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FOREWORD

When Colette and I first had the idea for this book over a dinner in Amsterdam, we had one major goal in mind: to celebrate the visual beauty of our favorite superfood, along with its nutritional bounty and great versatility.

It turns out our mission became even more relevant in 2020.

Food has always been central to our collective survival, but it's also the way we offer love and comfort. In isolation at home, many of us have found solace in cooking. Although we may have become accustomed to enjoying food from fast food eateries, bistros and to Michelin star restaurants. we migrated en masses to our kitchens worktops, to our crock pots and our recipe books.

In the spirit of spreading a bit of joy, we are honored to bring you Avocados in Bloom, a homage to the healthful, flavorful, and beautiful fruit that has nourished civilizations for millennia. Today, avocados are a vital part of breakfast, brunch, lunch, dinner and round-the-clock, round-theworld snacking. From restorative post-workout smoothies to amazingly decadent desserts, avocados have become rock stars among superfoods.

Avocados in Bloom has been both a labor of love and a great deal of fun. In all wonky modesty, I've spent decades successfully promoting this ancient fruit, proposing and writing legislation and regulations, lobbying, and creating industry groups to bring avocados to every continent on Earth ... except Antarctica. (Hmmm, now there's an idea).

And I couldn't have found a better collaborator than Colette, chief creative force and architect behind afooddeco, who just cannot resist adding a bright green pop of avocado to every plate of her world cuisine. For this book, she developed over 50 of the most stunning avocado dishes you're likely to see online or offline. Some are sour, some sweet, some salty, and a few are unexpectedly yet perfectly paired with the distinctive flavors of vanilla or sushi vinegar.

Avocados are the good-for-you stars of these healthy recipes. The majority are vegetarian and can easily become vegan with a few simple tweaks. Better yet, what appears to be complex plating is really a snap, using such common supermarket ingredients as sesame seeds, poppy seeds, chili flakes, broccoli, lime, and cress. Concise recipes, witty graphics and gorgeous photography provide everything you'll need to please your peeps and soothe your soul.

So, let's start cooking!

XAVIER EQUIHUA PERUVIAN AVOCADO COMMISSION **PRESIDENT & CEO**



INTRODUCTION

The summer of 2020 wouldn't be the same in the USA without Avocados from Peru. From May through September, Americans will happily consume up to 200 million pounds of the beloved superfood on their burgers, in ceviche, salads, sandwiches, even eaten straight from the shell.

Each year, avocados are shipped to the USA when demand is highest, which has made Peru the USA's second largest source of imported avocados.

We are therefore delighted to present *Avocados in Bloom*, our fresh, new celebration of this beautiful, flavorful and beautiful superfood from Peru. In more than 50 original recipes, this lavishly illustrated cookbook offers everyone—kitchen novices to professional chefs—the keys to good eating.

Avocados go with everything and can be used in any meal and in any course, from a breakfast to a savory main dish, in cocktails, appetizers, and desserts. No other produce item has the versatility of the avocado, which is why it has increasingly become a key ingredient of cuisines around the globe.

Already the world's favorite superfood, it is no surprise that in these trying times, Peruvian avocados have also evolved into one of the world's favorite comfort foods. They make us feel good, in part because we know they are so carefully and lovingly cultivated and distributed.

The Peruvian Avocado Commission (PAC) and its sister association in Peru, ProHass, continue the industry goal of ensuring a safe, seamless supply chain from production and packing through shipping and retail sales. In early 2020, new procedures were put in place by the Peruvian avocado industry to further protect consumers and workers.

PAC has created adorable cartoon "workers", to the right of this page, to explain how they do it.

Everyone involved in our industry must have temperatures taken when arriving to the fields and packing plants. We all wear masks (and sometimes hats, gloves and aprons, depending on the job). We clean our shoes, wash our hands for 20 seconds, use sanitizer and stay six feet apart.

We are committed to keeping everyone in our superfood universe super-safe.

Happy cooking!

JOSE ANTONIO CASTRO
CHAIRMAN
PERUVIAN AVOCADO COMMISSION

DANIEL BUSTAMANTE CHAIRMAN PROHASS

The PERUVIAN AVOCADO COMMISSION (PAC) was established in 2010 to increase the consumption of avocados from Peru through different marketing activities and strategies. Its membership consists of importers and exporters of avocados from Peru supplying the US market. PAC is based in Washington, DC, where it operates as a non-profit organization under the guidelines of the Hass Avocado Promotion, Research and Information Act of 2000.

