet over medium-high heat. Sauté burger patties until golden brown on each side, blotting gently with a paper towel to remove excess grease.
4. Transfer to a parchment-lined baking sheet and bake in oven for 10 minutes or until an internal temperature of 165°F is reached.
5. Use immediately.

## CHARRED CORN & AVOCADO RELISH [ YIELDS 2 CUPS ]

½ Cup	Fire-Roasted Corn Kernels, Canned
¼ Cup	Jalapeño, Seeded, Minced
½ Cup	Avocados From Mexico, Stage 3, ¼" Dice
¼ Cup	Red Onion, ¼" Dice
¼ Cup	Cherry Tomatoes, Quartered
2 Tbsp	Lime Juice, Fresh
2 Tbsp	Olive Oil
1 Tsp	Kosher Salt

1. In a medium bowl, add all ingredients and mix until they are well combined.
2. Hold in an airtight container in the refrigerator until ready to use.

## CITRUS-AVOCADO AIOLI [ YIELDS 1 CUP ]

¼ Cup	Mayonnaise
½ Cup	Avocados From Mexico, Stage 4, Pureed
2 Tbsp	Lemon Juice, Fresh
4 Tsp	Honey
½ Tsp	Kosher Salt
½ Tsp	Black Pepper, Ground

1. In a small bowl, whisk together all ingredients until they are well combined.
2. Hold in an airtight container in the refrigerator until ready to use.



### ALTERNATIVE AVO APPLICATIONS

- Grilled Fish Topper
- Salad Topper
- Nacho Garnish



**YOU'LL KNOW YOUR AVOCADOS ARE RIPE IF THEY FEEL HEAVY FOR THEIR SIZE, GIVE SLIGHTLY TO PRESSURE AND IF THE STEM IS EASILY REMOVED.**

## GRILLED SALMON BURGER

[ YIELDS 6 BURGERS ]

### Ingredients

6 Each	Burger Buns, Toasted
6 Leaves	Green Leaf Lettuce
6 Each	Salmon Burgers (see below)
¾ Cup	Avocado Mash (see below)

### Directions

Build each burger with the following ingredients:

- 1 Each Toasted Burger Bun Bottom
- 1 Leaf Green Leaf Lettuce
- 1 Each Cooked Salmon Burger
- 3 Tbsp Avocado Mash
- 1 Each Toasted Burger Bun Top

### SALMON BURGERS [ YIELDS 6 BURGERS ]

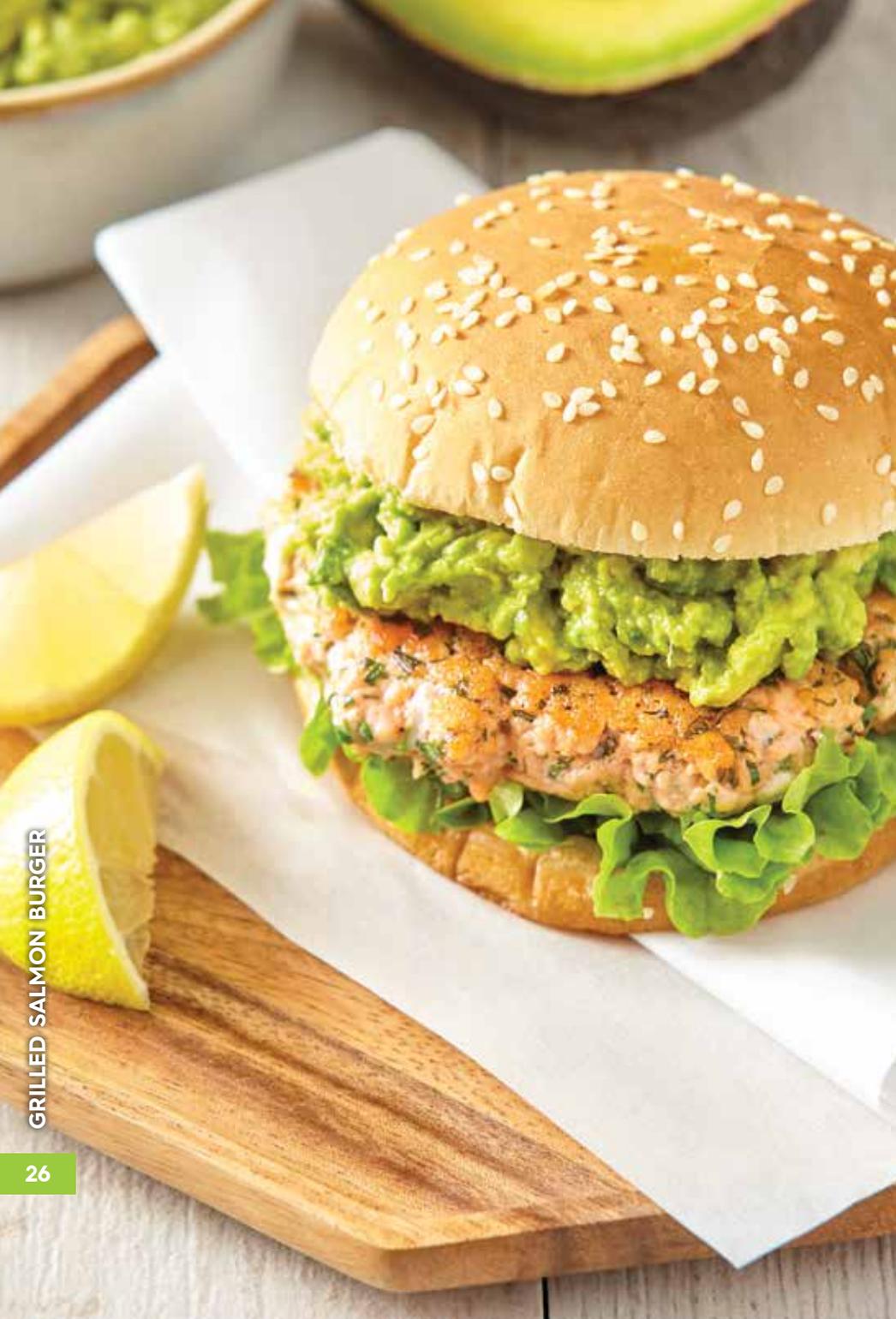
1¼ Lb	Salmon Fillets, Skinned, Pin Bones Removed, 1" Dice
½ Cup	Green Onion, Minced
¼ Cup	Cilantro, Minced
4 Tsp	Dill, Minced
2 Tbsp	Lime Juice, Fresh
½ Tbsp	Kosher Salt
1 Tsp	Black Pepper, Ground

1. Place diced salmon in a food processor; gently pulse 4 to 5 times until salmon is minced.
2. In a large bowl, add salmon, green onion, cilantro, dill, lime juice, salt and pepper; mix until well combined.
3. Form salmon mixture into six 4-ounce patties.
4. Heat grill to medium-high. Cook salmon burgers 3 to 5 minutes on each side or until an internal temperature of 165°F is reached.

### AVOCADO MASH [ YIELDS ¾ CUP ]

¾ Cup	Avocados From Mexico, Stage 4, Mashed
2 Tbsp	Lime Juice, Fresh
2 Tsp	Kosher Salt

1. In a medium bowl, add all ingredients and mix until they are well combined.
2. Hold in an airtight container in the refrigerator until ready to use.



# BACON-GORGONZOLA GUAC BURGER

[ YIELDS 6 BURGERS ]

## Ingredients

6 Each	Brioche Buns, Toasted
6 Leaves	Green Leaf Lettuce
6 Each	3-Oz Beef Burger Patty
6 Slices	Tomato, ¼" Slice
¾ Cup	Bacon-Gorgonzola Guacamole (see below)
12 Strips	Bacon, Cooked

## Directions

Build each burger with the following ingredients:

- 1 Each Toasted Brioche Bun Bottom
- 1 Leaf Green Leaf Lettuce
- 1 Each Cooked Burger Patty
- 1 Slice Tomato
- 2 Tbsp Bacon-Gorgonzola Guacamole
- 2 Strips Bacon
- 1 Each Toasted Brioche Bun Top

## BACON-GORGONZOLA GUACAMOLE [ YIELDS ¾ CUP ]

½ Cup	Avocados From Mexico, Stage 4, Mashed
1 Tbsp	Gorgonzola Cheese, Crumbled
1 Tbsp	Bacon, Cooked, Chopped
1 Tbsp	Parsley, Chopped
1 Tsp	Green Onion, Minced
1 Tsp	Lemon Juice, Fresh
1 Tsp	Kosher Salt

1. In a medium bowl, whisk all ingredients until they are evenly combined.
2. Hold in an airtight container in the refrigerator until ready to use.

## ALTERNATIVE AVO APPLICATIONS

- Loaded Fry Topper
- Steak Topper
- Chicken Wing Dip

60%

**60% OF CONSUMERS LOVE OR LIKE GUACAMOLE. PAIR IT WITH BACON—ONE OF THE MOST FAVORED BURGER TOPPINGS (BEATING OUT LETTUCE, TOMATO AND ONION)—FOR EVEN MORE APPEAL.**

Datassential FLAVOR, Guacamole, 2022



# STEAKHOUSE TACOS

[ YIELDS 6 TACOS ]

## Ingredients

6 Each	4½" Flour Tortilla, Warm
¾ Cup	Roasted Garlic Guacamole (see below)
9 Oz	Ribeye, Boneless, Grilled, ½" Slice
2 Tbsp	Blue Cheese, Crumbled
12 Slices	Steakhouse Avocado (see below)
¾ Cup	Crispy Onion Strings

## Directions

Build each taco with the following ingredients:

- 1 Each Flour Tortilla
- 2 Tbsp Roasted Garlic Guacamole
- 1½ Oz Sliced Ribeye
- 1 Tsp Crumbled Blue Cheese
- 2 Slices Steakhouse Avocado
- 2 Tbsp Crispy Onion Strings

### ALTERNATIVE AVO APPLICATIONS

- Steak Topper
- Salad Topper
- Sandwich Spread

## ROASTED GARLIC GUACAMOLE [ YIELDS 1.5 CUPS ]

1¼ Cups	Avocados From Mexico, Stage 4, Mashed
2 Tbsp	Tomato, ¼" Dice
2 Tbsp	Red Onion, ¼" Dice
2 Tsp	Jalapeño, Seeded, Minced
2 Tbsp	Lime Juice, Fresh
1 Tsp	Kosher Salt
1 Tsp	Roasted Garlic, Minced

1. In a medium bowl, whisk all ingredients together until they are all evenly combined.
2. Hold in an airtight container, with plastic wrap pressed to the surface of the guacamole, in the refrigerator until ready to use.

## STEAKHOUSE AVOCADO [ YIELDS 12 SLICES ]

2 Tbsp	Montreal Steak Seasoning
12 Slices	Avocados From Mexico, Stage 3, ½" Slice

1. In a medium bowl, gently toss the avocado slices in the Montreal steak seasoning until each slice is evenly coated.
2. Gently place the coated slices on a grill and roast for 2 to 3 minutes per side or until each side has defined grill marks.
3. Remove from the grill and let cool before holding in an airtight container in the refrigerator, with parchment between the layers, until ready to use.



# FAJITA AVOCADO TACOS

[ YIELDS 6 TACOS ]

## Ingredients

6 Each	6" Flour Tortilla, Warmed
¾ Cup	Refried Beans, Prepared, Warm
12 Slices	Taco-Seasoned Avocado (see below)
12 Oz	Skirt Steak, Grilled, ¼" Slice
6 Tbsp	Red Bell Pepper, ¼" Dice
¼ Cup	Yellow Onion, ¼" Dice
2 Tbsp	Cilantro, Roughly Chopped
2 Tbsp	Chipotle Hot Sauce, Prepared

## Directions

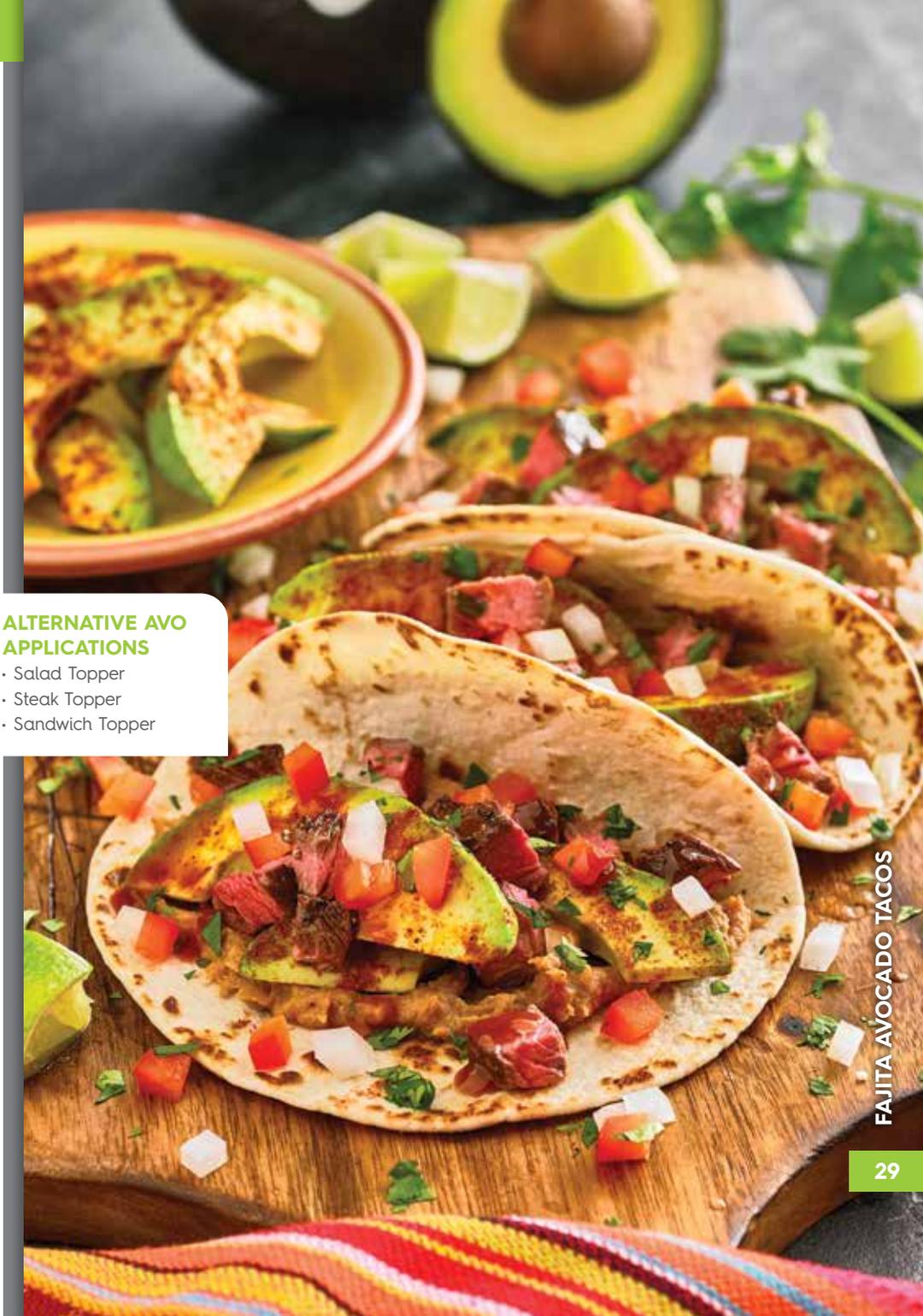
Build each taco with the following ingredients:

- 1 Each Warm Flour Tortilla
- 2 Tbsp Refried Beans
- 2 Each Taco-Seasoned Avocado
- 2 Oz Sliced Steak
- 1 Tbsp Diced Red Bell Pepper
- 2 Tsp Diced Yellow Onion
- ½ Tsp Chopped Cilantro
- ½ Tsp Chipotle Hot Sauce

## TACO-SEASONED AVOCADO [ YIELDS 12 SLICES ]

2 Tbsp	Taco Seasoning, Prepared
12 Slices	Avocados From Mexico, Stage 3, ½" Slice

1. In a medium bowl, gently toss the avocado slices in the taco seasoning until each slice is evenly coated.
2. Hold in an airtight container in the refrigerator, with parchment between the layers, until ready to use.



### ALTERNATIVE AVO APPLICATIONS

- Salad Topper
- Steak Topper
- Sandwich Topper

# 81%

81% OF CONSUMERS LOVE OR LIKE TACOS,  
SO THEY'RE SURE TO LOVE **TACO-SEASONED AVOCADOS**  
IN THIS FAJITA-STYLE OFFERING.

Datassential FLAVOR, Taco, 2022

## SESAME-CRUSTED AVOCADO & SALMON POKE TACOS

[ YIELDS 6 TACOS ]

### Ingredients

6 Each	Nori Sheets, Cut into 6"x6" Squares
¾ Cup	Sushi Rice (see below)
¾ Cup	Salmon Poke (see right)
6 Tbsp	Carrot & Jicama Slaw (see right)
6 Leaves	Thai Basil
6 Slices	Sesame-Crusted Avocado (see right)
2 Tbsp	Avo-Sabi Sauce (see right)
2 Tbsp	Scallions, Sliced on a Bias

### Directions

Build each taco with the following ingredients:

- 1 Each	Nori Sheet
- 2 Tbsp	Sushi Rice
- 2 Tbsp	Salmon Poke
- 1 Tbsp	Carrot & Jicama Slaw
- 1 Leaf	Thai Basil
- 1 Slice	Sesame-Crusted Avocado
- 1 Tsp	Avo-Sabi Sauce
- 1 Tsp	Scallions

### SUSHI RICE [ YIELDS 3 CUPS ]

1 Cup	Short Grain Sushi Rice
1 Tbsp	Rice Wine Vinegar
½ Tsp	Soy Sauce
1 Tbsp	Granulated Sugar

1. Cook sushi rice according to package directions.
2. In a microwave-safe bowl, combine rice wine vinegar, soy sauce and sugar.
3. Microwave for 30 to 45 seconds or until the sugar is completely dissolved.
4. Once rice is fully cooked, gently fold the vinegar, soy and sugar mixture into the rice.
5. Spread the rice evenly on a sheet tray and allow to cool in the refrigerator.



## SALMON POKE [ YIELDS 2 CUPS ]

1 Lb	Salmon Fillet, Skin and Pin Bones Removed
2 Tbsp	White Miso Paste
¼ Cup	Soy Sauce
1 Tbsp	Rice Wine Vinegar
½ Tbsp	Mirin
1 Tsp	Sesame Oil
½ Tbsp	Sriracha

1. Cut salmon into ¾" chunks.
2. Combine all ingredients in a large bowl.
3. Transfer the salmon poke mixture to an airtight container. Hold in the refrigerator and let marinate an hour before using.

## CARROT & JICAMA SLAW [ YIELDS 2 CUPS ]

1 Cup	Carrot, Shredded
1 Cup	Jicama, Shredded
1 Tbsp	Chili Garlic Sauce, Prepared
1 Tbsp	Lime Juice, Fresh
1 Tbsp	Honey
1 Tbsp	Sesame Oil
1 Tsp	Soy Sauce
½ Tsp	Kosher Salt

1. In a medium bowl, combine all ingredients until the carrots and jicama are evenly coated.
2. Transfer to an airtight container, and let marinate in the refrigerator for 30 minutes to 1 hour before using.

## SESAME-CRUSTED AVOCADO [ YIELDS 6 SLICES ]

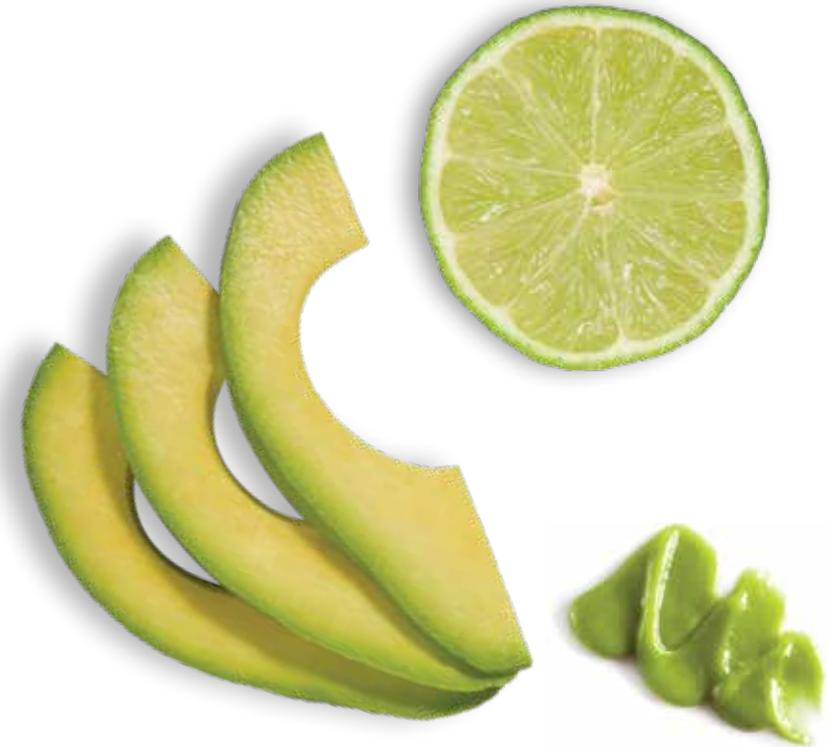
6 Slices	Avocados From Mexico, Stage 3, ½" Slice
½ Cup	Black and White Sesame Seeds, Toasted

1. In a medium bowl, gently coat avocado slices in the sesame seeds.
2. Reserve the sesame-crusting avocados in a single layer and hold in the refrigerator until ready to use.
3. Can be made up to 4 hours ahead of time.

