

# ***BOLD NEW TAKES*** **ON HANDHELD** **CLASSICS**

Tacos & Tamales with an Avocado Twist





# THE BASICS, **BUT BETTER** **TRANSFORM TRADITIONAL** ***MENUS FROM THE TORTILLA UP***

Tortillas are not only carriers of big Mexican flavors, but also of Mexican culture. They appear as a staple in so many dishes—from snacks to sides to main culinary attractions—and have helped Mexican culinary culture be embraced across borders. We've incorporated fresh Avocados From Mexico into a more contemporary flour tortilla technique, making for a vibrantly green, deliciously tender carrier for dishes of all kinds. And with tacos projected to grow more than 8.5% in the next four years,\* you have lots to gain by giving consumers the exciting variety and freshness they want with this new twist on flour tortillas.



\*Datassential Haiku Menu Trend Forecasting Tool



# HOW TO MAKE AVOCADO FLOUR TORTILLAS

(MAKES 24 SMALL TORTILLAS)



## STEP 1

In a large bowl, combine 1-1/2 cups puréed Avocados From Mexico, 1 quart all-purpose flour, 1 teaspoon kosher salt, 2 teaspoons baking powder, and 2 tablespoons each lard and water. Combine with spoon or hands until a ball begins to form. Dump mixture onto cutting board and knead for 8 to 10 minutes until a solid ball forms. Let rest for at least 30 minutes.



## STEP 2

Prepare tortillas by portioning dough into 1-ounce balls. Press in a parchment or plastic wrap lined tortilla press. Alternatively, roll as thinly as possible between two oiled sheets of parchment or plastic wrap and use a four-inch circle cutter.



## STEP 3

To cook, heat an unoiled comal or griddle until it begins to smoke. Place tortillas on hot comal. Once they begin to puff slightly, within 10 to 15 seconds, flip tortillas and cook for another 10 to 15 seconds. Serve immediately or hold warm under a damp towel.



**AVOCADO TORTILLAS  
ARE PERFECT FOR  
ALL KINDS OF TACOS!**

Try them with our **AVOCADO CHICKEN VERDE TACO** with Avocado-Poblano Chicken and Avocado Red Cabbage Salad, or in a regional-Mexican classic like the **VERACRUZ-STYLE FISH TACO** with a decadent caper- and olive-studded guacamole.



INTRODUCING

# AVOCADO AL PASTOR

Al pastor is a perfect example of modern Mexican cuisine, as it is the delicious intersection of Mexico's traditional culinary roots and Lebanese immigrant influences. *INTRODUCED TO MEXICO'S FOOD SCENE IN THE EARLY 1900s*, it's quickly become an icon! Typically prepared with marinated and spitroasted pork, we've swapped marinated and grill-roasted avocados for a delicious and wholesome plant-based take on the flavorful build. And with consumers willing to pay up to \$2 more for dishes featuring fresh avocados,\* this al pastor is perfect.

*TO ASSEMBLE OUR PLANT-BASED VERSION OF TACOS AL PASTOR, TOP A SMALL FLOUR TORTILLA WITH SLICED AVOCADOS AL PASTOR, CHARRED PINEAPPLE, PICKLED RED ONION, AND CILANTRO-LIME AVOCADO CREMA, THEN GARNISH WITH QUESO FRESCO AND FRESH CILANTRO.*





## HOW TO MAKE

# AVOCADO AL PASTOR

(MAKES ENOUGH FOR 24 TACOS)



### STEP 1

Prepare marinade. In a blender, combine 1 cup fresh pineapple chunks; 1/2 cup dried guajillo peppers, seeded and rehydrated; 1/4 cup pasilla peppers, seeded and rehydrated; 1/4 chopped white onion; 5 each garlic cloves and bay leaves; 1 cup apple juice; 1/2 cup each orange juice and white vinegar; 2 tablespoons achiote paste; 1 tablespoon each cinnamon, cumin, Mexican oregano, black pepper, and honey; 2-1/2 teaspoons salt; and 1/4 teaspoon ground cloves. Blend until smooth and pour into a large dish. Place 1-1/2 quarts of 1/4-inch sliced firm Avocados From Mexico into dish and let marinate at least 2 hours.



### STEP 2

In a medium skillet over high heat, heat 1/2 cup vegetable oil until it begins to smoke. Add marinated avocados to hot oil and let cook until avocados begin to brown.