PROHASS is the national association of avocado producers of Peru. Its membership is composed of producers of all sizes, and its board of directors includes the most recognized leaders in the Peruvian avocado category. ProHass provides its membership with technical and scientific research to improve the production, packing and marketing of avocados. ProHass is headquartered in Lima and operates as a non-profit organization.





















THE AVOCADO & STATE OF THE Creamy, luscious avocado is, botanically speaking, a

is, botanically speaking, a berry. Produced by trees in the laurel family, there are hundreds of varieties of avocados in the wild. All have leathery, dark skin that encloses and protects the fruit's tender pale green flesh and single, large pit.

That we even have avocados today is a stroke of evolutionary luck. We know they originated in the Americas over 13,000 years ago. For millennia, they were feasted on by enormous, now-extinct land mammals such as giant sloths who enjoyed avocados as much as we do. Before these creatures vanished, they scattered avocado pits across the region, ensuring the fruit's survival into human times by a process that still baffles botanists.

Peruvians have been eating avocados for thousands of years. Archaeologists studying the Caral culture in the desert north of what is now Lima, and other ancient Peruvian civilizations, found evidence that avocados were considered a prized fruit. Called *paltay* in Quechua, the Peruvian language, avocados were eaten sliced as a stand-alone food, sometimes sprinkled with salt, sugar, or honey, but not combined with other ingredients. Over time, indigenous tribes purposefully cultivated avocado trees, preserving the best varieties across the Americas.

Avocados made their way to Europe on the ships of Spanish and Portuguese conquistadors in the sixteenth century. The Aztec word for avocado, *ahuacatl*, became *aguacate* in Spanish. In the USA, this fruit with a tough, knobbly outer hide was known as an alligator pear until around 1915. Given its smooth and creamy interior texture, the word for avocado on the Indian subcontinent can be roughly translated as "butter fruit." In Taiwan, it's called a "cheese pear."

The mellow flavor and silky texture of Peruvian avocados make them perfectly suited to both savory and sweet dishes. In Peru, for example, avocados appear in everything from classic Peruvian dishes such as ceviche to Nikkei rolls, the ever-popular Japanese-Peruvian-fusion food.

Our philosophy has always been, why choose one when you can do both. Avocados in Bloom provides an array of recipes for cocktails, starters, mains, and desserts, so you can eat avocados morning 'til night.



Situated along the Pacific Ocean's coastal plains and the Andes Mountains, Peru is blessed with an avocado-friendly climate. It is near the equator in the Southern Hemisphere, assuring growers many days of sunshine, and no damaging frost. The rains are moderate, with additional water diverted from the Andean snowmelt.

The Hass avocado is the most popular of the fruit's many varieties, and the Peruvian avocado industry has worked tirelessly, and successfully, to become a world leader in production, marketing and exports.

Today, Peru is the No. 2 source of avocado imports by the United States and is the top source of avocados shipped to Europe, Asia and Latin America. Peruvian avocados are also popular throughout the Middle East and India.

They have become a particular favorite of Millennials, who tend to be more vegetarian and vegan. For many Millennials, Peruvian avocados—nutrientdense and silky smooth—are among the first solid foods they give their babies. That is some endorsement!



& SUSTAINABILITY

ARE AVOCADOS SUSTAINABLE?

Owing to their tough outer coats, avocados are well protected from natural enemies, and thus require little intervention. Extensive research shows little to no pesticide residue on the fruit.

It's often said that avocados require great amounts of water to grow. But meat and dairy account for the biggest carbon footprints of any food in the world, using more than 1,700 gallons of water to produce a single pound of beef. In comparison, one pound of avocados requires roughly 60 gallons of water, down almost 50 percent since 2010 thanks to innovative farming techniques, which is less water than that required to produce one pound of bananas, apples, or olives.

In Peru, where avocados are grown in desert-like coastal areas, farmers divert meltwater from the Andes, and Peru educates agrarian communities on how to sustainably farm and irrigate avocados.

Bottom line? Avocados provide a great nutritional boost with a comparatively small environmental footprint.

Since avocados ripen after harvesting, it's important to check your avocado before buying it.

Your choice of fruit should be determined by when you want to use it. If you plan to eat your avocado right away, select a fruit that's slightly soft to the touch but still firm. On many occasions the skin darkens as the fruit matures, particularly with Hass avocados.