## AVO-SABI SAUCE [ YIELDS 1 CUP ]

½ Cup	Avocados From Mexico, Stage 4, Pureed
5 Tbsp	Cold Water
4 Tsp	Lime Juice, Fresh
2 Tsp	Wasabi Paste
¾ Tsp	Kosher Salt

1. In a medium bowl, whisk all ingredients together until they are all evenly combined.
2. Hold in an airtight container, with plastic wrap pressed to the surface of the Avo-Sabi Sauce, in the refrigerator until ready to use.



### ALTERNATIVE AVO APPLICATIONS

- Salad Topper
- Taco Topper
- Fish Topper



## AVOCADO AL PASTOR TACOS

[ YIELDS 6 TACOS ]

### Ingredients

6 Each	6" Corn Tortilla, Warm
12 Slices	Al Pastor Marinated Avocado (see below)
6 Tbsp	Pineapple, Grilled, ½" Dice
6 Tbsp	White Onion, ½" Dice
2 Tbsp	Cilantro, Roughly Chopped
6 Tbsp	Chicharrones, Prepared, Crushed

### Directions

Build each taco with the following ingredients:

- 1 Each	Warm Corn Tortilla
- 2 Slices	Al Pastor Marinated Avocado
- 1 Tbsp	Grilled Pineapple
- 1 Tbsp	Diced White Onion
- 1 Tsp	Chopped Cilantro
- 1 Tbsp	Crushed Chicharrones

#### ALTERNATIVE AVO APPLICATIONS

- Salad Topper
- Sandwich Topper
- Steak Topper

### AL PASTOR MARINATED AVOCADO [ YIELDS 12 SLICES ]

¾ Cup	Chili Powder
6 Tbsp	Garlic, Minced
¾ Cup	White Vinegar
6 Tbsp	Lime Juice, Fresh
¾ Cup	White Onion, Minced
3 Tbsp	Achiote Paste
1 Tbsp	Cinnamon, Ground
¾ Tsp	Allspice, Ground
1 Tsp	Cumin, Ground
2 Tsp	Oregano, Dried
1 Tsp	Thyme, Dried
1 Tsp	Kosher Salt
¾ Tsp	Black Pepper, Ground
12 Slices	Avocados From Mexico, Stage 2, ½" Slice

1. In a medium bowl, whisk all ingredients except the avocado together until they are all evenly combined, creating a marinade.
2. Pour the marinade over the sliced avocados and hold in an airtight container in the refrigerator overnight until ready to use.

# INSIDE-OUT GRILLED CHEESE TACOS

[ YIELDS 6 TACOS ]

## Ingredients

3 Cups	Mexican Cheese Blend, Shredded
6 Each	5½" Corn Tortilla
6 Each	Panela Cheese, ½"x2"x3" Piece, Seared on Flat Top
¾ Cup	Avocado Giardiniera (see below)
2 Tbsp	Avocado-Chili Aioli (see below)
2 Tbsp	White Onion, ¼" Dice
2 Tbsp	Cilantro, Roughly Chopped

## Directions

Create cheese crisp by spreading ½ cup of shredded cheese on hot flat top, roughly 5½" circle. Allow the cheese to melt slightly, then place 1 corn tortilla on top. Cook for another 30 seconds to allow tortilla to adhere to cheese. When cheese is crispy and has adhered, remove from heat and build the taco with the following ingredients:

- 1 Each Cheese Crisped Tortilla
- 1 Each Charred Panela Cheese Slice
- 2 Tbsp Avocado Giardiniera
- 1 Tsp Avocado-Chili Aioli Drizzle
- 1 Tsp Diced White Onion
- 1 Tsp Chopped Cilantro

## AVOCADO GIARDINIERA [ YIELDS 1¼ CUPS ]

½ Cup	Cauliflower, ¼" Florets
¼ Cup	Carrot, ¼" Dice
¼ Cup	Celery, ¼" Dice
2 Tbsp	Serrano Pepper, Seeded, Thinly Sliced
1½ Tsp	Kosher Salt
2 Quarts	Ice Water
1 Cup	White Vinegar
1 Tsp	Garlic, Minced
½ Tsp	Oregano, Dried
¼ Tsp	Red Chili Flakes
¼ Cup	Canola Oil
¼ Cup	Avocados From Mexico, Stage 2, ¼" Dice

1. Toss cauliflower, carrot, celery and serrano peppers in salt and ice water. Refrigerate overnight.
2. Drain the vegetables and rinse one more time.
3. Whisk together vinegar, garlic, oregano, red chili flakes and canola oil.
4. Pour vinegar mixture over rinsed vegetables and refrigerate overnight.
5. In a medium bowl, fold diced avocado into vegetable mixture. Hold in an airtight container and keep in the refrigerator until ready to use.

## AVOCADO-CHILI AIOLI [ YIELDS 1¼ CUPS ]

¾ Cup	Avocados From Mexico, Stage 4, Pureed
¼ Cup	Jalapeño, Roasted, Skinned, Seeded, ¼" Dice
2 Tbsp	Water
½ Tsp	Garlic, Minced
2 Tbsp	Lime Juice, Fresh
½ Tsp	Kosher Salt

1. In a medium bowl, whisk all ingredients together until they are all evenly combined.
2. Hold in an airtight container, with plastic wrap pressed to the surface of the aioli, in the refrigerator until ready to use.



## ALTERNATIVE AVO APPLICATIONS

- Loaded Fry Topper
- Salad Topper
- Hot Dog Topper



## CRISPY FISH TACOS

[ YIELDS 18 TACOS, 6 SERVINGS ]

### Ingredients

18 Each	Corn Tortilla, Soft, Toasted
18 Each	Beer-Battered Crispy Fish (see below)
¾ Cup	Avocado Tomatillo Sauce (see right)
2¼ Cups	Cabbage, Shredded
6 Tbsp	Pickled Red Onion, Prepared
18 Slices	Spicy Jalapeño Pickled Avocado (see right)

### Directions

- For each serving, place 3 toasted tortillas in a taco holder or on a plate.
- Assemble each taco with the following ingredients:
  - 1 Piece Beer-Battered Crispy Fish
  - 2 Tsp Avocado Tomatillo Sauce
  - 2 Tbsp Cabbage
  - 1 Tsp Pickled Red Onion
  - 1 Slice Spicy Jalapeño Pickled Avocado

### BEER-BATTERED CRISPY FISH [ YIELDS 18 PIECES ]

1 Lb, 14 Oz	Cod Fillets, Cut into 18 1"-Thick Strips
As Needed	All-Purpose Flour
As Needed	Beer Batter (see below)
As Needed	Kosher Salt

- Add cod strips to all-purpose flour and toss well until fully covered.
- Shake off excess flour from fish and add to beer batter.
- Thoroughly coat the fish in the beer batter.
- Working in batches, drain excess beer batter from fish pieces one at a time, and gently drop into deep fryer set to 350°F.
- Fry until golden brown and crispy, about 4 to 6 minutes, turning gently to promote even cooking.
- Once finished, remove from fryer and season with salt.

### BEER BATTER [ YIELDS 5 CUPS ]

2 Cups	All-Purpose Flour
1 Cup	Corn Starch
1 Tsp	Baking Powder
1½ Oz	Vodka
16 Oz	Beer

- Combine dry ingredients in steel mixing bowl and mix well to incorporate.
- Add vodka and beer to dry ingredients and mix thoroughly until there are no lumps.
- Store refrigerated until ready to use.



## AVOCADO TOMATILLO SAUCE [ YIELDS 1 CUP ]

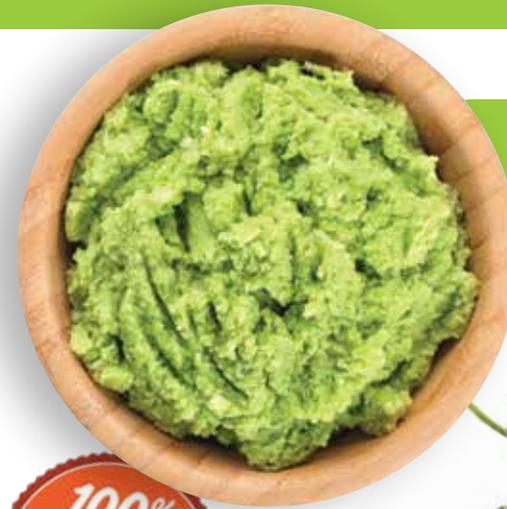
½ Cup	Avocados From Mexico, Stage 4, Mashed
2 Each	Tomatillos, Roasted, ¼" Dice
2 Tsp	Lime Juice, Fresh
1 Tbsp	Cilantro, Finely Chopped
2 Tbsp	Green Bell Pepper, Minced
2 Tbsp	White Onion, Minced
1 Tbsp	Water
¼ Tsp	Kosher Salt
⅛ Tsp	Black Pepper, Ground

1. Combine the avocado, tomatillos, lime juice, cilantro, green bell pepper, onion, water, salt and pepper in the blender and blend until smooth.
2. Transfer to a squeeze bottle and refrigerate until needed.

## SPICY JALAPEÑO PICKLED AVOCADO [ YIELDS 18 SLICES ]

½ Cup	Jalapeño, ¼" Slice
3 Each	Avocados From Mexico, Stage 2, ½" Baseball Slice
1 Cup	Carrots, Peeled, Thinly Sliced
1 Cup	White Onion, ½" Slice
4 Cups	Apple Cider Vinegar
4 Tbsp	Kosher Salt
½ Tsp	Oregano, Dried
½ Tsp	Marjoram, Dried
4 Each	Thyme Sprigs, Fresh
1 Tbsp	Granulated Sugar

1. Combine jalapeño, avocado, carrot and onion in a large container and set aside.
2. In a medium-sized pot, combine remaining ingredients and set over a medium-high flame.
3. Bring to a boil, reduce heat to a low simmer and let cook, uncovered, for 10 minutes.
4. Remove from heat and pour over avocado-vegetable mixture.
5. Cover and refrigerate until ready to use.



### ALTERNATIVE AVO APPLICATIONS

- Center-of-Plate Sauce
- Bowl Topper



## AVO AREPA VERDE [ YIELDS 6 SERVINGS ]

### Ingredients

6 Each	Avo Arepas (see below)
1½ Cups	Avo-Verde Chicken Salad (see below)
6 Tbsp	Cilantro, Roughly Chopped

### Directions

Cut open each arepa and carefully fill with ¼ cup of Avo-Verde Chicken Salad mixture and 1 tablespoon of chopped cilantro.

### AVO AREPAS [ YIELDS 6 PIECES ]

½ Cup	Avocados From Mexico, Stage 4, Pureed
2 Cups	White Cornmeal
2 Cups	Water, Room Temperature
½ Tsp	Kosher Salt

1. In a medium bowl, gently knead avocado, cornmeal, water and salt together until a loose dough forms.
2. Cover the bowl with plastic wrap and let the dough rest at least 10 minutes.
3. Portion into 4-ounce dough balls. Keep covered until ready to cook.
4. To cook, heat a dry skillet over medium heat for 3 to 4 minutes. Flatten the dough balls into 4" to 4½" rounds with the palms of your hands and gently place them onto the dry skillet.
5. Cook each arepa about 5 to 6 minutes on each side until they're golden brown and crispy.
6. Use immediately.

### AVO-VERDE CHICKEN SALAD [ YIELDS 2 CUPS ]

½ Lb	Chicken Thigh, Boneless, Skinless, Cooked, Shredded
¾ Cup	Avocados From Mexico, Stage 4, Mashed
2 Tbsp	Red Onion, ¼" Dice
2 Tbsp	Celery, ¼" Dice
¼ Cup	Queso Fresco, Crumbled
¾ Tsp	Kosher Salt
2 Tsp	Lime Juice, Fresh

1. Fold shredded chicken, mashed avocado, red onion, celery, queso fresco, salt and lime juice together in a small bowl until all ingredients are evenly combined.
2. Store in an airtight container in the refrigerator until ready to serve.

#### ALTERNATIVE AVO APPLICATIONS

- Sandwich Protein
- Salad Topper
- Appetizer Option

# CEMITA AVOTÓMICA

[ YIELDS 6 SERVINGS ]

## Ingredients

6 Each	Cemita Buns, Toasted
¾ Cup	Charred Avocado & Tomatillo Salsa (see below)
6 Each	Pork Milanese Cutlets (see below)
1½ Cups	Smoked Deli Ham, Sliced, Seared
1½ Cups	Shaved Steak, Seared
¾ Cup	Pickled Red Onion (see below)
1½ Cups	Queso Oaxaca, Finely Shredded

## Directions

Build each sandwich with the following ingredients:

- 1 Each	Toasted Cemita Bun Bottom
- 1 Each	Pork Milanese Cutlet
- ¼ Cup	Seared Sliced Ham
- ¼ Cup	Seared Shaved Steak
- 2 Tbsp	Pickled Red Onion
- ¼ Cup	Shredded Queso Oaxaca
- 2 Tbsp	Charred Avocado & Tomatillo Salsa
- 1 Each	Toasted Cemita Bun Top

## CHARRED AVOCADO & TOMATILLO SALSA [ YIELDS 1 CUP ]

1 Each	Avocados From Mexico, Stage 2, Halved, Pitted, Peeled
½ Cup	Tomatillo Salsa Verde, Prepared
1 Tsp	Kosher Salt
1 Tbsp	Lime Juice, Fresh

1. Carefully grill the two peeled avocado halves until both sides are charred.
2. Dice the charred avocado into ½" pieces and fold together with the salsa verde, salt and lime juice in a medium bowl.
3. Reserve in an airtight container in the refrigerator until ready to use.

## PORK MILANESE CUTLETS [ YIELDS 6 PIECES ]

3 Tbsp	Kosher Salt, Divided
2 Cups	Panko Breadcrumbs, Processed into a Fine Powder
6 Each	Pork Loin, 4-Oz Cutlets, Pounded Thin
2 Cups	All-Purpose Flour
6 Each	Eggs, Whisked Together

1. In a medium bowl, combine 2 tablespoons of salt and processed breadcrumbs.
2. Follow the three-stage breading procedure to bread each pounded cutlet.
3. Fry cutlets in 350°F oil for 3 to 4 minutes or until the crust is golden brown.
4. Once each cutlet is out of the fryer, season it immediately with ½ teaspoon of kosher salt.
5. Use immediately.

## PICKLED RED ONION [ YIELDS 2 CUPS ]

½ Cup	Red Wine Vinegar
½ Cup	Water
¼ Cup	Granulated Sugar
2 Tbsp	Kosher Salt
1 Each	Red Onion, Large, Peeled, Thinly Sliced

1. In a medium pot, combine vinegar, water, sugar and salt. Heat this mixture and whisk until the salt and sugar are completely dissolved.
2. Hold the red onion in a plastic container and pour the warm pickling liquid over the onions. Cover the container and let set overnight in the refrigerator.



## AVO-CHIMI STEAK ROLL

[ YIELDS 6 SERVINGS ]

### Ingredients

12 Slices	Texas Toast, Buttered, Toasted
6 Leaves	Green Leaf Lettuce
1½ Cups	Red Onion, ¼" Slice, Grilled
1½ Lb	Skirt Steak, Grilled, ½" Slice
1½ Cups	Avocado Chimichurri (see below)

### Directions

Build each sandwich with the following ingredients:

- 1 Slice Texas Toast
- 1 Leaf Green Leaf Lettuce
- ¼ Cup Sliced, Grilled Red Onion
- 4 Oz Grilled Skirt Steak
- ¼ Cup Avocado Chimichurri Sauce
- 1 Slice Texas Toast

### AVOCADO CHIMICHURRI [ YIELDS 2 CUPS ]

6 Tbsp	Red Wine Vinegar
6 Tbsp	Olive Oil
2 Tsp	Garlic, Fresh, Minced
1 Tbsp	Shallots, Minced
1 Tsp	Jalapeño, Seeded, Minced
¼ Cup	Cilantro, Roughly Chopped
¼ Cup	Curly Parsley, Roughly Chopped
½ Tsp	Kosher Salt
½ Tsp	Black Pepper, Ground
1 Cup	Avocados From Mexico, Stage 2, ¼" Dice

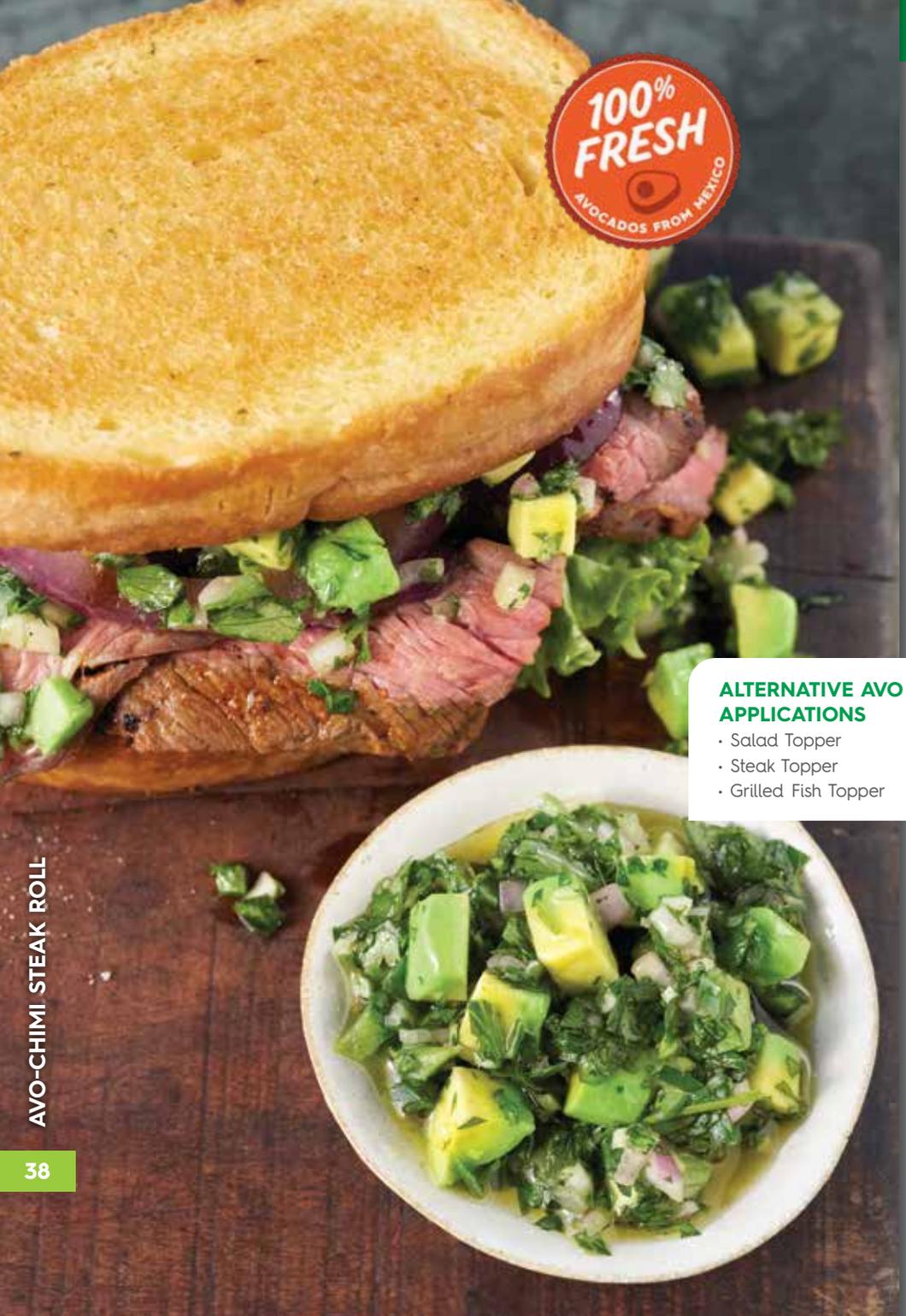
1. In a medium bowl, whisk all ingredients together, except the avocados, until they are all evenly combined.
2. Gently fold in the avocados until all pieces are evenly coated.
3. Hold in an airtight container in the refrigerator until ready to use.

#### ALTERNATIVE AVO APPLICATIONS

- Salad Topper
- Steak Topper
- Grilled Fish Topper



TO DICE A LOT OF AVOCADOS QUICKLY, PRESS SPLIT AND PITTED AVOCADOS (STAGE 2 OR 3) THROUGH A HOLDING RACK INTO A BOWL/CONTAINER. IDEAL FOR APPLICATIONS LIKE AVOCADO CHIMICHURRI.