### STEP 3

Continue to cook avocado until caramelized and very well charred. If desired, add additional pineapple chunks to pan and toss with avocados until charred. Remove avocados, and serve immediately





# TACOS AREN'T JUST FOR TUESDAYS!

Make every day a taco day! Our Avocado Tortilla and Avocados Al Pastor techniques are only the beginning. From Mexican classics to global twists, with fresh Avocados From Mexico, the taco inspiration runs all year long and extends across the menu. From early morning breakfast to late-night bites, avocado tacos are always in demand. **CHECK OUT OUR LATEST AND GREATEST TACO THOUGHT STARTERS:**

## » AVOCADO AND HASH BROWN BREAKFAST TACOS

Fresh *AVOCADO TORTILLAS* filled with crispy hash browns and scrambled eggs, topped with crumbled chorizo, blistered tomatoes, queso fresco, onion, and a drizzle of *CILANTRO-LIME AVOCADO CREMA*.

## » EL HIDALGO BREAKFAST TACOS

Grilled corn tortillas filled with crispy *AVOCADO CHICHARRONES*, guajillo-glazed bacon, scrambled eggs, and pepper jack cheese, drizzled with a bit of chile-spiced butter.

## » ROASTED SWEET POTATO, BLACK BEAN, AND AVOCADO TACOS

*AVOCADO TORTILLAS* filled with chunks of tender roasted sweet potatoes and spicy black beans, topped with an Avocado-Pepita Sauce, queso fresco, and pickled onion

## » ROASTED AVOCADO-TOMATILLO CHICKEN SMALL TACOS

Warm corn tortillas loaded with a tangy charred avocado and tomatillo salsa, shredded rotisserie chicken, pickled red onions, and crumbled queso fresco.

## » SHRIMP BANH MI TACOS

Corn tortillas topped with *CHILI-AVOCADO SPREAD* and tendergrilled shrimp, topped with shredded cabbage, basil, cilantro, mint, and *AVOCADO-SERRANO MIGNONETTE*.

## » BAJA AVOCADO ELOTES AND CRAB TACOS

Fresh *AVOCADO TORTILLAS* filled with spicy panko-crusted avocado slices, elotes-inspired crab salad with fire-roasted corn, jalapeños, red onion, topped with cilantro, cotija cheese, and a drizzle of *CILANTRO-LIME AVOCADO CREMA*.



### **HUNGRY FOR MORE AVOCADO INSPIRATION...**

Find these recipes and techniques at [avomodernmexico.com](http://avomodernmexico.com) or browse the entire collection of recipes, handling tutorials, how-to videos, and avocado resources.





TAKE

# TAMALES

## TO THE NEXT LEVEL

*REIMAGINED WITH AVOCADO MASA*

***MASA IS A CORNERSTONE OF MEXICAN CUISINE.*** Made of whole corn that has been alkalized, cooked, then dried into masa flour, it is blended with liquid and fat in various proportions to star in all kinds of iconic Mexican dishes. From sopas togorditas, tostadas to tamales, masa is the base for incredible authentic flavor. And with our new masa technique that introduces the health halo and fresh factor of Avocados From Mexico, our masa is poised to deliver profit, surprise, and delight all year long.





# HOW TO MAKE AVOCADO TAMALE MASA

(MAKES 24 TAMALES)



## STEP 1

Assemble ingredients. You will need 1 pound plus 5 ounces tamale masa; 2-1/2 cups warm water; 6-1/2 ounces very ripe Avocados From Mexico, mashed or puréed; 1 tablespoon each baking powder and lime juice; 2 tablespoons kosher salt, and 1/2 cup vegetable oil.



## STEP 2

In one work bowl, combine dry ingredients, and in another, combine wet ingredients. Add wet ingredients to dry ingredients, and working with your hands, a wooden spoon, or in a stand mixer fitted with the paddle attachment, begin to combine ingredients.



## STEP 3

Mix ingredients until well incorporated and a smooth dough forms, taking care not to overwork the dough. If not using dough immediately, cover and refrigerate until ready to use.



## STEP 4

To make tamales, spread 3 tablespoons Avocado Tamale Masa on the smooth side and wide end of a soaked corn husk. Fill with roughly 2 tablespoons desired fillings. Fold edges over filling and bring narrow end of the husk up to the open wide end to form a packet. Steam tamales in a large steamer basket for 45 to 60 minutes, until masa dough no longer sticks to the husks. Rest several minutes before serving.

## TRY THE AVOCADO GREEN GIANT!

This technique is perfect for a 100% vegan take on the tamale, thanks to our lard-free Avocado Tamale Masa, savory Jackfruit Tinga filling, and delightful Avocado Chimichurri Salsa.

Jackfruit not your thing? No problem! You can fill our Avocado Tamale Masa with fillings of all kinds! Try Ancho Chile Chicken or Barbacoa Beef for a heartier take.







## ***HUNGRY FOR MORE AVO INSPIRATION?***

Find these recipes and techniques at [AvoModernMexico.com](http://AvoModernMexico.com) or browse the entire collection of recipes, handling tutorials, how-to videos, and avocado resources. To learn more about year-round opportunities with Avocados From Mexico,

# **CONTACT US TODAY!**

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