However, Peruvian avocados can ripen green, so it's best to use physical means of testing for ripeness as opposed to color. If you wiggle the stem on a perfectly ripe avocado, it will pop out. Be gentle, though, as you don't want to accidentally bruise the fruit and make it go to waste.

If you're planning on eating your avocado in 2 to 3 days, look for one that's a little firmer. If you're able to move the stem ever so slightly upon examination, that means the avocado is near perfect ripeness and will last a couple of days at home in your fruit bowl.

Harder avocados are less mature and will take longer to ripen-around a week. You can buy them for future use and accelerate the ripening process by putting them in a paper bag (add a banana for even quicker results).

Overripe avocados yield to any touch. They can still be eaten, but they're not optimal by this point. We'd recommend putting them in smoothies or using them for natural beauty products as described below. While usually you should store avocados at room temperature, putting them in the fridge at this stage or slightly before will extend their life span.

We recommend using a sharp knife to cut the fruit in half lengthwise, cutting around rather than through the pit. You'll then have two halves you can gently twist apart. Remove the pit with a spoon or your hand, then scoop out each avocado half by inserting a spoon between the skin and the flesh.

For diced avocado, cut a cross-hatch in the flesh and scoop it out with a spoon.

Like many fruits, cut avocados experience enzymatic browning as they come into contact with the air. To prevent this, simply squeeze some lemon or lime juice, or vinegar over the exposed bits of flesh.

Avocados are extremely nutritious. In addition to nearly 20 vitamins and minerals, they also contain healthy Omega-3 fatty acids. Because many nutrients are fat soluble, eating avocados also unlocks our bodies' ability to absorb healthy elements from other food, especially those that are high in beta-carotene, like carrots, squash, and broccoli.

Avocados are great in homemade, natural beauty products. Use them as part of a skincare regimen (they do wonders mashed up as a simple face mask), or even on your hair and scalp. We don't have any recipes for beauty in this book, but you can look at our website, Instagram, and Facebook for more information.

So, what are you waiting for? Get cooking!



STEP 1

The main indication of ripeness is the feel. If the avocado is soft, it is ripe and ready to eat. See our Useful Tips section below, on avocado skin textures and colors.

Pick up an avocado and palm it with your hands. To 'palm' means using the section of your hand underneath your thumb. Be gentle, so you don't bruise the avocado.



HOW TO CHOOSE AN AVOCADO

Another test for ripeness is to press the narrow top of the avocado with your thumb. If it yields to gentle pressure, it's ready to eat!



USEFUL TIPS

Hass avocados have subtle differences in skin textures depending on where they are grown and the time of year.

Color is not necessarily an indication of ripeness. Some will turn dark brown or even purple, but some also ripen green.

HOW TO RIPEN AN AVOCADO

Craving an avocado that's not yet ready to eat? To speed up the ripening process, grab a paper bag and pop your avocado in, along with a banana, mango or apple. Fold the bag to close it and leave for 2-3 days.

> Take the avocado out of the paper bag and use the palming method to check for ripeness (see How To Choose An Avocado, p.8).

3

USEFUL TIPS



HOW TO CUT AN AVOCADO

STEP 1

Pick the avocado you want to cut (see How To Choose An Avocado, p.8). The main indicator of ripeness is the feel. If the avocado is soft, it is ripe and ready to eat. (See our Useful Tips section, p.8 on avocado skin textures and colors).



With a cloth in one hand and the avocado half on top, knock the knife blade into the pit; twist and remove.

On a stable, non-slip surface, cut the avocado lengthwise, bringing your knife to a stop at the pit. Maneuver the blade all the way around.





Now you can slice it, dice

Cut an avocado in half and remove the pit safely (see How To Cut An Avocado, p.10).





Peel the skin off one half of the avocado.

Cut into thin slices (top tip: don't cut too thin, as you want to be able to maneuver the slices without breaking them).



'Fan out' the avocado into a long line, with each of the slices overlapping





Slowly and steadily curl the mass of slices from one end to the other, forming your avocado rose.

HOW TO MAKE AN AVOCADO ROSE





We all love avocados for their delicious taste, and rightly so. But the superfood's popularity has expanded well beyond the culinary world.

Take a quick walk past your favorite boutiques and pop-ups, and you'll find avocados emblazoned on pajamas, socks, ties and t-shirts, cushions, greetings cards, gift wrap, and lunch boxes.