# AVO-CUBANO WITH AVO-MOJO SAUCE

[ YIELDS 6 SERVINGS ]

## Ingredients

6 Each	Telera Rolls, Toasted
¾ Cup	Avo-Mojo Sauce (see below)
18 Oz	Deli Sliced Ham
6 Slices	Swiss Cheese
18 Oz	Carnitas, Prepared, Seared until Crispy
¾ Cup	Bread and Butter Pickles, Prepared, ¼" Dice
½ Cup	Dijon Mustard

## Directions

Build each sandwich with the following ingredients:

- 1 Each Toasted Telera Roll Bottom
- 2 Tbsp Avo-Mojo Sauce
- 3 Oz Deli Sliced Ham
- 1 Slice Swiss Cheese
- 3 Oz Crispy Carnitas
- 2 Tbsp Bread and Butter Pickles
- 1 Tbsp Dijon Mustard
- 1 Each Toasted Telera Roll Top

## AVO-MOJO SAUCE [ YIELDS 2 CUPS ]

1 Cup	Avocados From Mexico, Stage 4, Pureed
1 Tsp	Orange Zest
1 Tbsp	Orange Juice, Fresh
2 Tbsp	Lime Juice, Fresh
1 Tbsp	Serrano Chili, Seeded, Minced
½ Cup	Cilantro, Roughly Chopped
2 Tbsp	Garlic, Minced
1 Tsp	Kosher Salt

1. Combine all ingredients in a food processor, and pulse until the mixture is smooth.
2. Store in an airtight container in the refrigerator until ready to serve.

## ALTERNATIVE AVO APPLICATIONS

- Grilled Fish Topper
- Salad Topper
- Loaded Fry Topper



## CURRIED FRIED CHICKEN SANDWICH

[ YIELDS 6 SERVINGS ]

### Ingredients

6 Each	Brioche Buns, Toasted
6 Slices	Tomato, ¼" Slice
1½ Cups	Cilantro-Lime Avocado Slaw (see below)
6 Each	Curried Fried Chicken (see right)
6 Slices	Swiss Cheese
¾ Cup	Spiced Avo-Mango Aioli (see right)

### Directions

Build each sandwich with the following ingredients:

- 1 Each Toasted Brioche Bun Bottom
- 1 Slice Tomato
- ¼ Cup Cilantro-Lime Avocado Slaw
- 1 Each Curried Fried Chicken
- 1 Slice Swiss Cheese
- 2 Tbsp Spiced Avo-Mango Aioli
- 1 Each Toasted Brioche Bun Top

### CILANTRO-LIME AVOCADO SLAW [ YIELDS 2 CUPS ]

½ Cup	Green Cabbage, Shredded
½ Cup	Purple Cabbage, Shredded
1 Tsp	Serrano Pepper, Seeded, Minced
¼ Cup	Scallions, Sliced on a Bias
2 Tbsp	Cilantro, Roughly Chopped
4 Tsp	Mayonnaise
1 Tbsp	Sour Cream
1 Tbsp	Lime Juice, Fresh
1 Tsp	Honey
¼ Tsp	Garlic, Minced
¼ Tsp	Kosher Salt
¾ Cup	Avocados From Mexico, Stage 1, Shredded

1. In a large bowl, toss green cabbage, purple cabbage, serrano, scallion and cilantro until combined.
2. In a separate bowl, whisk together mayonnaise, sour cream, lime juice, honey, garlic and salt. Pour over cabbage mixture and toss until well coated.
3. Gently fold in shredded avocado until just mixed. Refrigerate in an airtight container until ready to use.



### ALTERNATIVE AVO APPLICATIONS

- Fried Fish Taco
- Sandwich Spread

## CURRIED FRIED CHICKEN [ YIELDS 6 PIECES ]

2 Tbsp	Habanero Pepper, Seeded, Minced
½ Cup	Greek Yogurt
½ Cup	Diced Mango, Canned
½ Cup	Shallot, Minced
¼ Cup	Curry Powder
¼ Cup + 2 Tbsp	Lime Juice, Fresh
1 Tbsp	Garlic, Minced
1 Tsp	Cumin, Ground
1 Tsp + 1 Tbsp	Kosher Salt
½ Tsp	Black Pepper, Fresh Ground
6 Each	Chicken Thighs, Boneless, Skinless
6 Cups	Peanut Oil
1 Cup	All-Purpose Flour
¼ Cup	Cornmeal
¼ Cup	Corn Starch

1. In a food processor, blend habanero, Greek yogurt, mango, shallot, curry powder, ¼ cup lime juice, garlic, cumin, 1 teaspoon salt and pepper to form a thick paste. Pour the marinade into a gallon-sized zip-lock bag, add chicken thighs and gently shake and squeeze to coat chicken. Seal and refrigerate at least 1 hour (up to 6 hours).
2. In a large stock pot or Dutch oven, set peanut oil over high heat until an oil thermometer reaches 325°F.
3. In a second gallon-sized zip-lock bag, combine flour, cornmeal and corn starch. Remove chicken thighs from marinade, shaking and scraping off excess paste so only a thin layer remains, and place into flour bag. Shake and toss until chicken is very well coated. Remove from bag, shaking off excess flour.
4. When oil reaches temperature, add floured chicken thighs. Cook in batches, 2 or 3 at a time, depending on the size of the pot, for approximately 5 minutes until golden-brown and crisp. Use tongs to transfer to a paper-towel-lined cooling rack. Immediately sprinkle hot chicken with salt and a squeeze of lime juice. Let oil come back to temperature if needed in between batches.

## SPICED AVO-MANGO AIOLI [ YIELDS 2 CUPS ]

1 Cup	Avocados From Mexico, Stage 4, Pureed
¾ Cup	Mayonnaise
¼ Cup	Mango Juice
2 Tbsp	Lime Juice, Fresh
2 Tsp	Curry Powder
1 Tsp	Kosher Salt
½ Tsp	Cayenne Pepper

1. In a medium bowl, whisk all ingredients together until they are all evenly combined.
2. Hold in an airtight container in the refrigerator until ready to use.



## BRATWURST WITH AVOCADO GIARDINIERA

[ YIELDS 6 SERVINGS ]

### Ingredients

6 Each	Hot Dog Buns, Split Top, Warmed
6 Each	Bratwurst (see below)
1½ Cups	Avocado Giardiniera (see below)

### Directions

Build each sandwich with the following ingredients:

- 1 Each Hot Dog Bun
- 1 Each Bratwurst
- ¼ Cup Avocado Giardiniera

### BRATWURST [ YIELDS 6 ]

1 Tbsp	Olive Oil
2 Cups	Yellow Onion, ½" Slice
½ Tsp	Kosher Salt
¼ Tsp	Black Pepper, Ground
6 Each	Bratwurst, Raw
1 Each	Lager Beer, 12-Oz Can

1. In a medium sauté pan over medium heat, heat the olive oil until it begins to shimmer.
2. Add the sliced onions, kosher salt and black pepper to sauté until the onions are translucent.
3. Add bratwurst to the pan with onions and cover with beer. Bring the mixture to a simmer. Reduce the heat and cook bratwurst until they reach an internal temperature of 165°F.
4. Once cooked, transfer bratwurst to a medium-high preheated grill. Grill for 5 to 10 minutes until browned.
5. Serve immediately.

### AVOCADO GIARDINIERA [ YIELDS 1½ CUPS ]

1 Cup	Avocados From Mexico, Stage 4, Mashed
½ Cup	Mild Giardiniera, Prepared, Roughly Chopped

1. In a medium bowl, whisk ingredients together until they are evenly combined.
2. Hold in an airtight container in the refrigerator until ready to use.

# STEAK SALAD WRAP

[ YIELDS 6 SERVINGS ]

## Ingredients

6 Cups	Spring Salad Mix
6 Tbsp	Red Onion, Thinly Shaved
6 Tbsp	Cherry Tomatoes, Roasted, Halved
¾ Cup	Blue Cheese, Crumbled
6 Tbsp	Roasted Garlic Balsamic Dressing (see below)
6 Each	Flour Tortilla, 12", Warm
6 Each	Hanger Steak, 6 Oz, Cooked Medium-Rare, ½" Slice
3 Cups	Seasoned Avocado (see below)

## ROASTED GARLIC BALSAMIC DRESSING [ YIELDS 6 SERVINGS ]

1 Tbsp	Roasted Garlic, Minced
¼ Cup	Balsamic Vinegar
3 Oz	Extra Virgin Olive Oil
As Needed	Kosher Salt
As Needed	Black Pepper, Ground
1½ Tsp	Dijon Mustard, Smooth

## SEASONED AVOCADO [ YIELDS 6 SERVINGS ]

3 Cups	Avocados From Mexico, Stage 3, ½" Dice
1½ Tsp	Montreal Steak Seasoning, Prepared, Toasted

## Directions

1. In a medium bowl combine the spring mix, red onion, cherry tomatoes and blue cheese.
2. Add Roasted Garlic Balsamic Dressing and toss until evenly coated.
3. Place 1 cup prepared salad, 6 ounces sliced hanger steak and ½ cup Seasoned Avocado into warm tortilla, wrap and serve.

1. Add all ingredients to a mixing bowl and whisk until thoroughly combined.
2. Store covered in the refrigerator until ready to use.

Gently combine avocado and seasoning until evenly coated.

### ALTERNATIVE AVO APPLICATIONS

- Side Option
- Snacking Option



## ROASTED PORK TORTA WITH SPICY PICKLED AVOCADO

[ YIELDS 6 SERVINGS ]

### Ingredients

6 Cups	Carnitas, Prepared
1½ Cups	Avocado Tomatillo Sauce (see below)
3 Cups	Monterey Jack Cheese, Shredded
¾ Cup	Cabbage, Shredded
18 Slices	Spicy Jalapeño Pickled Avocado (see right)
1½ Cups	Pickled Red Onion, Prepared
6 Each	Bolillo Roll, Halved, Toasted

### Directions

1. Heat the carnitas in a sauté pan to lightly crisp.
2. Remove from heat and stir in Avocado Tomatillo Sauce, then sprinkle cheese over the top and let sit until just melted.
3. Top bottom piece of toasted bolillo roll with the following ingredients:
  - 1 Cup Tomatillo Sauce-Dressed Carnitas
  - 2 Tbsp Shredded Cabbage
  - 3 Slices Spicy Jalapeño Pickled Avocado
  - ¼ Cup Pickled Red Onion
  - 1 Each Toasted Bolillo Roll Top

### AVOCADO TOMATILLO SAUCE [ YIELDS 1½ CUPS ]

¾ Cup	Avocados From Mexico, Stage 4, Mashed
3 Each	Tomatillos, Roasted, ¼" Dice
1 Tbsp	Lime Juice, Fresh
1½ Tbsp	Cilantro, Finely Chopped
3 Tbsp	Green Bell Pepper, Minced
3 Tbsp	White Onion, Minced
1½ Tbsp	Water
½ Tsp	Kosher Salt
¼ Tsp	Black Pepper, Ground

1. Combine all ingredients in the blender and blend until smooth.
2. Transfer to a squeeze bottle and refrigerate until needed.

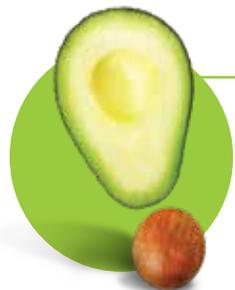
## SPICY JALAPEÑO PICKLED AVOCADO [ YIELDS 18 SLICES ]

½ Cup	Jalapeño, ¼" Slice
3 Each	Avocados From Mexico, Stage 2, ½" Baseball Slice
1 Cup	Carrots, Peeled, Thinly Sliced
1 Cup	White Onion, ¼" Slice
4 Cups	Apple Cider Vinegar
4 Tbsp	Kosher Salt
½ Tsp	Oregano, Dried
½ Tsp	Marjoram, Dried
4 Each	Thyme Sprigs, Fresh
1 Tbsp	Granulated Sugar

1. Combine jalapeño, avocado, carrot and onion in a large container and set aside.
2. In a medium-sized pot, combine remaining ingredients and set over a medium-high flame.
3. Bring to a boil, reduce heat to a low simmer and let cook, uncovered, for 10 minutes.
4. After 10 minutes, remove from heat and pour over vegetables.
5. Cover and refrigerate until ready to use.

### ALTERNATE AVO APPLICATIONS

- Salad Topper
- Snacking Option
- Charcuterie Accoutrements



WHEN PICKLING AVOCADO, CONSIDER THE FORM THAT BEST FITS THE BUILD. TRY DIFFERENT SLICING TECHNIQUES TO GET THE BEST RESULTS.

## SPICY CRISPY CHICKEN SANDWICH WITH PICKLED AVOCADO SLAW

[ YIELDS 6 SERVINGS ]

### Ingredients

6 Each	Brioche Bun, Split, Toasted
6 Each	Crispy Chicken Breast (see below)
3 Cups	Pickled Avocado Slaw (see right)
6 Tbsp	Mayonnaise

### Directions

Build each sandwich with the following ingredients:

- 1 Each Toasted Brioche Bun Bottom
- 1 Tbsp Mayonnaise
- 1 Each Crispy Chicken Breast
- ½ Cup Pickled Avocado Slaw
- 1 Each Toasted Brioche Bun Top

### CRISPY CHICKEN BREAST [ YIELDS 6 PIECES ]

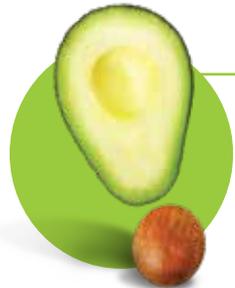
3 Cups	Buttermilk
6 Each	Habanero Pepper, Thinly Sliced
1½ Tsp	Kosher Salt
6 Each	Chicken Breast, 4 Oz, Boneless, Skinless
2 Cups	All-Purpose Flour
1 Cup	Corn Starch
1 Tsp	Kosher Salt
½ Tsp	Black Pepper, Ground
2 Tsp	Baking Powder

1. In a large container, combine buttermilk, habanero pepper and 1½ teaspoons kosher salt, and mix thoroughly.
2. Add chicken breasts, submerge completely, cover and refrigerate at least 4 hours, or overnight.
3. Meanwhile, combine remaining ingredients in a large mixing bowl and reserve.
4. When chicken is fully marinated, set deep fryer to 325°F.
5. Remove chicken from buttermilk marinade and add to bowl with flour mixture.
6. Fully coat each piece of chicken in flour mixture, shake off excess and add back into buttermilk marinade.
7. Coat each piece of chicken fully in buttermilk marinade and return to bowl with flour mixture.
8. Coat each piece of chicken fully in flour mixture, pressing to help the dredge stick.
9. Working in batches, fry each piece of chicken until golden-brown, crispy and cooked to an internal temperature of 165°F, about 7 to 10 minutes.

## PICKLED AVOCADO SLAW [ YIELDS 6 SERVINGS ]

1½ Tbsp	Kosher Salt
6 Tbsp	Granulated Sugar
1 Tsp	Celery Seed
1 Tsp	Mustard Seed
¼ Tsp	Turmeric, Powdered
¼ Tsp	Ginger, Ground
¼ Tsp	Cloves, Ground
¼ Tsp	Cinnamon, Ground
¼ Tsp	Red Pepper, Crushed
1¼ Cups	White Vinegar
1 Cup	Green Cabbage, Finely Shredded
½ Cup	Yellow Onion, Julienne
¼ Cup	Red Bell Pepper, Julienne
¼ Cup	Green Bell Pepper, Julienne
1½ Cups	Avocados From Mexico, Stage 1, Shredded

1. Set a medium pot over medium heat and add salt, sugar, celery seed, mustard seed, turmeric, ginger, cloves, cinnamon, crushed red pepper and distilled white vinegar.
2. Bring to a boil, reduce heat and simmer, uncovered, for 10 minutes.
3. Add cabbage, onion and bell peppers and allow to simmer an additional 5 to 10 minutes, until vegetables are tender.
4. Remove from heat and add avocado, stirring well to incorporate.
5. Transfer to an airtight container and let cool to room temperature, then store in the refrigerator.



**ONLY USE STAGE 1 OR EARLY STAGE 2 FRUIT WHEN SHREDDING AVOCADO. ANY RIPER AND YOU'LL BEGIN MASHING THE AVOCADO. PEEL THE AVOCADOS WITH ANY STANDARD PEELER.**

## GRILLED BRATWURST WITH PICKLED AVOCADO SLAW

[ YIELDS 6 SERVINGS ]

### Ingredients

6 Each	Sausage Roll
6 Each	Bratwurst
3 Cups	Pickled Avocado Slaw (see below)

### Directions

1. Sear bratwurst on hot grill until fully cooked, 8 to 10 minutes, or until an internal temperature of 165°F is reached.
2. For each portion, place bratwurst inside of sausage roll and top with ½ cup Pickled Avocado Slaw.

### PICKLED AVOCADO SLAW [ YIELDS 6 SERVINGS ]

1½ Tbsp	Kosher Salt
6 Tbsp	Granulated Sugar
1 Tsp	Celery Seed
1 Tsp	Mustard Seed
¼ Tsp	Turmeric, Powdered
¼ Tsp	Ginger, Ground
¼ Tsp	Cloves, Ground
¼ Tsp	Cinnamon, Ground
¼ Tsp	Red Pepper, Crushed
1¼ Cups	White Vinegar
1 Cup	Green Cabbage, Finely Shredded
½ Cup	Yellow Onion, Julienne
¼ Cup	Red Bell Pepper, Julienne
¼ Cup	Green Bell Pepper, Julienne
1½ Cups	Avocados From Mexico, Stage 1, Shredded

1. Set a medium pot over medium heat and add salt, sugar, celery seed, mustard seed, turmeric, ginger, cloves, cinnamon, crushed red pepper and distilled white vinegar.
2. Bring to a boil, reduce heat and simmer, uncovered, for 10 minutes.
3. Add cabbage, onion and bell peppers and allow to simmer an additional 5 to 10 minutes, until vegetables are tender.
4. Remove from heat and add avocado, stirring well to incorporate.
5. Transfer to an airtight container and let cool to room temperature, then store in the refrigerator.

# TURKEY SANDWICH WITH BBQ AVOCADO

[ YIELDS 6 SERVINGS ]

## Ingredients

6 Each	Pretzel Bun, Split, Toasted
18 Oz	Smoked Turkey Breast, Thinly Shaved
1½ Cups	Coleslaw, Prepared
12 Each	BBQ Avocado Slices (see below)
12 Strips	Bacon, Thick-Sliced, Cooked, Crispy
6 Tbsp	Mayonnaise

## Directions

Build each sandwich with the following ingredients:

- 1 Each Toasted Pretzel Bun Bottom
- 3 Oz Turkey Breast
- ¼ Cup Coleslaw
- 2 Each BBQ Avocado Slices
- 2 Strips Bacon
- 1 Tbsp Mayonnaise
- 1 Each Toasted Pretzel Bun Top

## BBQ AVOCADO [ YIELDS 6 SERVINGS ]

3 Each	Avocados From Mexico, Stage 2
2¼ Cups	Honey BBQ Sauce, Prepared

1. Cut each avocado in half vertically, remove the pit and remove the peel.
2. Cut each half vertically one time so that you have 4 slices from each avocado (12 slices total).
3. Brush one side of each slice with honey BBQ sauce and place on hot grill.
4. Sear until well charred, 2 to 3 minutes.
5. Brush with BBQ sauce, flip and sear for another 2 to 3 minutes, until well charred.
6. Remove from grill and reserve.



## ALTERNATIVE AVO APPLICATIONS

- Plant-Based Center-of-Plate Option
- Side Option
- Snacking Option



# AVOCADO CARBONARA

[ YIELDS 6 SERVINGS ]

## Ingredients

1½ Lb	Bacon, Thick-Cut, ¼" Dice
6 Tbsp	Garlic Cloves, Fresh, Minced
6 Tbsp	Shallot, Minced
3 Lb	Spaghetti, Cooked Al Dente
1½ Cups	Avocados From Mexico, Stage 4, Pureed
6 Each	Egg Yolks
¾ Cup	Hot Water
1½ Cups	Parmesan, Grated, for Carbonara
3 Cups	Avocados From Mexico, Stage 4, ½" Dice
1 Cup	Parmesan, Grated, for Avocado
6 Tbsp	Avocado & Oregano Gremolata (see below)

## Directions

1. In a large cold pan, add thick-cut bacon pieces and place over medium heat, cooking until fat renders and bacon is crispy.
2. Add minced garlic and shallot to the pan and toss vigorously until lightly toasted, 15 to 30 seconds.
3. Add blanched spaghetti and avocado puree to the pan and toss ingredients together.
4. In a separate bowl, temper egg yolks and hot water together.
5. Take the pan off heat and gradually add egg mixture to the pasta, stirring constantly to ensure that the egg does not scramble.
6. Add in 1½ cups of Parmesan and toss pasta.
7. In another bowl, toss diced avocado with remaining 1 cup Parmesan to coat.
8. To finish, garnish each plate of Avocado Carbonara with the following:
  - ½ Cup Parmesan-Crusted Avocado
  - 1 Tbsp Avocado & Oregano Gremolata

## AVOCADO & OREGANO GREMOLATA [ YIELDS ¾ CUP ]

¼ Cup	Avocados From Mexico, Stage 3, ½" Dice
¼ Cup	Oregano, Minced
½ Cup	Flat Leaf Parsley, Roughly Chopped
2 Tbsp	Lemon Zest
2 Tbsp	Capers, Minced
1 Oz	Olive Oil
1 Tbsp	Garlic Cloves, Fresh, Minced

1. Combine all ingredients and mix until uniform.
2. Store in refrigerator in a non-reactive pan until use.

### ALTERNATIVE AVO APPLICATIONS

- Creamy Pasta Topper
- Salad Topper
- Bowl Topper

# HAMACHI AVOCADO TOAST

[ YIELDS 6 SERVINGS ]

## Ingredients

3 Cups	Avocados From Mexico, Stage 4, Mashed
1 Tbsp + 2 Tsp	Kosher Salt
2 Tsp	Black Pepper, Divided
¼ Cup	Lemon Juice, Fresh, Divided
1½ Cups	Cherry Tomatoes, ½" Dice
1½ Cups	Avocados From Mexico, Stage 3, ¼" Dice
¼ Cup	Basil, Fresh, Chiffonade
¼ Cup	Extra Virgin Olive Oil
6 Slices	Country Bread, Thick Sliced, Toasted
12 Oz	Hamachi Yellowtail, Raw, Thinly Sliced
½ Cup	Capers, Fried
2 Tbsp	Lemon Zest
¾ Cup	Microgreens
2 Tbsp	Maldon Salt
2 Tbsp	Togarashi Seasoning

## Directions

- Season mashed avocado with 1 tablespoon salt, 1 teaspoon pepper and 2 tablespoons lemon juice, to taste.
- In a separate mixing bowl, combine tomatoes, diced avocado, basil, olive oil and 2 tablespoons lemon juice. Season with 2 teaspoons salt and 1 teaspoon pepper. Set aside to marinate.
- Assemble toast with the following ingredients:
  - 1 Slice Toasted Country Bread
  - ½ Cup Mashed Avocado
  - 2 Oz Hamachi Yellowtail
  - ¼ Cup Marinated Avocado & Tomato
  - 1 Tbsp Fried Capers
  - ¼ Tsp Lemon Zest
  - 2 Tbsp Microgreens
  - 1 Tsp Maldon Salt
  - 1 Tsp Togarashi Seasoning



# SHRIMP & AVOCADO GRITS

[ YIELDS 6 SERVINGS ]

## Ingredients

- 2 Tbsp Vegetable Oil
- 3 Cups Cremini Mushrooms, Quartered
- ¾ Cup Shallot, Minced
- 1½ Cups Andouille Sausage, ¼" Dice
- 1½ Cups Cherry Tomatoes, Quartered
- 18 Oz Shrimp, 16/20, Peeled, Deveined
- 2 Tbsp Cajun Seasoning, Prepared
- 4½ Cups Avocado Grits (see below)
- 6 Each Eggs, Large, Fried, Sunny-Side-Up
- ½ Cup Scallions, Thinly Sliced

## Directions

1. Heat vegetable oil over medium and sauté mushrooms, shallot, sausage, tomatoes, shrimp and Cajun spice together in a small saucepan over medium-high heat for 3 to 5 minutes until mushrooms are cooked through.
2. Build each plate with the following ingredients:
  - ¾ Cup Avocado Grits
  - ½ Cup Cajun Shrimp, Vegetables & Sausage
  - 1 Each Sunny-Side-Up Egg
  - 1 Tbsp Scallions

## AVOCADO GRITS [ YIELDS 6 CUPS ]

- 2½ Cups Water
- 2½ Cups Whole Milk
- 1½ Tbsp Kosher Salt
- ¾ Tsp White Pepper, Ground
- 1½ Cups Grits, Old Fashioned
- ¾ Cup Avocados From Mexico, Stage 4, Pureed
- 1 Tsp Lemon Juice, Fresh

1. Combine water, milk, salt and pepper in a small saucepot and bring to a boil.
2. Whisk in grits and simmer over low heat for 10 minutes or until tender.
3. Finish grits with avocado puree and lemon juice. Hold hot until ready to serve.



### ALTERNATIVE AVO APPLICATIONS

- Breakfast Side
- Appetizer
- Bowl Base Option

# AVOCADO KHACHAPURI

[ YIELDS 6 SERVINGS ]

## Ingredients

3¾ Cups	All-Purpose Flour
2¼ Tsp	Kosher Salt
¼ Cup	Avocados From Mexico, Stage 4, Mashed
1 Each	Whole Egg
3 Tsp	Olive Oil
¾ Cup	Sparkling Water, Cold
2 Tbsp	Butter, Unsalted, Melted
3 Cups	Avocado Cheese Filling (see below)
¾ Cup	Mozzarella Cheese, Shredded
6 Each	Egg Yolks
1½ Cups	Avocados From Mexico, Stage 2, ½" Dice

## Directions

1. Preheat oven to 350°F.
2. In a stand mixer, add flour, salt, mashed avocado, egg, olive oil and sparkling water. Mix on low using a paddle attachment until dough comes together and forms a ball.
3. Remove from bowl and knead on a lightly floured surface for 1 to 2 minutes.
4. Divide into six 5-ounce pieces, cover in plastic wrap and refrigerate for 1 hour.
5. Roll each piece of dough into a 4"x7", ¼"-thick rectangle. Brush each rectangle with 1 teaspoon of butter, then spoon ½ cup of Avocado Cheese Filling onto the center of each.
6. Fold the longer sides toward the center, leaving some filling exposed. Pinch and twist the ends to form a "boat."
7. Place the khachapuri on a lined baking sheet and bake for 25 minutes.
8. Remove from oven. Make an indentation in the center of the exposed filling of each khachapuri and place 1 egg yolk. Sprinkle with 2 tablespoons of mozzarella cheese and return to the oven to bake for 10 to 12 minutes until yolk is cooked to desired doneness and bread is golden brown.
9. Serve topped with diced avocados.

## AVOCADO CHEESE FILLING [ YIELDS 3 CUPS ]

8 Oz	Cream Cheese, Softened
1 Cup	Avocados From Mexico, Stage 4, Mashed
¾ Cup	Frozen Spinach, Thawed, Drained
¾ Cup	Feta Cheese, Crumbled
¼ Cup	Hazelnuts, Roasted, Chopped
2 Tsp	Garlic, Fresh, Minced
2 Tsp	Cilantro, Fresh, Roughly Chopped
1½ Tsp	Kosher Salt
1 Tsp	Black Pepper, Fresh Ground
½ Tsp	Coriander, Ground
½ Tsp	Cayenne Pepper
½ Tsp	Fenugreek, Ground
1 Tbsp	Butter, Unsalted, Melted

1. In a large bowl, add all ingredients and mix until well combined.
2. Use immediately or refrigerate in an airtight container until ready to use.

## ALTERNATIVE AVO APPLICATIONS

- Avocado Toast Topper
- Pasta Topper
- Cheesy Filling



# CHARRED AVOCADO & MANGO SALAD BOWL

[ YIELDS 6 SERVINGS ]

## Ingredients

3 Quarts	Spring Greens
2 Tbsp	Lime Juice, Fresh
1 Tsp	Kosher Salt
6 Each	Grilled Chicken Breasts, 4 Oz, ¼" Slice
1½ Cups	Charred Avocado & Mango Salsa (see below)

## Directions

1. Just before serving, in a medium bowl toss spring greens with fresh lime juice and kosher salt.
2. Build each salad bowl in the following order and amounts:
  - 2 Cups Dressed Spring Greens
  - 1 Each Sliced Chicken Breast
  - ¼ Cup Charred Avocado & Mango Salsa

## CHARRED AVOCADO & MANGO SALSA [ YIELDS 1½ CUPS ]

½ Cup	Avocados From Mexico, Stage 2, Charred, ¼" Dice
½ Cup	Mango, ¼" Dice
2 Tbsp	Red Onion, Minced
1 Tbsp	Jalapeño, Minced
1 Tbsp	Tomato, ¼" Dice
2 Tsp	Lime Juice, Fresh
1 Tsp	Kosher Salt

1. In a medium bowl, fold together diced charred avocado, diced mango, minced red onion, minced jalapeño, diced tomato, lime juice and kosher salt until all ingredients are evenly combined.
2. Transfer to an airtight container and hold in the refrigerator until ready for use.

CHARRED AVOCADO & MANGO SALAD BOWL



**SALADS ARE ON 90% OF MENUS, AND THE MOST POPULARLY MENUED SALAD FRUIT? AVOCADOS! PILE ON THE FRESHNESS.**

Datassential MenuTrends, Salads, 2022; Datassential SNAP! Instant Chart, Most Popularly Menued Salad Fruits, May 2020

# AVOCADO PESTO PIZZA

[ YIELDS 6 PIZZAS ]

## Ingredients

6 Each	Pizza Dough, Prepared, 8-Oz, Flattened
3 + ¾ Cups	Avocado Pesto (see below)
6 Cups	Mozzarella Cheese, Shredded
1½ Cups	Ricotta Cheese, Fresh
3 Cups	Zucchini Noodles
1½ Cups	Peas, Frozen
¾ Cup	Kalamata Olives, Roughly Chopped
¾ Cup	Scallions, Thinly Sliced
3 Cups	Baby Arugula

## Directions

- Assemble each pizza with the following ingredients:
  - 1 Each Pizza Dough
  - ½ Cup Avocado Pesto
  - 1 Cup Mozzarella Cheese
  - ¼ Cup Ricotta Cheese, in Small Dollops All Around
  - ½ Cup Zucchini Noodles, Spread to Cover
  - ¼ Cup Frozen Peas, Sprinkled Around
  - 2 Tbsp Kalamata Olives, Sprinkled Around
- Bake pizza at 550°F on an upside-down sheet pan or in pizza oven until crust is golden brown, and toppings are well caramelized.
- Remove from oven and finish with sliced scallions, baby arugula and a drizzle of 2 tablespoons Avocado Pesto.

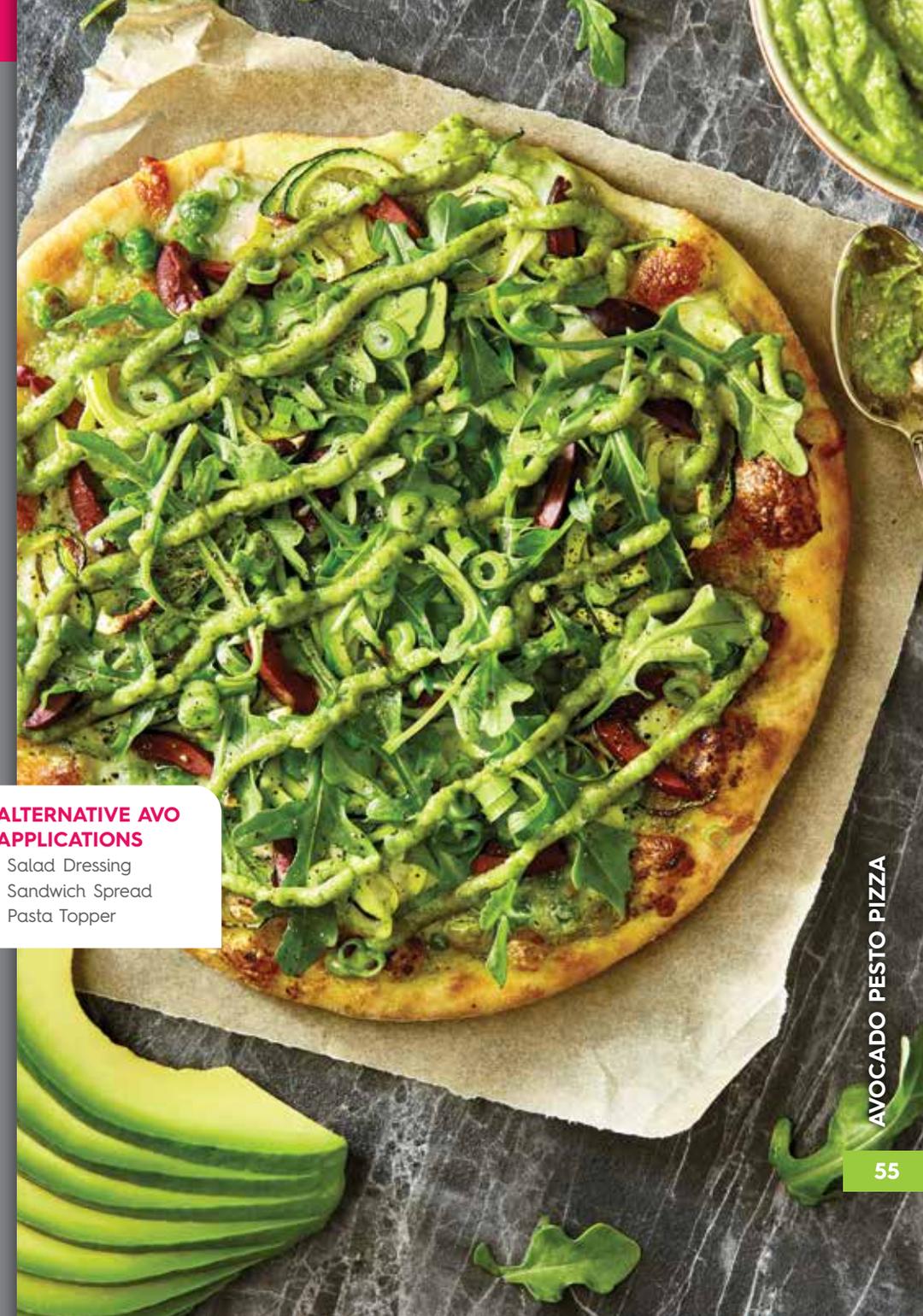
## AVOCADO PESTO [ YIELDS 3 CUPS ]

2 Cups	Avocados From Mexico, Stage 4, Mashed
3 Cups	Basil, Fresh, Roughly Chopped
½ Cup	Parmesan Cheese, Grated
½ Cup	Pine Nuts, Toasted
1 Cup	Extra Virgin Olive Oil
1 Tbsp	Kosher Salt
1 Tbsp	Lemon Juice, Fresh

- Pulse all ingredients together in a food processor until a smooth sauce is formed.
- Transfer to container, place plastic wrap directly on top of pesto, and store covered in the refrigerator until ready to use.

### ALTERNATIVE AVO APPLICATIONS

- Salad Dressing
- Sandwich Spread
- Pasta Topper



# GRILLED NEW YORK STRIP STEAK WITH AVOCADO BUTTER

[ YIELDS 6 SERVINGS ]

## Ingredients

- 6 Each New York Strip Steak, 12 Oz
- ¾ Cup Montreal Steak Seasoning, Prepared, Toasted
- 6 Each Avocado Butter, ½" Slice (see below)
- As Needed Chives, Fresh, Minced

## Directions

1. Coat each strip steak on all sides in 2 tablespoons Montreal steak seasoning.
2. Place on pre-heated charcoal grill and cook until desired doneness is reached, 3 to 5 minutes per side for medium-rare.
3. Transfer cooked steaks to serving plates and top each with 1 slice of Avocado Butter.
4. Garnish with fresh minced chives and serve immediately.

## AVOCADO BUTTER [ YIELDS 6 SERVINGS ]

- 1 Cup Avocados From Mexico, Stage 1, Shredded
- 1 Cup Buttermilk
- ¼ Tsp Kosher Salt
- ½ Cup All-Purpose Flour
- 1 Each Avocados From Mexico, Stage 4, Mashed
- ¼ Cup Butter, Soft, Prepared
- 1 Tbsp Garlic Clove, Minced
- 2 Tsp Lemon Juice, Fresh
- ¼ Tsp Kosher Salt
- ¼ Tsp Black Pepper, Ground

1. Soak shredded avocado in buttermilk for at least 5 minutes, up to 30 minutes.
2. Meanwhile, combine ¼ teaspoon salt with all-purpose flour in a large mixing bowl.
3. When ready, strain shredded avocado out of buttermilk and add to bowl with flour.
4. Toss to thoroughly coat avocado shreds.
5. Shake off excess flour and deep fry shredded avocado at 350°F until golden brown, about 2 to 4 minutes.
6. Remove from fryer to a sheet pan lined with paper towels. Set aside.
7. Meanwhile, combine remaining ingredients in a medium mixing bowl or stand mixer fitted with a paddle attachment.
8. Using parchment paper or plastic wrap, roll the Avocado Butter into a log about 2" in diameter, 3" long.
9. Place this log into the freezer until firm but not fully frozen, about 1 hour.
10. When set, remove the parchment paper or plastic wrap from the log and roll in the fried shredded avocado, pressing around the edges to promote adherence.
11. Store, wrapped in plastic, in the refrigerator until ready to use.

### ALTERNATIVE AVO APPLICATIONS

- Sandwich Spread
- Fish Topper
- Bread Dip

# STEAK SALAD WITH SEASONED AVOCADO

[ YIELDS 6 SERVINGS ]

## Ingredients

9 Cups	Spring Salad Mix
6 Tbsp	Red Onion, Thinly Shaved
1½ Cups	Cherry Tomato, Roasted, Halved
¾ Cup	Blue Cheese, Crumbled
1½ Cups	Rye Croutons, Prepared
¾ Cup	Roasted Garlic Balsamic Dressing (see below)
6 Each	Hanger Steak, 6 Oz, Cooked Medium-Rare, ½" Slice
6 Cups	Seasoned Avocado (see below)

## Directions

1. In a medium bowl combine the spring mix, red onion, cherry tomatoes, blue cheese and croutons.
2. Add Roasted Garlic Balsamic Dressing and toss until evenly coated.
3. For each serving, top 2¼ cups of dressed salad with 6 ounces sliced steak and 1 cup of Seasoned Avocado.

## ROASTED GARLIC BALSAMIC DRESSING [ YIELDS 6 SERVINGS ]

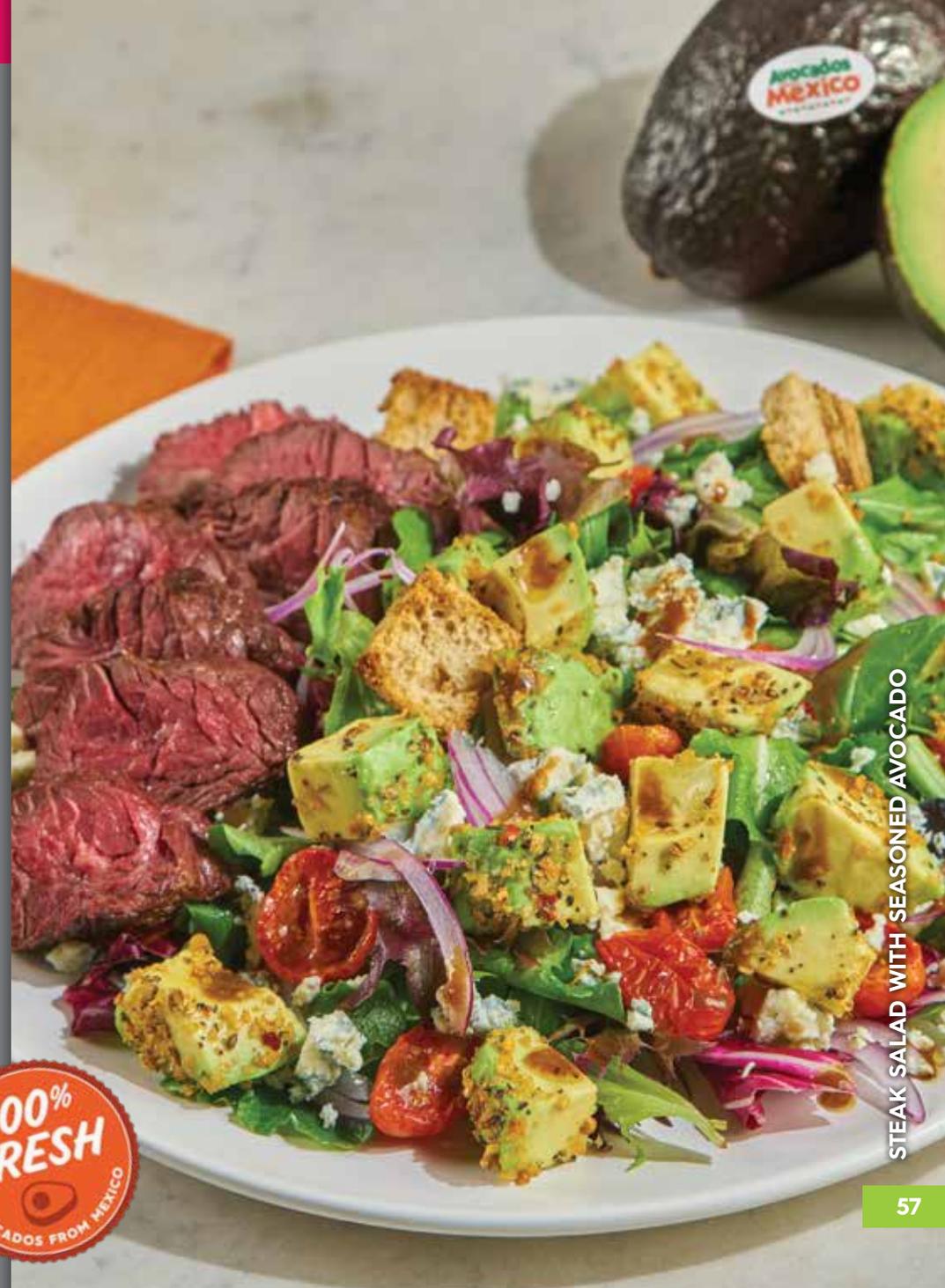
2 Tbsp	Roasted Garlic, Minced
½ Cup	Balsamic Vinegar
¾ Cup	Extra Virgin Olive Oil
As Needed	Kosher Salt
As Needed	Black Pepper, Ground
1 Tbsp	Dijon Mustard, Smooth

1. Add all ingredients to a mixing bowl and whisk until thoroughly combined.
2. Store covered in the refrigerator until ready to use.