Avocado earrings, anyone? Online you'll find hundreds of Instagram accounts dedicated to everything from delicious avocado recipes to funny puns. Miley Cyrus even has an avocado tattoo.

Beauty influencers create their own avocado products, from face masks to hair treatments. People have even turned half of

a pitted avocado into an edible, eco-friendly engagement ring box. The avocado is truly a part of modern Western culture.

On Instagram alone, there are 10.6 million uses of the hashtag #avocado. Even #avocadotoast has been used over one million times! Gwyneth Paltrow certainly gave it great play in her 2013 cookbook, *It's All Good*. Thank you, Gwynnie.

Nowadays we're in a supercharged superfood explosion. We predict that avocados will become even more ingrained in fashion, home decor, body art, and online culture. They were always too cool to be confined to mere plates.





AVOCADOS & HEALTH

The nutritional value of avocados should not be underestimated. It's a rare culinary trifecta when a food so versatile and tasty is also very good for you. They're loaded with vitamins, minerals, and "good" mono-and-poly-unsaturated fats similar to nut and olive oils.

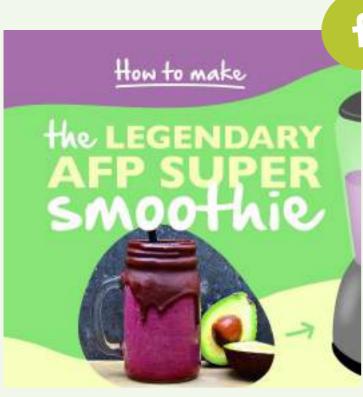
But these nutritional powerhouses also contain Vitamins C, E, and K as well as B1, B2, B3, B4, B5, and B6. Minerals include iron, zinc, magnesium, manganese, phosphorus, potassium, folic acid, and copper.

The folates and Vitamin B6 in avocados can help reduce fatigue. With potassium levels higher than those of bananas, avocados can help maintain healthy blood pressure.

Moreover, they have no sodium and no cholesterol. They also gluten-free;)

Now that you know some avocado science, let's return to their flavor, beauty, and versatility.













Over the last decade, Social Media has become the spiritual home for avocados, featuring in the profiles and pages of celebrities, influencers, chefs, restaurants, and brands. The fruit's cultural significance has accelerated the popularity of whatever content it stars in: witty slogans, recipe and skincare videos, avocado art, and fashion. It seems that every industry and content style have found distinctive roles for the avocado.

Its popularity has become a self-fulfilling prophecy. The more avocado content you see, the more content you want to be fed, so to speak, whether digitally or physically!

It's basic supply and demand on an exponential, digital scale. With over 10.6 million hashtags on Instagram, #avocado exists as the most popular produce item on the platform, and the fifth most popular single food item behind chicken, eggs, bacon, and steak.

We've seen people proposing to their partners using an avocado as a clever ring box—a trend first seen online and propelled along the influencers' arc into the real world. The questior is how far can the influence go? Avocado for president, anyone?



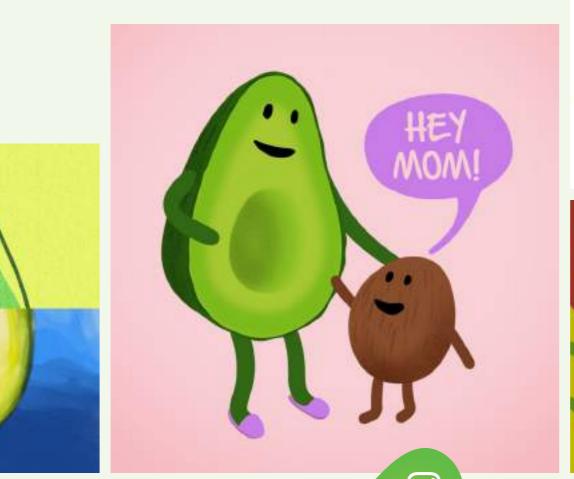
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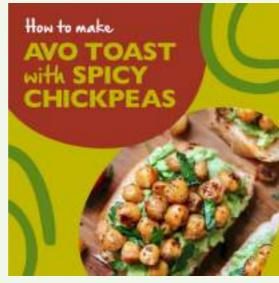
#AVOCADO





















"Fooddeco: the love story between cookery and food styling"

Hello, I'm Colette Dike, the chef and food stylist behind Fooddeco. I'm often asked if I get tired of avocados. The answer? Quite simply, no! It's such a versatile ingredient and the possibilities for using it in dishes are endless. From guacamole to ceviche, from burgers to smoothies, from cake to chocolate mousse, tiring of avocado would be like tiring of sunshine. To celebrate my love of avocados, this book will take you on a journey around the world with recipes from all four corners of the globe.

Besides being an extremely healthy, yummy, and versatile superfood, the avocado is incredibly photogenic. That's why it's my favorite ingredient to use in recipes and food photography. With a mellow flavor, avocado is a fantastic complement to sour, sweet, and salty dishes. But it works in unexpected ways, too. You might be surprised to find out that vanilla and avocado is one of my favorite flavor combinations. Try it yourself! You can find this duo in several recipes in this book.

My love for food began long before Instagram. At the precocious age of 12, I started compiling my first cookbook and scrapbook of culinary ideas. The book wasn't sleek enough to publish, but it taught me that food would be a dominant focus of my life. After working for the biggest publisher in the Netherlands for a few years, I decided to follow my dreams and started Fooddeco out of my home. Within a few years we had grown into a full-time operation and a household name, thanks to some viral pieces of content and media features from around the world. I even earned the unofficial nickname of Avocado Queen. Truthfully, who wouldn't be happy with that?

I have the most wonderful three-generation review panel testing my recipes, from my youngest who's just two years old to her grandparents. Jochem, Mae and Olivia, my husband and daughters, are the heart of the panel.

Although my styling looks like a lot of work, it's actually really easy and quick to do. That's why I only use common ingredients you can get at any supermarket, such as sesame seeds, poppy seeds, chili flakes, broccoli, lime, and cress. By showing you how to use easy-to-find ingredients in unexpected ways, I hope to inspire you and help you impress friends and family with fresh, flavorful, healthy, and breathtaking creations, served up with love. That's what Fooddeco is all about.

Let's celebrate together the limitless awesomeness of avocados, truly the gift that keeps on giving.

Love,

Colette xoxo

P.S Find me on @fooddeco



INTRODUCTION TO THE AUTHORS

Avocados in Bloom is the creation of two dear friends who share a passion for everything avocado, especially the inner beauty of this glorious fruit.

Colette Dike is the innovative cook, culinary stylist and popular influencer who created afooddeco in the Netherlands. Colette's culinary passion began at age 12 and today embraces dishes and ingredients from around the globe. She has long known we eat with our eyes before we take that first bite or sip, so she happily reveals her deceptively simple secrets of transforming bright chartreuse avocado flesh into crowd-pleasing roses, ribbons, and buns.

Globetrotting Xavier Equihua is a native of Southern California. He spent nine years working for the U.S. Congress helping to shape domestic and international agriculture policy. Today he is the head of both the Peruvian Avocado Commission and the World Avocado