## SEASONED AVOCADO [ YIELDS 6 SERVINGS ]

6 Cups	Avocados From Mexico, Stage 3, ½" Dice
1 Tbsp	Montreal Steak Seasoning, Prepared, Toasted

Gently combine avocado and seasoning until evenly coated.



STEAK SALAD WITH SEASONED AVOCADO

## AVOCADO BBQ TRAY

[ YIELDS 6 SERVINGS ]

### Ingredients

12 Each	BBQ Avocado Halves (see below)
3 Cups	Pickled Avocado Slaw (see right)
3 Cups	Baked Beans, Prepared
6 Each	Cornbread Muffin, Prepared
1 Cup + 2 Tbsp	Honey BBQ Sauce, Prepared
12 Each	Lime Wedge, Fresh

### Directions

1. Grill BBQ Avocado Halves, flipping once, until fully charred, about 3 to 5 minutes per side. Glaze the pit side with reserved sauce as avocado is grilling.
2. For each portion, place 2 avocado halves in center of serving platter. Place ½ cup Pickled Avocado Slaw, ½ cup baked beans, 1 cornbread muffin, 3 tablespoons honey BBQ sauce and 2 lime wedges around the platter and serve.

### BBQ AVOCADO HALVES [ YIELDS 6 SERVINGS ]

6 Each	Avocados From Mexico, Stage 3, Halved	1. Place halved avocados on a tray, thoroughly coating the pit side with BBQ sauce; reserve.
2 Cups	Honey BBQ Sauce, Prepared	2. Save remaining BBQ sauce to use as a glaze while grilling.



CHARRING AVOCADOS ON A FLAT TOP OR OPEN-FIRE GRILL CREATES UNCTUOUS SMOKY FLAVOR VERY SIMILAR TO CHARRED MEAT, DUE TO THEIR FAT CONTENT.

## PICKLED AVOCADO SLAW [ YIELDS 6 SERVINGS ]

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1½ Tbsp	Kosher Salt
6 Tbsp	Granulated Sugar
1 Tsp	Celery Seed
1 Tsp	Mustard Seed
¼ Tsp	Turmeric, Powdered
¼ Tsp	Ginger, Ground
¼ Tsp	Cloves, Ground
¼ Tsp	Cinnamon, Ground
¼ Tsp	Red Pepper, Crushed
1¼ Cups	White Vinegar
1 Cup	Green Cabbage, Finely Shredded
½ Cup	Yellow Onion, Julienne
¼ Cup	Red Bell Pepper, Julienne
¼ Cup	Green Bell Pepper, Julienne
1½ Cups	Avocados From Mexico, Stage 1, Shredded

1. Set a medium pot over medium heat and add salt, sugar, celery seed, mustard seed, turmeric, ginger, cloves, cinnamon, crushed red pepper and distilled white vinegar.
2. Bring to a boil, reduce heat and simmer, uncovered, for 10 minutes.
3. Add cabbage, onion and bell peppers and allow to simmer an additional 5 to 10 minutes, until vegetables are tender.
4. Remove from heat and add avocado, stirring well to incorporate.
5. Transfer to an airtight container and let cool to room temperature, then store in the refrigerator.



# CRISPY MEXICAN FLATBREAD WITH PICKLED AVOCADO ESCABECHE

[ YIELDS 6 SERVINGS, 3 FLATBREADS ]

## Ingredients

- 3 Each Lavash Bread, Flatbread, 12", Grilled
- 6 Tbsp Roasted Tomato Salsa, Prepared
- 3 Cups Monterey Jack Cheese, Shredded
- 9 Tbsp Chorizo Sausage, Cooked, Crispy
- ¾ Cup Green Cabbage, Finely Shredded
- ¾ Cup Pickled Red Onion, Prepared
- 1½ Cups Spicy Pickled Avocado Escabeche (see below)
- 9 Fl Oz Avocado Crema (see right)
- 3 Tbsp Cilantro, Finely Chopped
- 12 Each Lime Wedge, Fresh

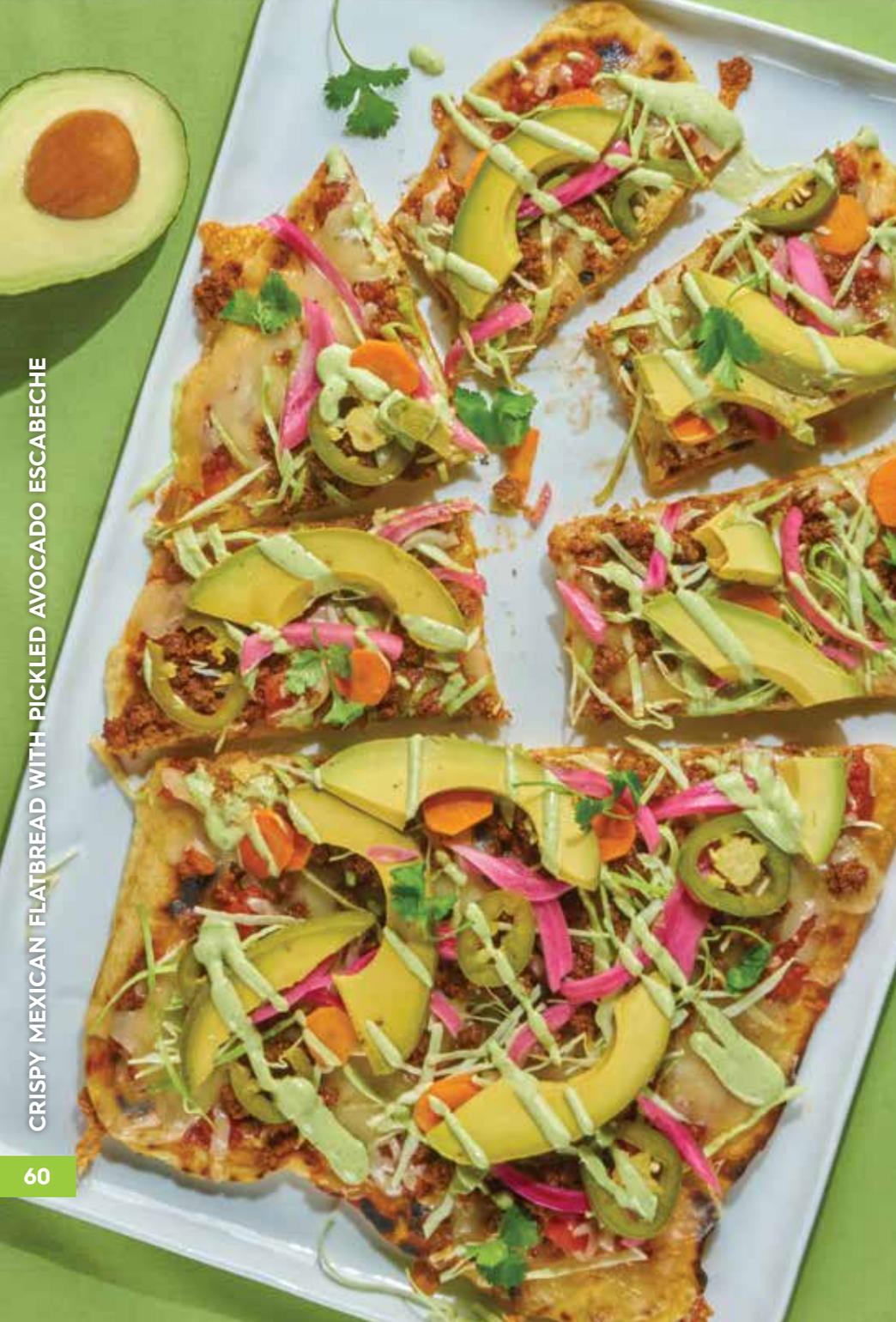
## Directions

1. Place each grilled flatbread onto a sheet tray lined with parchment paper.
2. Evenly spread 2 tablespoons roasted tomato salsa on each flatbread.
3. Top each with 1 cup Monterey Jack cheese and 3 tablespoons chorizo.
4. Bake at 425°F for 5 to 7 minutes or until the cheese has melted.
5. Top each with ¼ cup cabbage, ¼ cup pickled red onion and ½ cup Spicy Pickled Avocado Escabeche.
6. Drizzle 3 fluid ounces of Avocado Crema on each flatbread and sprinkle with 1 tablespoon of cilantro.
7. Cut into desired shape and serve with lime wedges.

## SPICY PICKLED AVOCADO ESCABECHE [ YIELDS 2 CUPS ]

- ½ Cup Jalapeño Pepper, ¼" Slice
- 3 Each Avocados From Mexico, Stage 2, ½" Wedge
- 1 Cup Carrot, Peeled, ¼" Slice
- 1 Cup Yellow Onion, ¼" Slice
- 4 Cups Apple Cider Vinegar
- 4 Tbsp Kosher Salt
- ½ Tsp Oregano, Dried
- ½ Tsp Marjoram, Dried
- 4 Each Thyme Sprigs, Fresh
- 1 Tbsp Granulated Sugar

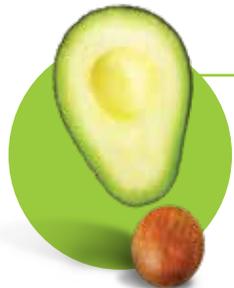
1. Combine jalapeño, avocado, carrot and onion in a large container and set aside.
2. In a medium-sized pot, combine remaining ingredients and set over a medium-high flame.
3. Bring to a boil, reduce heat to a low simmer and let cook, uncovered, for 10 minutes.
4. Remove from heat and pour over avocado-vegetable mixture.
5. Cover and refrigerate until ready to use.



## AVOCADO CREMA [ YIELDS 1½ CUPS ]

1 Each	Avocados From Mexico, Stage 4, Mashed
½ Cup	Mexican Crema
1 Tbsp	Cilantro, Finely Chopped
1 Tsp	Kosher Salt
1½ Tsp	Garlic Clove, Minced
¼ Tsp	Black Pepper, Ground
1 Tbsp	Lemon Juice, Fresh
1 Tbsp	Lime Juice, Fresh

1. In a blender combine the avocado, crema, cilantro, salt, garlic, pepper, lemon juice and lime juice, and blend until fully combined and smooth.
2. Transfer to a squeeze bottle and refrigerate until needed.



**FRESH SLICED AND DICED AVOCADOS CAN BE HELD IN LEFTOVER PICKLED JALAPEÑO LIQUID TO PRESERVE THEIR COLOR WHILE ADDING A SPICY, ZESTY BITE!**

# CRISPY CHICKEN, BACON & RANCH FLATBREAD

[ YIELDS 6 SERVINGS, 3 FLATBREADS ]

## Ingredients

3 Each	Lavash Bread, Flatbread, 12", Grilled
6 Tbsp	Honey BBQ Sauce, Prepared
1½ Cups	Cheddar Cheese, Shredded
1½ Cups	Monterey Jack Cheese, Shredded
¾ Cup	Bacon Lardon, Cooked, Crispy
1½ Cups	Popcorn Chicken, Fried, Cooked
1½ Cups	Spicy Pickled Avocado Escabeche (see below)
¾ Cup	Ranch Dressing, Prepared
1 Tbsp	Cilantro, Chopped, Fresh

## Directions

1. Place each grilled flatbread onto a sheet tray lined with parchment paper.
2. Evenly spread 2 tablespoons honey BBQ sauce on each flatbread.
3. Top each with ½ cup cheddar cheese, ½ cup Monterey Jack cheese, ¼ cup bacon and ½ cup popcorn chicken.
4. Bake at 425°F for 5 to 7 minutes or until the cheese has melted.
5. Top each with ½ cup Spicy Pickled Avocado Escabeche.
6. Drizzle ¼ cup ranch and sprinkle 1 teaspoon cilantro on each flatbread, cut to desired shape and size, and serve immediately.

## SPICY PICKLED AVOCADO ESCABECHE [ YIELDS 2 CUPS ]

½ Cup	Jalapeño Pepper, ¼" Slice
3 Each	Avocados From Mexico, Stage 2, ½" Wedge
1 Cup	Carrot, Peeled, ¼" Slice
1 Cup	Yellow Onion, ¼" Slice
4 Cups	Apple Cider Vinegar
4 Tbsp	Kosher Salt
½ Tsp	Oregano, Dried
½ Tsp	Marjoram, Dried
4 Each	Thyme Sprigs, Fresh
1 Tbsp	Granulated Sugar

1. Combine jalapeño, avocado, carrot and onion in a large container and set aside.
2. In a medium-sized pot, combine remaining ingredients and set over a medium-high flame.
3. Bring to a boil, reduce heat to a low simmer and let cook, uncovered, for 10 minutes.
4. Remove from heat and pour over avocado-vegetable mixture.
5. Cover and refrigerate until ready to use.

# SHRIMP & AVOCADO PESTO SCAMPI

[ YIELDS 6 SERVINGS ]

## Ingredients

- 6 Tbsp Avocado Oil
- 1½ Lb Shrimp, Raw, Peeled, Deveined, 50-60 Count
- 2 Tbsp Garlic Clove, Minced
- 1 Tsp Red Pepper Flakes
- 1½ Cups White Wine, Dry
- 9 Cups Linguine, Cooked Al Dente
- 2 Cups Water, Reserved from Cooked Pasta
- 1½ Cups Avocado Pesto (see below)
- 3 Cups Avocados From Mexico, Stage 3, ½" Dice
- 1½ Tsp Kosher Salt
- ¾ Tsp Black Pepper, Ground
- ¾ Cup Parmesan Cheese, Shredded
- 6 Tbsp Italian Parsley, Chopped

## Directions

1. Set a large nonstick sauté pan or skillet over medium-high heat and add avocado oil.
2. When oil is just beginning to smoke, add shrimp and sauté until turning light pink, 1 to 2 minutes.
3. Add garlic and chili flakes, and sauté until just toasted, about 30 seconds to 1 minute.
4. Deglaze with white wine and reduce by half.
5. Add linguine and pasta water, turn heat to high and cook until pasta is hot and liquid has reduced by half, about 2 to 3 minutes.
6. Remove pan from heat, and stir in Avocado Pesto and diced avocado. Toss thoroughly to incorporate, but do not mash the fresh avocado.
7. Season with salt and pepper, then transfer to serving dishes.
8. Top each portion with 2 tablespoons Parmesan cheese and 1 tablespoon parsley, and serve immediately.

## AVOCADO PESTO [ YIELDS 1½ CUPS ]

- 1 Cup Avocados From Mexico, Stage 4, Mashed
- 1½ Cups Basil, Fresh, Roughly Chopped
- ¼ Cup Parmesan Cheese, Grated
- ¼ Cup Pine Nuts, Toasted
- ½ Cup Extra Virgin Olive Oil
- 1½ Tsp Kosher Salt
- 1½ Tsp Lemon Juice, Fresh

1. Pulse all ingredients together in a food processor until a smooth sauce is formed.
2. Transfer to container, place plastic wrap directly on top of pesto, and store covered in the refrigerator until ready to use.



# CHICKEN & AVOCADO TANDOORI BOWL

[ YIELDS 6 SERVINGS ]

## Ingredients

3 Cups	Chicken Thigh, Boneless, Skinless, 1" Dice
1½ Cups	Tandoori Marinade (see below)
1½ Cups	Avocados From Mexico, Stage 2, 1" Dice
6 Each	Bamboo Skewer, 8", Soaked in Water
3 Cups	Saffron Rice (see right)
1½ Cups	Marinated Cabbage (see right)
1½ Cups	Avocado, Tomato & Cucumber Salad (see right)
3 Tbsp	Garlic Aioli (see right)
6 Each	Lime Wedge
As Needed	Italian Parsley, Chopped

## Directions

1. Coat the chicken in ½ cup of Tandoori Marinade.
2. In a small skillet over medium heat, sear the chicken on both sides for 10 minutes or until an internal temperature of 165°F is reached.
3. Add the chicken to the diced avocado and coat in an additional 1 cup of Tandoori Marinade.
4. Place 3 pieces of avocado and 3 pieces of seared chicken onto each skewer. Flipping them often, cook each skewer until the avocado begins to char, 8 to 10 minutes.
5. Meanwhile, add ½ cup Saffron Rice, ¼ cup Marinated Cabbage, ¼ cup Avocado, Tomato & Cucumber Salad and ½ tablespoon Garlic Aioli to each of 6 serving bowls.
6. When skewers are ready, gently slide chicken and avocado off the skewer and into each serving bowl.
7. Serve each portion with 1 lime wedge and sprinkle with chopped parsley.

### ALTERNATIVE AVO APPLICATIONS

- Salad Dressing
- Bowl Sauce

## TANDOORI MARINADE [ YIELDS 2 CUPS ]

1½ Cups	Greek Yogurt, Plain
1½ Tsp	Coriander, Ground
1½ Tsp	Cumin, Ground
1½ Tsp	Turmeric, Powdered
1½ Tsp	Cayenne Pepper, Ground
1½ Tsp	Garam Masala
1½ Tbsp	Paprika
3 Tbsp	Lemon Juice, Fresh
3 Tbsp	Garlic Clove, Minced
3 Tbsp	Ginger, Fresh, Grated
1½ Tsp	Kosher Salt

1. Add the Greek yogurt, coriander, cumin, turmeric, cayenne pepper, garam masala, paprika, lemon juice, garlic, ginger and salt to a medium bowl, and mix until fully combined.
2. Store in an airtight container in the refrigerator until needed.

## SAFFRON RICE [ YIELDS 6 SERVINGS ]

3 Cups	Chicken Stock
1½ Tbsp	Olive Oil
¾ Cup	White Onion, ¼" Dice
1½ Cups	Rice, White Basmati
¾ Tsp	Saffron
1 Each	Bay Leaf, Dried
1½ Tsp	Kosher Salt

1. In a small pot over medium heat, bring the chicken stock to a simmer.
2. In a medium pot over medium, heat the olive oil.
3. Once the olive oil is hot, add the onion and cook until translucent.
4. Add the rice to this pot and toast until lightly browned.
5. Add the saffron, chicken stock, bay leaf and salt to this pot, and bring to a simmer.
6. Cover and allow to simmer for 25 minutes or until all the liquid is absorbed.
7. Once the rice is cooked, remove from heat, remove the bay leaf and fluff the rice.

## MARINATED CABBAGE [ YIELDS 3 CUPS ]

3 Cups	Red Cabbage, Finely Shredded
¼ Cup	Apple Cider Vinegar
1 Tbsp	White Sugar
2 Tsp	Kosher Salt
2 Tsp	Oregano, Dried

1. Gently massage all ingredients into the cabbage until thoroughly incorporated.
2. Store covered in the refrigerator until ready to use.

## AVOCADO, TOMATO & CUCUMBER SALAD [ YIELDS 2 CUPS ]

¾ Cup	English Cucumber, Seedless, Skin-on, ¼" Dice
½ Cup	Roma Tomato, ¼" Dice
¾ Cup	Avocados From Mexico, Stage 3, ¼" Dice
4 Tsp	Red Wine Vinegar
¼ Tsp	Kosher Salt
⅛ Tsp	Black Pepper, Ground

1. Combine all ingredients and mix until thoroughly incorporated.
2. Store covered in the refrigerator until ready to use.

## GARLIC AIOLI [ YIELDS ½ CUP ]

½ Cup	Mayonnaise
1 Each	Garlic Clove, Minced
1½ Tbsp	Lemon Juice, Fresh
½ Tsp	Kosher Salt

1. Combine all ingredients and mix until thoroughly combined.
2. Transfer to a squeeze bottle and store in the refrigerator until ready to use.



## AVOCADO FRENCH ONION DIP

[ YIELDS 1 DISH, 6 SERVINGS ]

### Ingredients

2 Cups	Avocado French Onion Dip (see below)
2 Tbsp	Chives, Sliced
2 Cups	Potato Chips

### Directions

1. Serve the Avocado French Onion Dip in a large bowl.
2. Garnish each dish with fresh sliced chives and serve with potato chips on the side for dipping.