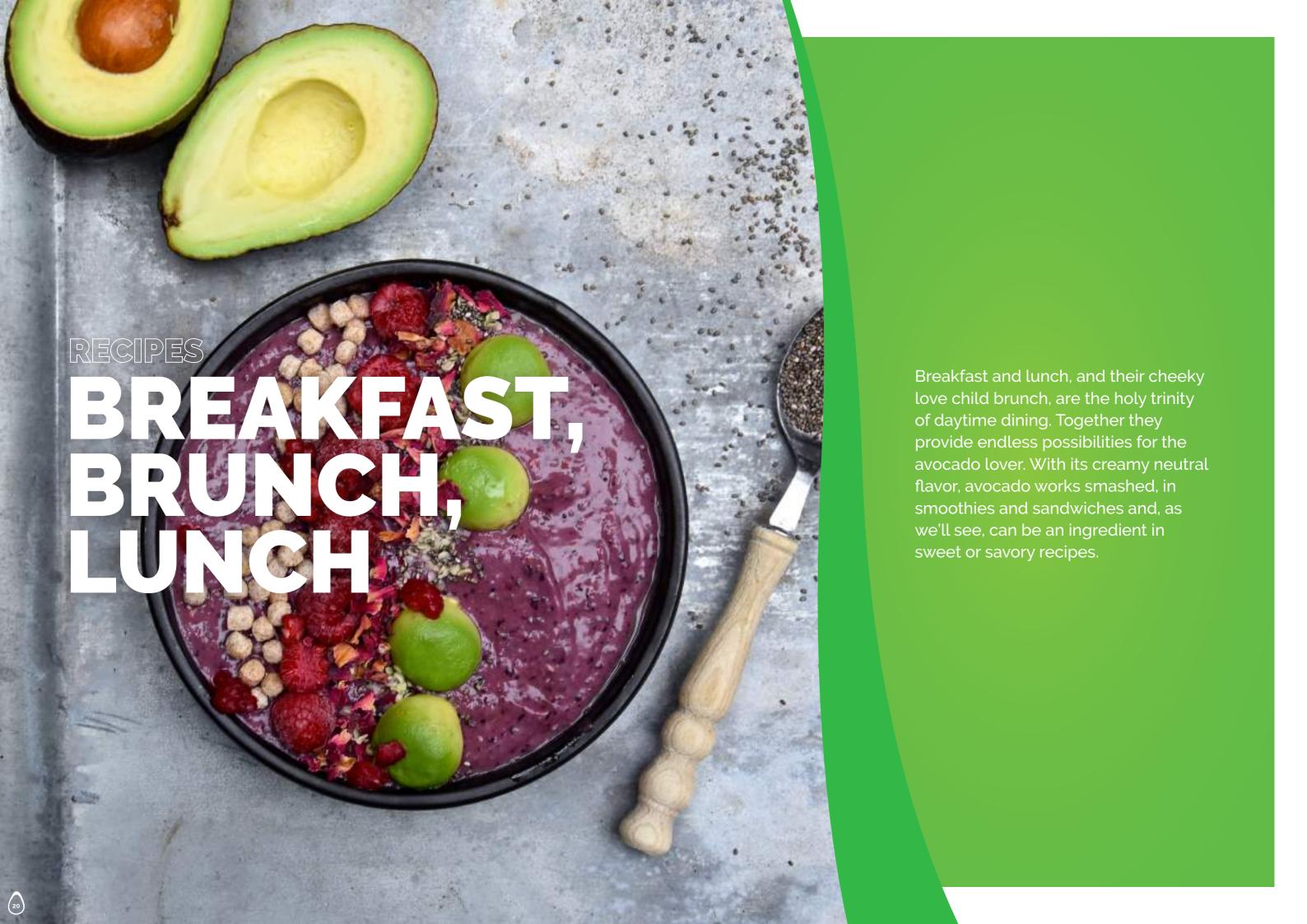
Organization. Moreover, he is the go-to avocado advocate for numerous international agricultural clients around the globe. He also serves as the managing director of Federal Strategies Group, Inc., in Washington, DC, where he works tirelessly on issues of market access, fair trade, tariffs, and sustainability. If you're wondering how many Peruvian avocados get shipped to Poland, or when Tanzania began exporting to France, he's your man.

Xavier is also a culinary anthropologist who revels in avo-factoids. He'll be the first to explain that ancient Peruvians left behind giant urns packed with handcarved avocado pits. Oh, and his smoothies are fabulous.

Bon appetit, avocado lovers!







AVOCADO PANCAKES

This moist, sweet pancake is a family favorite. I always have some on the go in the fridge because my kids and I both love them. They're indulgent and nourishing at the same time. Serve them in a stack with your favorite toppings and let the kids do their own, or wrap them up for a snack at school.

INGREDIENTS

- 1 avocado, pit and skin removed, roughly mashed ½ cup unsweetened almond milk
- 1 cup + 1 tbsp. all-purpose flour
- 2 free-range eggs
- 1 banana (any will do, but the riper the better)
- 2 ½ tsp. baking powder

A pinch of salt

Vegetable oil

Maple syrup

Fresh fruit or berries

To serve (optional toppings): avocado or mango roses, blueberries, pomegranate seeds, kiwi slices, banana slices, coconut chips.