### AVOCADO FRENCH ONION DIP [ YIELDS 2 CUPS ]

2 Tbsp	Butter
2 Tbsp	Vegetable Oil
2 Cups	Red Onion, ¼" Sliced
2 Cups	White Onion, ¼" Sliced
2 Cups	Yellow Onion, ¼" Sliced
½ Cup	Shallot, ¼" Sliced
6 Each	Fresh Thyme, Plucked
1 Tbsp	Salt, for Onion Mixture
1 Cup	Avocados From Mexico, Stage 4, Pureed
2 Tsp	Lemon Juice
1 Tsp	Salt, for Finishing
¾ Tsp	Thyme, Chopped

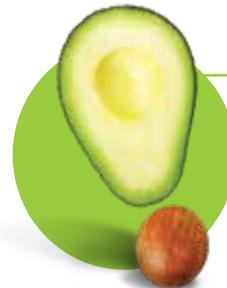
1. In a large pan over medium heat, melt the butter with the oil until the butter begins to bubble.
2. Add the onions, shallot, thyme and 1 tablespoon of salt to the pan, and slowly caramelize the mixture for 30 to 45 minutes until it is almost burnt. Be careful to scrape the bottom of the pan with a wooden spoon to prevent it from burning.
3. Remove from heat and let the mixture cool completely, then roughly chop it.
4. Whip together chopped onion mixture, pureed avocado, lemon juice, 1 teaspoon of salt and chopped thyme until evenly combined.
5. Reserve in an airtight container in the refrigerator until ready for use.

#### ALTERNATIVE AVO APPLICATIONS

- Steak Sandwich Spread
- Wrap Spread
- Charcuterie Board Accompaniment

#### WHAT'S THE RIGHT USAGE FOR EVERY AVOCADO STAGE?

**PERFECTLY RIPE:** SLICE OR DICE FOR HANDHELDS AND SALADS.  
**UNDERRIPE:** PICKLE, GRILL OR USE FOR OTHER UNIQUE APPLICATIONS.  
**SLIGHTLY OVERRIPE:** PUREE FOR SAUCES AND BEVERAGES.



# AVO-HEARTS OF PALM CEVICHE

[ YIELDS 6 SERVINGS ]

## Ingredients

1½ Cups	Avocado Hearts of Palm (see below)
2 Tbsp	Fresh Mango, ¼" Dice
2 Tbsp	Red Onion, Shaved
2 Tbsp	Cilantro, Roughly Chopped
2 Cups	Tortilla Chips

## Directions

1. For each serving, place ¼ cup of prepared Avocado Hearts of Palm in a small serving bowl.
2. Garnish with:
  - 1 Tsp Diced Mango
  - 1 Tsp Shaved Red Onion
  - 1 Tsp Chopped Cilantro
3. Serve with tortilla chips.

## AVOCADO HEARTS OF PALM [ YIELDS 1½ CUPS ]

¾ Cup	Avocados From Mexico, Stage 3, ½" Dice
½ Cup	Hearts of Palm, ½" Dice
1 Tbsp	Jalapeño, Minced
1 Cup	Avocado Leche de Tigre (see below)

1. In a medium bowl, gently fold all ingredients together until completely combined.
2. Transfer to an airtight container and reserve in the refrigerator until ready to use.

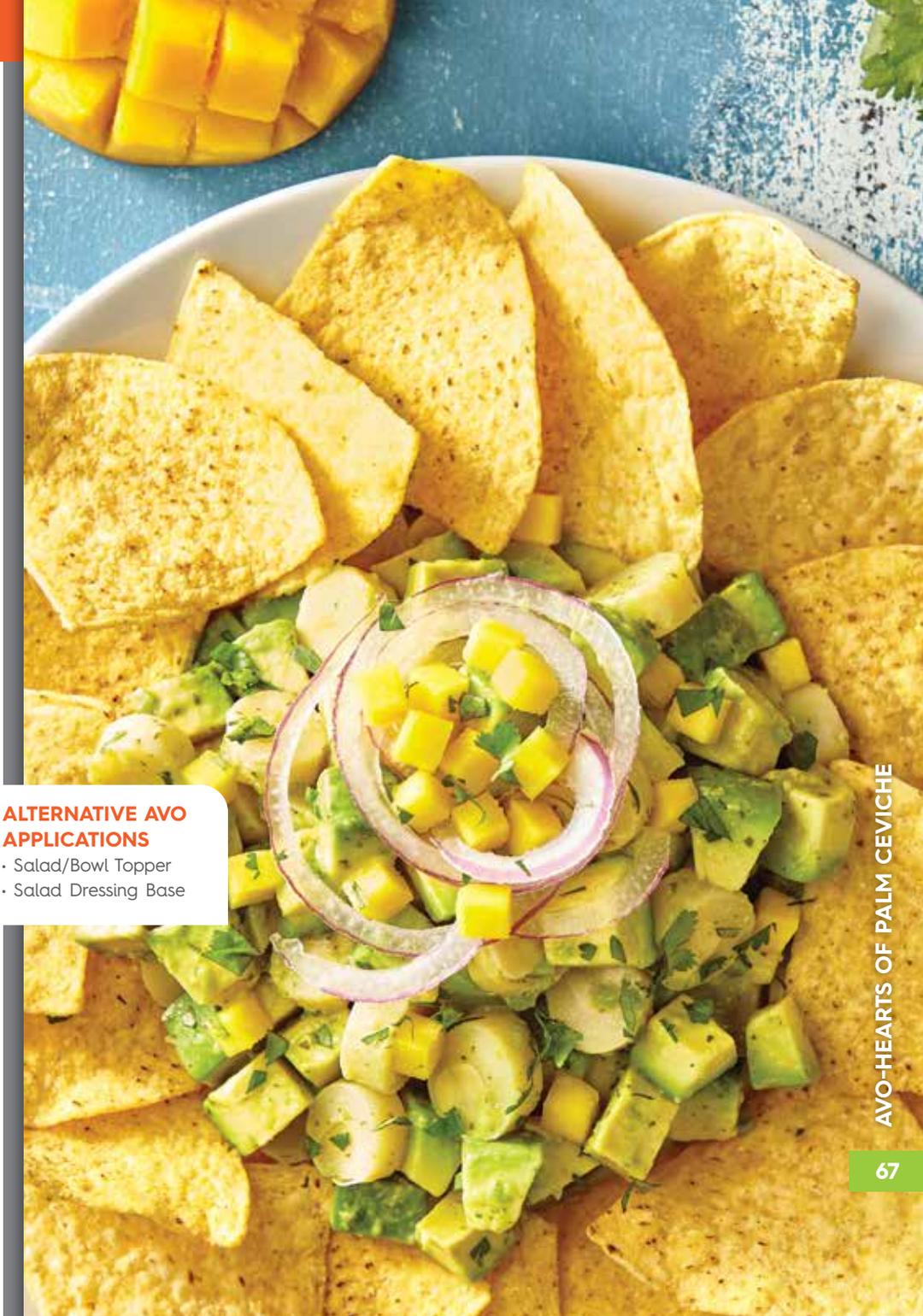
## AVOCADO LECHE DE TIGRE [ YIELDS 1 CUP ]

½ Cup	Avocados From Mexico, Stage 4, Pureed
¾ Cup	Lime Juice, Fresh
¾ Tsp	Garlic, Minced
½ Cup	Cilantro, Roughly Chopped
1 Tsp	Serrano Chili, Minced
1 Tsp	Kosher Salt
½ Cup	Water

1. Combine all ingredients in a high-performance blender and puree on high until smooth.
2. Transfer to an airtight container and reserve in the refrigerator until ready to use.

### ALTERNATIVE AVO APPLICATIONS

- Salad/Bowl Topper
- Salad Dressing Base



**ALTERNATIVE AVO APPLICATIONS**

- Pot Sticker Filling
- Hot Avo Crab Dip
- Avo Seafood Bowl Topper

## AVOCADO CRAB RANGOON

[ YIELDS 6 SERVINGS ]

### Ingredients

3 Cups	Avocados From Mexico, Stage 4, ½" Dice
¾ Cup	Imitation Crab Meat
2 Tbsp	Lemon Juice, Fresh
1 Cup	Cream Cheese
½ Tsp	Kosher Salt
36 Each	Wonton Wrappers
3 Tbsp	Sesame Seeds, Toasted
¾ Cup	Sweet Chili Sauce, Prepared
6 Tbsp	Scallions, Thinly Sliced

### Directions

1. Mix avocado, imitation crab meat, lemon juice, cream cheese and salt until well incorporated, gently mashing the avocado and crab together.
2. Place 2 tablespoons of filling in the center of each wonton wrapper.
3. Brush the top and left edge of wonton wrapper with a bit of water, and fold over onto the opposite (dry) sides to form a triangle.
4. Deep fry in 350°F oil until golden brown and crispy, 3 to 5 minutes per order of 6 pieces.
5. Transfer to a bowl and toss gently with 2 teaspoons of sesame seeds.
6. Arrange on plate with 2 ounces of sweet chili sauce, and garnish with 1 tablespoon of scallions.



## CREAMY AVOCADO & FIG BITES

[ YIELDS 6 SERVINGS ]

### Ingredients

12 Each	Mini Phyllo Dough Shells
As Needed	Cooking Spray
¼ Cup	Ricotta Cheese
2 Tbsp	Fig Jam, Prepared
2 Tbsp	Marcona Almonds, Chopped
1 Tbsp	Lemon Juice
1 Tbsp	Kosher Salt
¼ Cup	Avocados From Mexico, Stage 3, ½" Dice

### Directions

1. Preheat oven to 350°F.
2. Spread phyllo dough shells evenly on a baking sheet coated with cooking spray.
3. Fill each phyllo dough shell with the following:
  - 1 Tsp Ricotta
  - ½ Tsp Fig Jam
  - ½ Tsp Chopped Marcona Almonds
  - ¼ Tsp Lemon Juice
  - ¼ Tsp Kosher Salt
4. Bake for 8 minutes. Remove from the oven and top each phyllo cup with 1 teaspoon diced avocado.

## AFM SIGNATURE HOT SAUCE

[ YIELDS 1 PINT ]

### Ingredients

¾ Cup	Jalapeño, Seeded, Roughly Chopped
1 Cup	Vinegar Base (see below)
¼ Cup	Avocados From Mexico, Stage 4, ¼" Dice
2 Tsp	Kosher Salt
1½ Tsp	Granulated Sugar

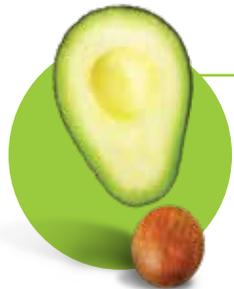
### Directions

1. Boil the jalapeños in water for 20 minutes. Strain and allow peppers to cool in the refrigerator.
2. In a food processor, combine the vinegar base and diced avocado with blanched jalapeños. Blend on high until smooth.
3. Pass through metal strainer, and season with salt and sugar.

### VINEGAR BASE [ YIELDS 2 CUPS ]

1½ Cups	White Distilled Vinegar
½ Cup	White Onion, Roughly Chopped
1 Tbsp	Garlic, Minced

1. Bring all ingredients up to a boil.
2. Blend the ingredients in a blender until smooth.
3. Allow time to cool in the refrigerator until needed.



**AVOCADO CAN BE SERVED HOT OR COLD! COOKING AVOCADO DOES NOT CAUSE IT TO BROWN FASTER. AS LONG AS YOU ADD A LITTLE BIT OF LEMON OR LIME JUICE, THE VIBRANT AVOCADO COLOR WILL COME THROUGH WHETHER THE AVOCADO IS RAW OR COOKED!**

### ALTERNATIVE AVO APPLICATIONS

- Wing Sauce
- Chicken Sandwich Sauce
- Appetizer Side Sauce



## AVOCADO & SHRIMP TERIYAKI SKEWERS

[ YIELDS 6 SERVINGS ]

### Ingredients

12 Each	Bamboo Skewer, 8", Soaked in Water
36 Each	Shrimp, Raw, Peeled, Deveined, 26/30
3 Cups	Avocados From Mexico, Stage 2, ½" Dice
½ Cup	Teriyaki Glaze, Prepared
2 Tbsp	Sesame Seeds, Toasted

### Directions

1. On each skewer, alternate threading shrimp and avocado pieces, 3 of each per skewer.
2. Grill skewers, basting frequently with teriyaki glaze, for 4 to 6 minutes; flip halfway through.
3. Sprinkle with sesame seeds and serve immediately.

#### ALTERNATIVE AVO APPLICATIONS

- Stir Fry Inclusion
- Bowl Topper
- Salad Topper



THE HIGH SUGAR CONTENT OF TERIYAKI GLAZE CAN BRING EXTRA FLAVOR TO GRILLED OR CHARRED DISHES, THANKS TO A COMBINATION OF CARAMELIZATION AND THE MAILLARD REACTION. BE SURE TO BASTE CONSTANTLY TO ENSURE PROPER COVERAGE.

# CUCUMBER, MANGO & CRAB SALAD IN SEASONED AVOCADO

[ YIELDS 6 SERVINGS ]

## Ingredients

6 Each	Half Avocado Skin, Reserved
3 Cups	Cucumber, Mango & Crab Salad (see below)
As Needed	Lemon Juice, Fresh
2 Tbsp	Garlic Aioli (recipe on page 65)
As Needed	Chives, Fresh, Minced
As Needed	Lemon Zest, Fresh

## CUCUMBER, MANGO & CRAB SALAD [ YIELDS 4 CUPS ]

1½ Cups	Lump Crab, Canned, Picked for Shells	1. In a medium bowl mix the crab, mango, cucumber, serrano, shallot, lime juice, coriander, fennel, celery seed, salt, avocado and seafood seasoning until thoroughly combined.
¼ Cup	Mango, Fresh, ¼" Dice	2. Store in a covered container in the refrigerator until needed.
¼ Cup	English Cucumber, Seedless, Skin-on, ¼" Dice	
2 Tbsp	Serrano Pepper, Seeds Removed, Minced	
2 Tbsp	Shallot, Minced	
2 Tbsp	Lime Juice, Fresh	
1½ Tsp	Coriander, Toasted, Ground	
1½ Tsp	Fennel Seed, Toasted, Ground	
½ Tsp	Celery Seed	
1½ Tsp	Kosher Salt	
2 Cups	Avocados From Mexico, Stage 4, ½" Dice	
1 Tsp	Seafood Seasoning	

## ALTERNATIVE AVO APPLICATIONS

- Sandwich Topper
- Center-of-Plate Option
- Bowl Topper



## AVOS ON A HALF SHELL

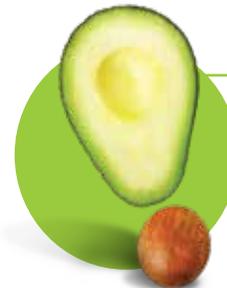
[ YIELDS 6 SERVINGS ]

### Ingredients

4 Each	Avocados From Mexico, Fresh, Stage 3
2 Tbsp	Seafood Seasoning
16 Tsp	Garlic, Herb & Sherry Butter (see right)
2 Cups	Crab Stuffing Mix (see right)
1 Cup	Cooked Bacon, Crumbled
1 Cup	Parmesan Cheese, Shredded
½ Cup	Garlic, Herb & Sherry Butter, Warmed, Reserved
¼ Cup	Italian Parsley, Finely Chopped

### Directions

1. Cut the 4 avocados into quarters along the long edge and remove the skin. Place them on a sheet tray and sprinkle with 2 tablespoons seafood seasoning.
2. Using two 8-slot oyster grill pans, place 1 teaspoon of Garlic, Herb & Sherry Butter into each insert.
3. Place the seasoned avocado quarters into the buttered segments.
4. Spoon 2 tablespoons Crab Stuffing Mix onto each of the seasoned avocado quarters in the grill pan inserts.
5. Sprinkle 1 tablespoon each of bacon and shredded Parmesan on top of each avocado quarter.
6. Place both trays underneath a broiler and let cook until the tops of the crab-stuffed avocados are golden brown.
7. Remove the stuffed avocado from the broiler and pour an additional 1 tablespoon Garlic, Herb & Sherry Butter over each avocado.
8. Finish each Avo on a Half Shell with a sprinkling of 1 teaspoon chopped parsley. Serve with additional melted butter for dipping.



**BROIL A STUFFED AVOCADO TO HEAT THE FILLING WHILE KEEPING THE FLESH COOL AND FRESH. IT CREATES A UNIQUE TEXTURAL SENSATION!**

## GARLIC, HERB & SHERRY BUTTER [ YIELDS 1½ CUPS ] \_\_\_\_\_

1 Cup	Butter, Unsalted
2 Tbsp	Roasted Garlic, Pureed
1 Tbsp	Thyme, Fresh, Chopped
1 Oz	Sherry Cooking Wine, Prepared
1 Tsp	Garlic Powder
¼ Tsp	Kosher Salt
1 Tbsp	Flat Leaf Parsley, Chopped

1. Place all ingredients except for parsley into a food processor. Pulse until well combined.
2. Remove from food processor and place into a clean container.
3. Fold in chopped parsley.
4. Cover and store in the refrigerator for up to 24 hours.

## CRAB STUFFING MIX [ YIELDS 3½ CUPS ] \_\_\_\_\_

1 Cup	Lump Crab Meat, Fresh, Picked for Shells
½ Cup	Butter, Salted, Melted
½ Cup	Panko Breadcrumbs
½ Cup	Parsley, Fresh, Chopped
½ Cup	Red Bell Pepper, Small Dice
½ Cup	Yellow Bell Pepper, Small Dice
1½ Tsp	White Pepper, Ground
1 Tsp	Kosher Salt
¼ Tsp	Cayenne Pepper, Ground
1 Tbsp	Lemon Juice, Fresh

- Place all ingredients into a mixing bowl. Gently fold together until well combined.





**ALTERNATIVE AVO APPLICATIONS**

- Grilled Chicken Side
- Taco Topper
- Salad Topper

## PALOMA GUACAMOLE

[ YIELDS 6 SERVINGS ]

### Ingredients

- 1¼ Cups Avocados From Mexico, Stage 3, Mashed
- ¼ Cup Ruby Red Grapefruit Supremes, ½" Dice
- 2 Tbsp Lime Juice, Fresh
- 2 Tsp Cilantro, Roughly Chopped
- 2 Tbsp Jalapeño, Charred, Skinned, Seeded, ¼" Dice
- 1 Tsp Tequila Reposado
- 1 Tsp Kosher Salt
- 24 Each Tortilla Strips, Fried
- 12 Each Ruby Red Grapefruit Supremes

### Directions

1. In a medium bowl, fold together the mashed avocado, diced grapefruit supremes, lime juice, cilantro, jalapeño, tequila and kosher salt until all ingredients are evenly combined.
2. Transfer to container and press plastic wrap to the surface of the guacamole. Hold in the refrigerator until ready for use.
3. When ready to use, transfer the Paloma Guacamole into a serving bowl and garnish with 4 tortilla strips and 2 grapefruit supremes.



**ALTERNATIVE AVO APPLICATIONS**

- Sandwich Topper or Filling
- Vegetable Dip
- Avocado Toast Spread

## AVOCADO-PIMIENTO GUACAMOLE

[ YIELDS 6 SERVINGS ]

### Ingredients

- ¾ Cup Avocados From Mexico, Stage 4, Mashed
- 2 Tbsp Pimiento Pepper, Small Dice
- ½ Cup Cheddar Cheese, Shredded
- ¼ Cup Bread and Butter Pickles, Minced
- 2 Tbsp Lime Juice
- 1 Tsp Kosher Salt
- 1 Tbsp Cheddar Cheese, Shredded, for Garnish
- 1 Tsp Pimiento Pepper, Small Dice, for Garnish

### Directions

1. In a medium bowl, fold together the mashed avocado, 2 tablespoons diced pimiento pepper, ½ cup shredded cheddar cheese, minced pickles, lime juice and kosher salt until all ingredients are evenly combined.
2. Transfer to container and press plastic wrap to the surface of the guacamole. Hold in the refrigerator until ready for use.
3. When ready to use, transfer the Avocado-Pimiento Guacamole into a serving bowl and garnish with 1 tablespoon shredded cheddar cheese and 1 teaspoon pimiento peppers.

# JERK GUACAMOLE

[ YIELDS 6 SERVINGS ]

## Ingredients

- ¾ Cup Avocados From Mexico, Stage 4, Mashed
- ½ Cup Mango, Fresh, Grilled, ¼" Dice
- ¼ Cup Jerk Paste (see below)
- 2 Tbsp Lime Juice, Fresh
- 1 Tsp Kosher Salt
- 1 Tbsp Scallions, Sliced on a Bias

## Directions

1. In a medium bowl, fold together mashed avocado, diced grilled mango, Jerk Paste, lime juice and kosher salt until all ingredients are evenly combined.
2. Transfer to container and press plastic wrap to the surface of the guacamole. Hold in the refrigerator until ready for use.
3. When ready to use, transfer the Jerk Guacamole into a serving bowl and garnish with sliced scallions.

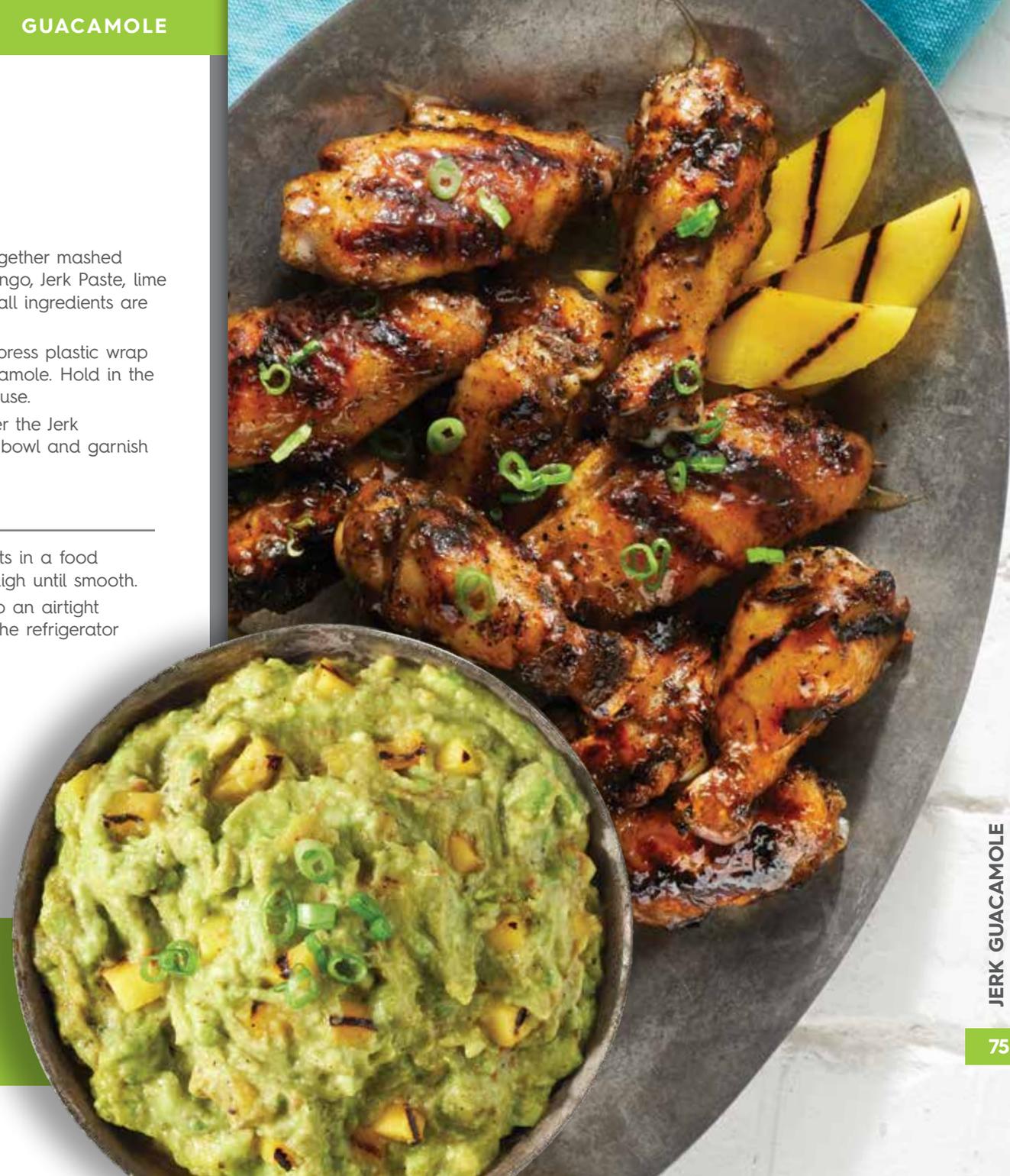
## JERK PASTE [ YIELDS 1 CUP ]

- 2 Tbsp Garlic Cloves, Minced
- 1 Cup Scallions, 2" Dice
- 2 Tsp Thyme, Fresh, Stemmed
- 1 Tbsp Habanero Pepper, Seeded, Minced
- 1 Tbsp Ginger, Minced
- 2 Tbsp White Vinegar
- 2 Tsp Water
- 2 Tsp Light Brown Sugar
- ¼ Tsp Allspice, Ground
- ¼ Tsp Nutmeg, Ground
- ½ Tsp Kosher Salt

1. Combine all the ingredients in a food processor and blend on high until smooth.
2. Transfer the Jerk Paste into an airtight container and reserve in the refrigerator until ready to use.

### ALTERNATIVE AVO APPLICATIONS

- Grilled Fish Sandwich Topper
- Jerk Chicken Accompaniment



**ALTERNATIVE AVO APPLICATIONS**

- Salad Topper
- Avocado Toast Topper
- Vegetable Dip

**PESTO GUACAMOLE**

[ YIELDS 6 SERVINGS ]

**Ingredients**

1 Cup	Avocados From Mexico, Stage 4, Mashed
¼ Cup	Basil Leaves, Fresh, Chiffonade
1 Tsp	Garlic, Fresh, Roughly Chopped
1 Tbsp	Jalapeño, Seeded, Minced
4 Tbsp	Pine Nuts, Toasted, Chopped, Divided
½ Cup	Parmesan Cheese, Grated
2 Tbsp	Extra Virgin Olive Oil
¼ Cup	Lemon Juice, Fresh
½ Tsp	Kosher Salt

**Directions**

1. In a medium bowl, fold together mashed avocado, basil, garlic, jalapeño, 2 tablespoons chopped pine nuts, Parmesan cheese, olive oil, lemon juice and kosher salt until all ingredients are evenly combined.
2. Transfer to container and press plastic wrap to the surface of the guacamole. Hold in the refrigerator until ready for use.
3. When ready to use, transfer the Pesto Guacamole into a serving bowl and garnish with the remaining 2 tablespoons of toasted pine nuts.



**AVOCADO PUREE CAN BE AN AMAZING SUBSTITUTE FOR MAYONNAISE IN MANY DIP RECIPES. ITS CREAMINESS COMBINED WITH THE AVOCADO'S NATURAL HEALTHY FATS MAKE FOR A NUTRITIOUS AND FLAVORFUL SUBSTITUTE.**

# TROPICAL GUACAMOLE

[ YIELDS 6 SERVINGS ]

## Ingredients

2 Cups	Avocados From Mexico, Stage 4, Mashed
½ Cup + 1 Tbsp	Pineapple, Small Dice
½ Cup + 1 Tbsp	Mango, Small Dice
6 Tbsp	Jalapeño, Seeded, Minced
6 Tbsp	Tomato, Small Dice
3 Tbsp	Lime Juice, Fresh
3 Tbsp	Lemon Juice, Fresh
3 Tbsp	Orange Juice, Fresh
½ Cup + 1 Tbsp	Cilantro, Chopped
6 Tbsp	Red Onion, Small Dice
1½ Tsp	Kosher Salt
6 Each	Lime Wedge
6 Tbsp	Mango Relish (see below)
6 Cups	Tortilla Chips

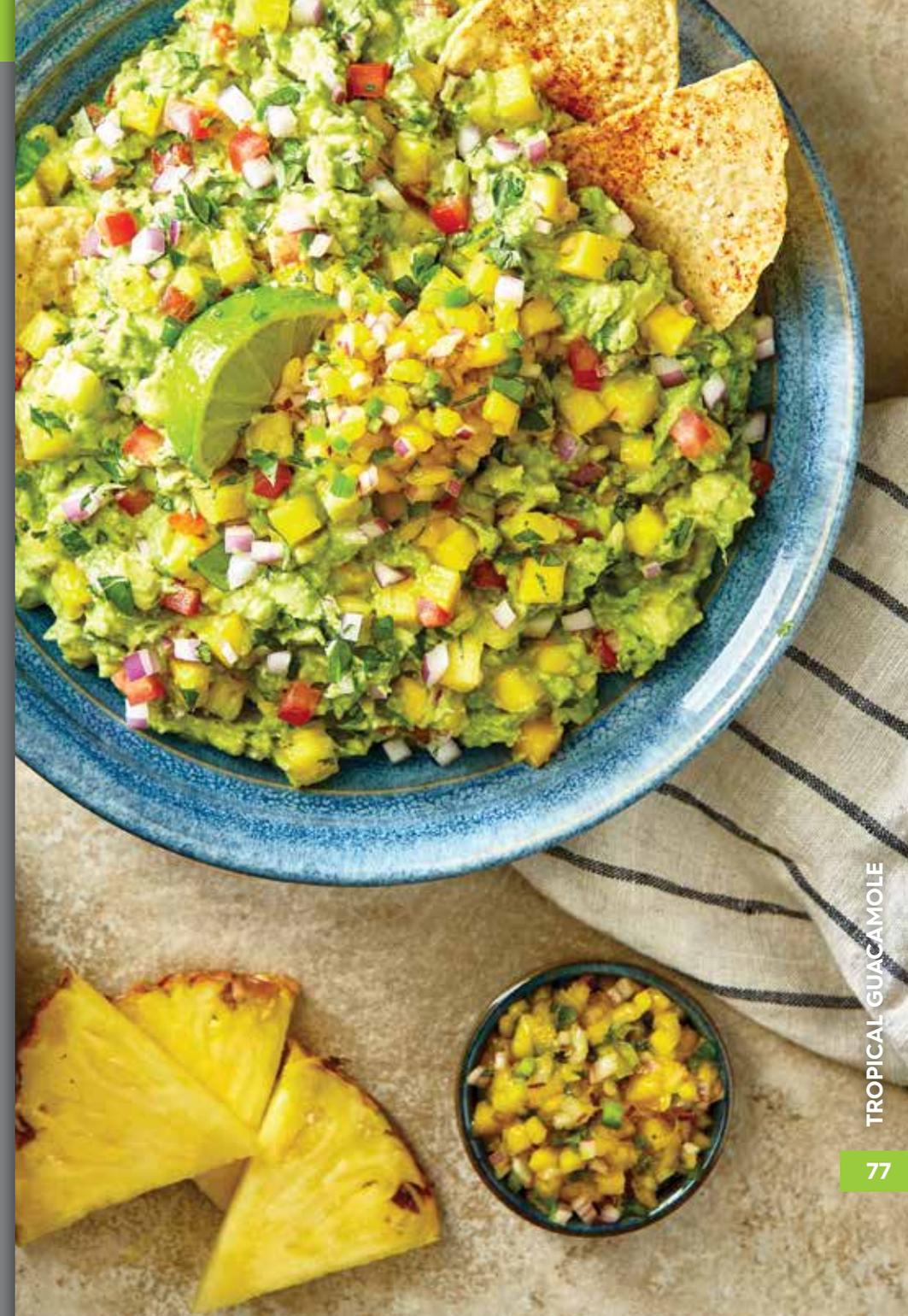
## Directions

1. In a medium bowl, fold together the mashed avocado, diced pineapple, mango, jalapeño, diced tomato, lime juice, lemon juice, orange juice, chopped cilantro, diced red onion and kosher salt until all ingredients are evenly combined.
2. Transfer to container and press plastic wrap to the surface of the guacamole. Hold in the refrigerator until ready for use.
3. When ready to use, transfer the Tropical Guacamole into a serving bowl and garnish with lime wedge and 1 tablespoon Mango Relish. Serve with 1 cup tortilla chips for dipping.

## MANGO RELISH [ YIELDS ½ CUP ]

2 Tbsp	Jalapeño, Minced
¼ Cup	Red Onion, Minced
¼ Cup	Mango, Minced
1 Tbsp	Cilantro, Chopped

1. In a medium bowl, mix all ingredients together until they are evenly combined.
2. Transfer relish to an airtight container and hold in the refrigerator until ready to use.



# MANGO-AVOCADO SOPAPILLAS

[ YIELDS 6 SERVINGS ]

## Ingredients

6 Each	Sopapillas (see below)
6 Cups	Agave, Avocado & Mango Compote, Divided (see below)
½ Cup	Spicy Cayenne Powdered Sugar (see below)
¾ Cup	Pepitas, Toasted

## Directions

1. Roll out the sopapilla dough about ¼" thick and cut into six 4" by 6" rectangles.
2. Place ½ cup of the Agave, Avocado & Mango Compote in the center on one side.
3. Fold the dough over to seal the mixture in.
4. Deep fry for 4 minutes at 375°F.
5. To build, place the stuffed sopapilla in the center of the plate. Dust with 1 tablespoon of Spicy Cayenne Powdered Sugar and finish with 2 tablespoons toasted pepitas.

## SOPAPILLAS [ YIELDS 6 PIECES ]

2 Cups	All-Purpose Flour
2 Tsp	Baking Powder
½ Tsp	Kosher Salt
2 Tbsp	Shortening
¾ Cup	Water, Warm

1. In a large bowl, sift the flour, baking powder and salt together.
2. Cut shortening in until mixture is a rough texture.
3. Stir in warm water; knead until dough is smooth.
4. Cover and let stand for 20 minutes.
5. Roll out on floured board until ¼" thick.

## AGAVE, AVOCADO & MANGO COMPOTE [ YIELDS 8 CUPS ]

1 Cup	Agave Nectar
4 Cups	Mango, Medium Dice
4 Cups	Avocados From Mexico, Stage 3, Medium Dice
2 Tsp	Kosher Salt
¾ Cup	Lime Juice, Fresh

1. In a large bowl, gently fold all the ingredients together until well combined.
2. Hold in an airtight container in the refrigerator until ready for use.

## SPICY CAYENNE POWDERED SUGAR [ YIELDS 1 CUP ]

¾ Cup	Cayenne Pepper
¼ Cup	Powdered Sugar

1. Mix all ingredients in a small bowl.
2. Reserve at room temperature in an airtight container until ready for use.

### ALTERNATIVE AVO APPLICATIONS

- Ice Cream/Sorbet Topper
- Yogurt/Smoothie Bowl Topper

# AVOCADO TRES LECHES CAKE

[ YIELDS 1 CAKE ]

## Ingredients

1½ Cups	Whole Milk
¾ Cup + 2 Tbsp	Sweetened Condensed Milk
1½ Cups	Evaporated Milk
½ Cup	Granulated Sugar
¾ Cup + 2 Tbsp	Avocados From Mexico, Stage 4, Pureed
1 Each	White Cake Round, 8" Diameter, Prepared
1 Cup	Avocado Whipped Cream (see below)
2 Tbsp	Cajeta Syrup

## Directions

1. Combine whole milk, sweetened condensed milk, evaporated milk and sugar in a small saucepot over medium heat. Cook until all sugar is dissolved, stirring occasionally.
2. Once sugar is dissolved, remove from heat and pour into a blender with avocado. Blend on high until a smooth mixture with no chunks is formed.
3. Trim the round cake so that the top and bottom are flat. Use a skewer to poke holes all over the cake.
4. Pour the avocado milk mixture over the trimmed cake and refrigerate overnight.
5. Remove cake from soaking liquid and scrape away any excess liquid. Frost the top of the cake with a generous layer of avocado whipped cream and drizzle cajeta syrup evenly over the top. Store in the refrigerator until ready to serve.

## AVOCADO WHIPPED CREAM [ YIELDS 4 CUPS ]

2 Cups	Heavy Whipping Cream
1 Tsp	Vanilla Extract
½ Cup	Powdered Sugar
1 Cup	Avocados From Mexico, Stage 4, Pureed

1. Add heavy cream, vanilla and powdered sugar to bowl of stand mixer fitted with whisk attachment.
2. Whisk on high until stiff peaks have formed.
3. Gently fold avocado puree into whipped cream.
4. Store refrigerated; use within 2 to 3 hours.

## ALTERNATIVE AVO APPLICATIONS

- Ice Cream Topper
- Smoothie Base
- Brownie Topper



# SWEET AVOCADO SURRENDER SUNDAE

[ YIELDS 6 SUNDAES ]

## Ingredients

¾ Cup	Chocolate Ganache, Prepared
1½ Cups	Avocado Sprinkles (see right)
9 Cups	Avocado-Mango Ice Cream (see below)
¾ Cup	Mexican Hot Chocolate Sauce (see below)
4½ Cups	Avocado Whipped Cream (double batch of recipe on page 79)
6 Tbsp	Mini Dark Chocolate Chips
48 Each	Chipotle, Chocolate & Avocado Donut Holes, Skewered, 4 per Skewer (see right)
6 Each	Chipotle, Chocolate & Avocado Donut (see Donut Holes recipe to right)

## Directions

- Decorate the inside of the serving glass with chocolate ganache.
- Rim the glass with chocolate ganache and coat with ¼ cup of Avocado Sprinkles.
- Build each sundae in the following order and amounts.
  - 1½ Cups Avocado Mango Ice Cream
  - 2 Tbsp Mexican Hot Chocolate Sauce
  - ¾ Cup Avocado Whipped Cream
  - 1 Tbsp Mini Dark Chocolate Chips
  - 2 Each Chocolate Chipotle Donut Hole Skewers
  - 1 Each Chocolate Chipotle Donut

## AVOCADO-MANGO ICE CREAM

[ YIELDS 3 PINTS ] \_\_\_\_\_

8 Cups	Avocado, Stage 2, Small Dice
4 Cups	Mango, Ripe, Small Dice
1 Cup	Coconut Cream
½ Cup	Agave Syrup
¾ Cup	Lime Juice, Fresh
2 Each	Vanilla Beans, Scraped

- Freeze avocado and mango pieces for 3 to 4 hours or until hard.
- Remove from freezer and add to food processor with coconut cream, agave syrup, lime juice and vanilla.
- Pulse until smooth.
- Add to ice cream maker and spin until soft set.
- Transfer to container and freeze, covered, 3 to 4 hours before serving.

## MEXICAN HOT CHOCOLATE SAUCE

[ YIELDS 1¼ CUPS ] \_\_\_\_\_

1¼ Cups	Mexican Chocolate, Chopped
½ Cup	Heavy Cream
⅛ Tsp	Cayenne Pepper
¼ Tsp	Cinnamon, Ground

- Add ingredients to a small saucepan.
- Cook over medium-low heat, whisking occasionally.
- Continue heating until sugar crystals have melted.
- Hold warm for service.

### ALTERNATIVE AVO APPLICATIONS

- Avocado Smoothie or Shake Base
- Avo-Cocktail Base

## CHIPOTLE, CHOCOLATE & AVOCADO DONUT HOLES [ YIELDS 48 PIECES ]

2 Cups	Avocados From Mexico, Stage 4, Pureed
⅓ Cup	Buttermilk
4 Each	Eggs, Whole
2 Tsp	Vanilla Extract
2 Cups	Granulated Sugar
7 Cups	All-Purpose Flour
1 Cup	Cocoa Powder
8 Tsp	Baking Powder
2 Tsp	Cinnamon, Ground
1 Tsp	Kosher Salt
½ Tsp	Chipotle Pepper, Dried, Ground, for Dough
1 Cup	Granulated Sugar
2 Tbsp	Cinnamon, Ground
2 Tsp	Chipotle Pepper, Dried, Ground, for Sugaring

1. Combine avocado, buttermilk, eggs, vanilla and sugar in a medium-sized work bowl. Whisk until smooth.
2. In a separate bowl, whisk together flour, cocoa powder, baking powder, cinnamon, salt and ½ teaspoon dried chipotle pepper.
3. Add dry ingredients to wet ingredients and stir just until ingredients are combined.
4. Divide dough into 1-teaspoon portions. Roll each into a ball.
5. Drop into 350°F fryer and cook for 4 minutes.
6. In a medium work bowl, combine sugar, cinnamon and 2 teaspoons of chipotle pepper.
7. When donut holes are done frying, immediately toss in sugar mixture.
8. Let sit on cooling rack.

Use this recipe to create the Chipotle, Chocolate & Avocado Donuts as well. Instead of dividing and rolling into balls, cut circular donuts out of the dough using 1 large and 1 small ring cutter or a donut cutter.

## AVOCADO SPRINKLES [ YIELDS ¼ CUPS ]

¼ Cup	Water
1 Cup	Granulated Sugar
1 Cup	Avocados From Mexico, Stage 4, Pureed

1. In a medium saucepan, bring water and sugar to 270°F.
2. Whisk in pureed avocado.
3. Spread the avocado mixture on a silicone-lined half sheet into a very thin even layer.
4. Bake at 110°F for 12 to 14 hours or until dehydrated.
5. Break into ¼" to ½" shards.
6. Store at room temperature in an airtight container, away from humidity.



# AVOCADO POPPY SEED POUND CAKE

[ YIELDS 1 CAKE, 6 SERVINGS ]

## Ingredients

1 Tbsp	Butter
1 Tbsp	All-Purpose Flour
1½ Cups	All-Purpose Flour
¼ Cup	Yellow Cornmeal
½ Tsp	Baking Powder
½ Tsp	Baking Soda
½ Tsp	Kosher Salt
6 Tbsp	Butter
¾ Cup	Granulated Sugar
¾ Cup	Avocados From Mexico, Stage 4, Mashed
2 Each	Eggs, Whole
1 Tsp	Vanilla Extract
½ Cup	Buttermilk
2 Tbsp	Poppy Seeds

## Directions

1. Preheat oven to 350°F. Generously butter the bottom and sides of an 8½" by 4½" loaf pan and coat it with 1 tablespoon of flour. Remove any excess flour.
2. In a bowl, combine 1½ cups of flour, cornmeal, baking powder, baking soda and salt. Set aside.
3. In a mixer with a paddle attachment, beat butter and sugar until fluffy and then mix in the mashed avocado. The mixture will be creamy.
4. Add the eggs and vanilla extract and mix until combined.
5. Add the dry mixture and the buttermilk to the wet ingredients, starting with the dry mixture and alternating with the buttermilk, ending with the dry.
6. Gently fold in the poppy seeds using a spatula. Pour the batter into the prepared pan.
7. Bake for 30 to 35 minutes until the top of cake is golden and a skewer inserted in the middle of the cake comes out clean.

### ALTERNATIVE AVO APPLICATIONS

- Batter and Bake for French Toast
- Serve with Avocado-Mango Ice Cream
- Cubed and Toasted as an Ice Cream Topper

# AVOCADO FLAN

[ YIELDS 6 SERVINGS ]

## Ingredients

3 Each	Unflavored Gelatin Packet, ¼ Oz
¼ Cup	Water, Cold
1½ Cups	Pineapple Juice, Unsweetened
3 Cups	Yogurt, Plain
2½ Cups	Avocados From Mexico, Stage 3, ½" Dice
6 Tbsp	Granulated Sugar
3 Tsp	Water

## Directions

1. In a small bowl, gently whisk powdered gelatin with ¼ cup of water. Let the mixture hydrate for 10 minutes.
2. Heat pineapple juice over medium heat until it begins to boil. Remove from heat. Add gelatin, stirring constantly until completely dissolved.
3. Combine yogurt, diced avocado and sugar in a food processor. Blend until smooth. Add pineapple juice and gelatin mixture slowly while food processor is still running to combine.
4. As flan mixture continues to blend, pour ½ teaspoon of water into each of six 6-ounce ramekins.
5. Evenly distribute flan mixture among ramekins and let set for at least 3 hours in the refrigerator before use.
6. Carefully unmold by scraping around the side of the ramekin with a thin knife, gently turning it over onto a serving plate.
7. Decorate to taste.



**CONSUMERS LOVE SHOWING OFF FOOD ON SOCIAL MEDIA—SO IF YOU'VE GOT IT, FLAN-T IT! CREATE A BUZZ-WORTHY DESSERT SENSATION BY ADDING AVOCADO TO RICH, CREAMY FLAN.**



# NO-BAKE, CRUSTLESS AVOCADO CHEESECAKE

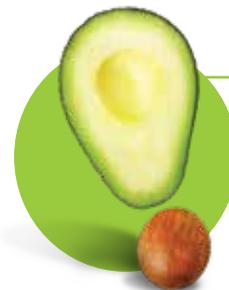
[ YIELDS 6 SERVINGS ]

## Ingredients

1 Each	Unflavored Gelatin Packet, ¼ Oz
2 Tbsp	Water, Cold
1½ Cups	Skim Milk
½ Cup	Granulated Sugar
¼ Tsp	Kosher Salt
1 Tsp	Vanilla Extract
1 Tbsp	Lemon Zest
½ Lb	Cream Cheese, 1" Dice
2 Cups	Avocados From Mexico, Stage 3, ½" Dice

## Directions

1. In a measuring cup or small bowl, sprinkle gelatin over 2 tablespoons of water and let sit for 5 minutes.
2. In a small, heavy saucepan, combine milk, sugar, salt, vanilla and lemon zest. Set over medium heat and cook, stirring occasionally, until a ring of bubbles appears around edge of milk, 5 to 6 minutes.
3. Add gelatin to saucepan and simmer, stirring with a wooden spoon until gelatin has completely dissolved, about 1 minute.
4. Pour mixture through strainer into bowl and set aside. Discard lemon zest.
5. In a food processor, pulse cream cheese and avocados 10 to 12 times to incorporate.
6. Pour in hot milk mixture and process until it becomes completely smooth.
7. Evenly distribute avocado cheesecake mixture into six 4-ounce ramekins.
8. Press a piece of plastic wrap directly onto the surface of the mixture to avoid browning.
9. Refrigerate until set (at least 3 hours). Let sit at room temperature 10 minutes before serving.
10. No-Bake, Crustless Avocado Cheesecake is best served the same day; any leftovers should be covered with plastic wrap and refrigerated.



**HOLD AVOCADOS LONGER BY TURNING THEM INTO A UNIQUE SWEET TREAT! COAT SLICED OR DICED AVOCADO IN CRUSHED TOASTED PEPITAS, PRETZELS, TOASTED BREADCRUMBS OR EVEN CHOCOLATE COOKIES. THEY'RE A GREAT ADDITION TO SALADS, TACOS AND DESSERTS.**

# AVOCADO CRÈME BRÛLÉE

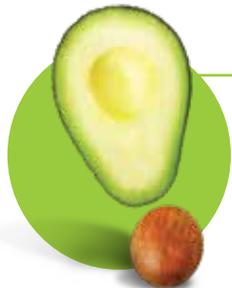
[ YIELDS 6 SERVINGS ]

## Ingredients

2¼ Cups	Heavy Cream
1½ Tbsp	Vanilla Paste
¾ Cup	Granulated Sugar
4 Each	Egg Yolks
¾ Cup	Avocados From Mexico, Stage 4, Pureed
6 Tbsp	Granulated Sugar, for Garnish
1½ Each	Avocados From Mexico, Stage 3, for Flowers

## Directions

1. Preheat oven to 325°F.
2. To prepare custard base, combine heavy cream and vanilla in a small saucepot over medium heat and bring to a simmer.
3. In a separate bowl, whisk together ¾ cup sugar and egg yolks.
4. Once heavy cream is simmering, slowly temper into the egg yolk and sugar mixture, whisking constantly.
5. Once the custard base has been prepared, whisk the avocado puree into the custard base and strain the mixture through a fine chinois to remove any lumps.
6. Transfer 5½ ounces of the avocado custard base into each of six 6-ounce ramekins and bake them in a water bath for 1 hour.
7. Let custard cool under refrigeration until set.
8. Once cooled, sprinkle with sugar and brûlée with a kitchen torch to form a crisp sugar coating.
9. To make avocado flowers, remove the skin from ¼ of an avocado and thinly slice it along the long edge. Gently spread the slices out and begin to turn them into a loose spiral. Once the slices are completely wound, gently press on the top to create a “bloom.”
10. Place avocado flower on top of each prepared Avocado Crème Brûlée. Sprinkle with sugar and brûlée to order.



**YOU CAN USE A SPRAY BOTTLE TO LIGHTLY MIST THE SURFACE OF FRESH AVOCADO GARNISHES WITH LIME JUICE OR VINEGAR TO PRESERVE THE BRIGHT GREEN AVOCADO COLOR AND ADD A POP OF FLAVOR.**



**ALTERNATIVE AVO APPLICATIONS**

• Sorbet Base

**MANGO AVO SMOOTHIE**

[ YIELDS 6 SERVINGS ]

**Ingredients**

1½ Quarts	Mango Avo Smoothie (see below)
6 Slices	Avocados From Mexico, Stage 3, ¼" Slice
6 Tbsp	Shredded Sweetened Coconut, Toasted

**Directions**

1. Pour 8 ounces of smoothie per serving.
2. Lightly press shredded coconut into each avocado slice.
3. Garnish each smoothie with a coconut-crusted avocado slice.

**MANGO AVO SMOOTHIE** [ YIELDS 48 OUNCES ]

1½ Cups	Mango, Frozen
1½ Cups	Avocados From Mexico, Stage 4, Pureed
3 Cups	Coconut Water
¾ Cup	Honey
¾ Cup	Lime Juice
1 Tbsp	Salt
3 Cups	Ice

1. Combine all ingredients in a blender and blend on high until smooth.
2. Serve immediately.

**AVOCADO ADDS CREAMINESS TO ONE OF THE TOP 3 MOST POPULAR INGREDIENT FEATURES IN SMOOTHIES, MANGO, WHICH IS UP 8% OVER THE LAST 4 YEARS.**

Datassential SNAP! Instant Chart, Most Popularly Menued Smoothies, 2022



# CHOCOLATE-AVOCADO BATIDO

[ YIELDS 6 SERVINGS ]

## Ingredients

3 Cups	Avocados From Mexico, Stage 3, ½" Dice
6 Cups	Dark Chocolate Ice Cream
7½ Cups	Whole Milk
1½ Tsp	Cinnamon, Ground
¼ Tsp	Cayenne Pepper
½ Tsp	Kosher Salt
3 Cups	Avocado Whipped Cream (see below)

## Directions

1. Add all ingredients except Avocado Whipped Cream to blender and blend until smooth.
2. Pour into six 12-ounce glasses and top each glass with ½ cup of Avocado Whipped Cream.
3. Serve immediately.

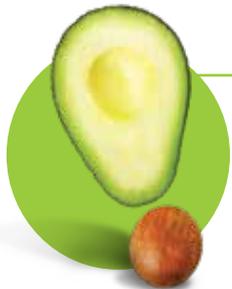
## ALTERNATIVE AVO APPLICATIONS

- Protein Beverage Base
- Adult Beverage Base
- Ice Cream Base

## AVOCADO WHIPPED CREAM [ YIELDS 3 CUPS ]

2 Cups	Heavy Whipping Cream
1 Tsp	Vanilla Extract
½ Cup	Powdered Sugar
1 Cup	Avocados From Mexico, Stage 4, Pureed

1. Add heavy cream, vanilla and powdered sugar to bowl of stand mixer fitted with whisk attachment.
2. Whisk on high until stiff peaks have formed.
3. Gently fold avocado puree into whipped cream.
4. Store refrigerated; use within 2 to 3 hours.



AVOCADO WHIPPED CREAMS AND FROSTINGS ARE EASY AND DELICIOUS WAYS TO ADD VIBRANT NATURAL GREEN COLOR AND CREAMY AVOCADO FLAVOR TO CAKES, CUSTARDS AND PASTRIES!





**ALTERNATIVE AVO APPLICATIONS**

- Adult Beverage Base
- Ice Cream Base

## AVOCHATA

[ YIELDS 6 SERVINGS ]

### Ingredients

- 5 Cups Horchata, Prepared
- ¾ Cup Granulated Sugar
- ¾ Tsp Cinnamon, Ground
- ¾ Tsp Vanilla Bean Paste
- 2¼ Cups Avocados From Mexico, Stage 4, Mashed
- 2 Cups Whipped Cream
- ¾ Cup Avocados From Mexico, Stage 3, ½" Dice
- 3 Tsp Cinnamon, Ground

### Directions

1. In a pot on low heat, whisk together horchata, sugar, cinnamon and vanilla bean paste until sugar has dissolved. Chill to room temperature.
2. In a blender, puree cooled spiced horchata with mashed avocado until homogeneous.
3. In each glass, assemble the following ingredients:
  - 1 Cup Ice Cubes
  - 10 Fl Oz Avochata
  - ¼ Cup Whipped Cream
  - 1 Tbsp Diced Avocado
  - 1 Pinch Ground Cinnamon



**ALTERNATIVE AVO APPLICATIONS**

- Protein Beverage Base
- Sorbet Base

## AVOCADO TART CHERRY SMOOTHIE

[ YIELDS 6 SERVINGS ]

### Ingredients

- 1 Quart Cherries, Pitted, Frozen
- 1 Cup Avocados From Mexico, Stage 4, Mashed
- 3 Cups Cherry Juice, Tart
- ¾ Cup Greek Yogurt, Plain
- ½ Cup Honey
- 1 Tbsp Chia Seeds
- 6 Each Cherries, Fresh
- 6 Each Mint Sprigs, Fresh

### Directions

1. In a blender, add frozen cherries, avocado, cherry juice, Greek yogurt, honey and chia seeds. Blend until all ingredients are well combined and creamy to make the smoothie.
2. In six 8-ounce glasses, evenly distribute the smoothie mixture and top each with 1 cherry and 1 mint sprig.

# BERRY DREAMIN' AVOCADO SMOOTHIE

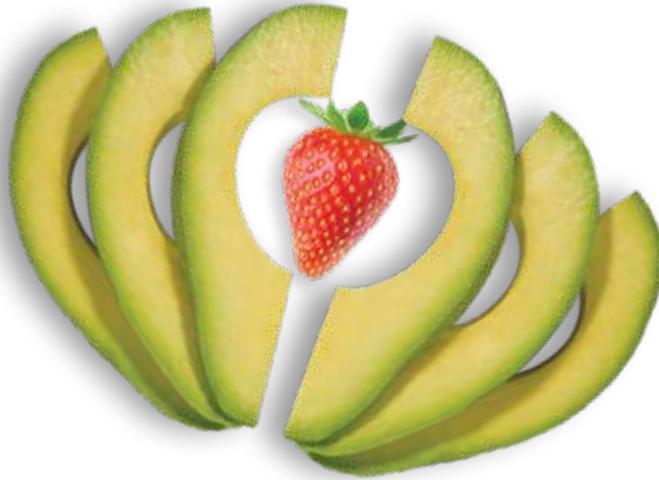
[ YIELDS 6 SERVINGS ]

## Ingredients

1 Cup	Strawberries, Frozen
1 Cup	Blueberries, Frozen
1 Cup	Raspberries, Frozen
1 Cup	Avocados From Mexico, Stage 4, Mashed
3 Cups	Whole Milk
¾ Cup	Greek Yogurt, Plain
¼ Cup	Honey
2 Tbsp	Lemon Juice
6 Each	Strawberries, Fresh
6 Each	Mint Sprigs, Fresh

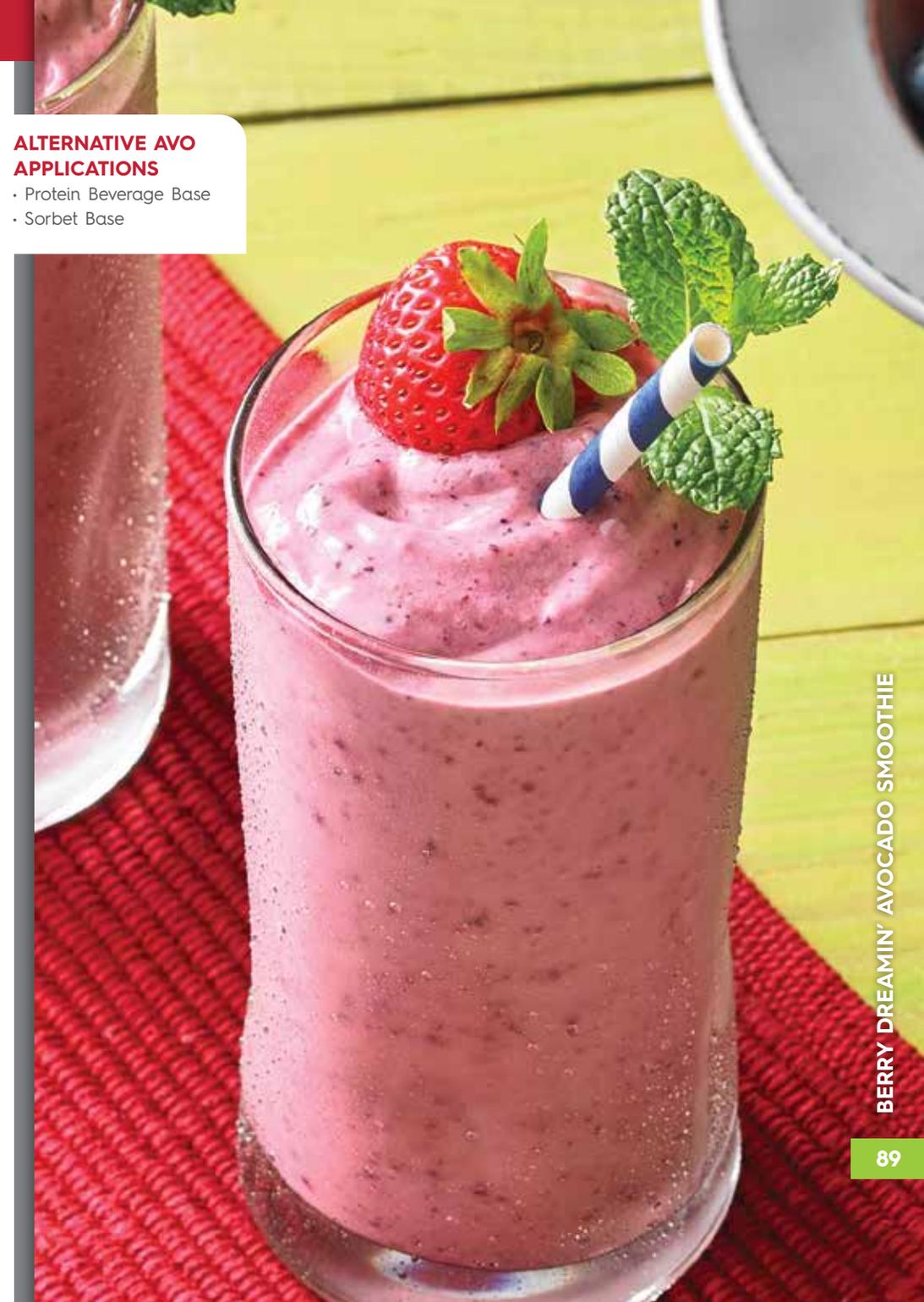
## Directions

1. In a blender, add frozen strawberries, blueberries and raspberries, along with avocado, milk, Greek yogurt, honey and lemon juice. Blend until all ingredients are well combined and creamy.
2. In six 8-ounce glasses, evenly distribute the smoothie mixture and top with 1 fresh strawberry and 1 mint sprig.



## ALTERNATIVE AVO APPLICATIONS

- Protein Beverage Base
- Sorbet Base



## KICKIN' AVOCADO MARGARITA

[ YIELDS 6 SERVINGS ]

### Ingredients

¾ Cup	Tequila Blanco
1 Cup	Sweet & Sour Mix
1 Cup + 2 Tbsp	Avocados From Mexico, Stage 4, Mashed
3 Cups	Ice, Crushed
¼ Cup + 2 Tbsp	Jalapeño Simple Syrup (see below)
¾ Cup	Triple Sec Liqueur
6 Oz	Lime Juice, Fresh
As Needed	Lime Juice, for Rim
As Needed	Chili-Lime Sugar, Reserved from Candied Avocado (see below)
6 Each	Chili-Lime Candied Avocado Skewer (see below)

### Directions

1. Combine the tequila, sweet & sour mix, avocado, ice, Jalapeño Simple Syrup, triple sec and 6 ounces of lime juice in a blender, and blend until smooth.
2. Coat the rims of 6 glasses in lime juice and roll in chili-lime sugar until fully coated.
3. Pour 8 ounces of blended margarita into each glass and top with 1 Chili-Lime Candied Avocado Skewer.

### JALAPEÑO SIMPLE SYRUP [ YIELDS 1½ CUPS ]

4 Each	Jalapeño, Fresh, Thinly Sliced
¾ Cup	Granulated Sugar
¾ Cup	Water

1. Combine the jalapeño, sugar and water in a small pot.
2. Place over medium heat and cook until the sugar has fully dissolved.
3. Remove from the heat and strain into a container. Let the syrup cool completely before putting a lid on and holding in the refrigerator.

### CHILI-LIME CANDIED AVOCADO SKEWER [ YIELDS 6 SERVINGS ]

1 Each	Avocados From Mexico, Stage 2, ¼" Slice
½ Cup	Chili-Lime Salt Seasoning, Prepared
1 Cup	Granulated Sugar
6 Each	Bamboo Skewer, 4"

1. Add 3 slices of avocado to each skewer.
2. In a small bowl, whisk together chili-lime seasoning and sugar until evenly combined.
3. Sprinkle each skewer with chili-lime sugar.
4. Using a kitchen torch, brúlee until golden brown.
5. Reserve remaining chili-lime sugar to garnish glasses.

#### ALTERNATIVE AVO APPLICATIONS

- "Adult Dessert" Sauce Option

## AVOCADO BUBBLE TEA

[ YIELDS 6 SERVINGS ]

### Ingredients

6 Each	Avocados From Mexico, Stage 4, Mashed
1½ Cups	Sweetened Condensed Milk
6 Cups	Black Tea, Cold
4½ Cups	Half & Half
¾ Cup	Tapioca Pearls (Boba), Green Tea Flavored
As Needed	Whipped Cream
As Needed	Honey Powder
6 Tbsp	Avocados From Mexico, Stage 4, ¼" Dice

### Directions

1. Add the mashed avocado, sweetened condensed milk, black tea and half & half into a blender bottle, and blend until smooth.
2. In each of 6 glasses, add 2 tablespoons green tea boba and top with 2 cups of the blended avocado mixture.
3. Finish each with whipped cream, a light dusting of honey powder and 1 tablespoon diced avocado.

### ALTERNATIVE AVO APPLICATIONS

- Smoothie Base
- Ice Cream Base



AVOCADO BUBBLE TEA

## AVOCADO BO DAM

[ YIELDS 6 SERVINGS ]

### Ingredients

4½ Cups	Avocados From Mexico, Stage 4, ½" Dice
4½ Cups	Whole Milk
1 Cup	Sweetened Condensed Milk,
6 Cups	Ice, Crushed
4½ Cups	Ice, Crushed, for Garnish
¾ Cup	Sweetened Condensed Milk, for Garnish

### Directions

1. Combine the avocado, whole milk, 1 cup sweetened condensed milk and 6 cups crushed ice in a blender.
2. Blend on high until smooth, 30 seconds to 1 minute.
3. Pour 2 cups of mixture into each of 6 serving glasses. Top each with ¾ cup crushed ice and 2 tablespoons sweetened condensed milk. Serve immediately.



AVOCADO BO DAM