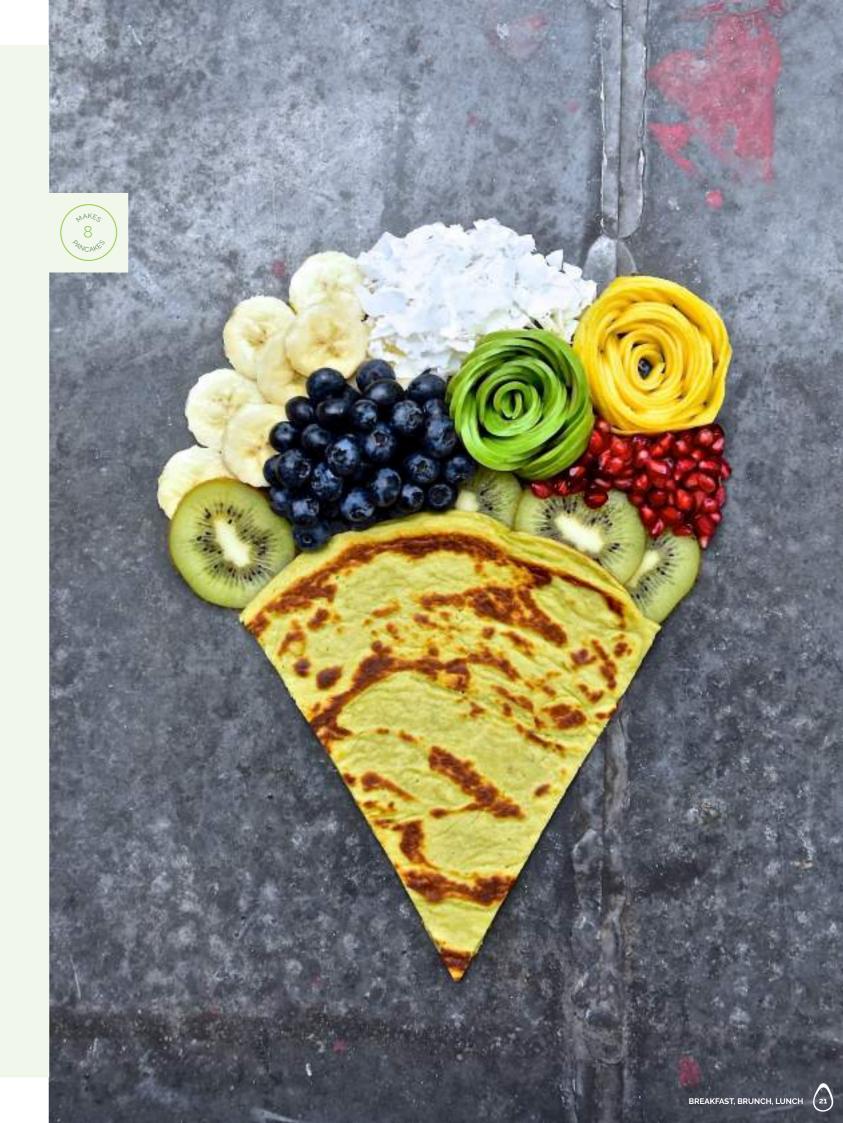
EQUIPMENT NEEDED

Food processor or blender

METHOD

- 1 In a food processor or blender mix the avocado, milk, flour, eggs, banana, baking powder and a pinch of salt together thoroughly. If necessary, stop throughout and scrape down the sides of the bowl with a rubber spatula.
- 2 Heat a large non-stick or cast iron skillet over medium heat. Add the vegetable oil a few drops at a time until it coats the entire surface.
- **3** For each pancake, spoon ±3–4tbsp. of batter into the skillet, using the back of the spoon to spread the batter into a circle.
- **4** Cook until golden brown on the bottom. Flip to cook on the other side until brown. Repeat this process with the rest of the batter.
- **5** Stack and serve with your favorite fruit and toppings (including more avocado, of course!). If desired, drizzle with maple syrup.

Serving variation: cut the pancake into an ice cream cone shape and serve with fresh fruit in the shape of an ice cream scoop.





THE SQUEEZE MY DAY SMOOTHIE

This cocktail of fresh fruits, juices and seeds will set you on the right track for the day.

INGREDIENTS

1 avocado, pit and skin removed Juice from ½ orange Juice from ½ lemon 1 frozen banana, cut into chunks

2 tsp. vanilla extract % cup unsweetened almond milk 1 tbsp. hemp seeds

EQUIPMENT NEEDED

Food processor or blender

METHO

Blend all the ingredients together until smooth. Add extra almond milk if you'd like your smoothie to be thinner. Serve straight away with a re-usable straw.

THE LEGENDARY XAVIER SUPER SMOOTHIE

As the second biggest avocado fan in the world (after me), Xavier couldn't resist sharing his favorite smoothie recipe for this cookbook. Enjoy!

INGREDIENTS

- 1 tbsp. oats
- 1 avocado, pit and skin removed
- 1 tbsp. chia seeds
- 1 tbsp. hemp seeds
- 2-3 pitted dates, roughly chopped

3/3 cup unsweetened almond milk

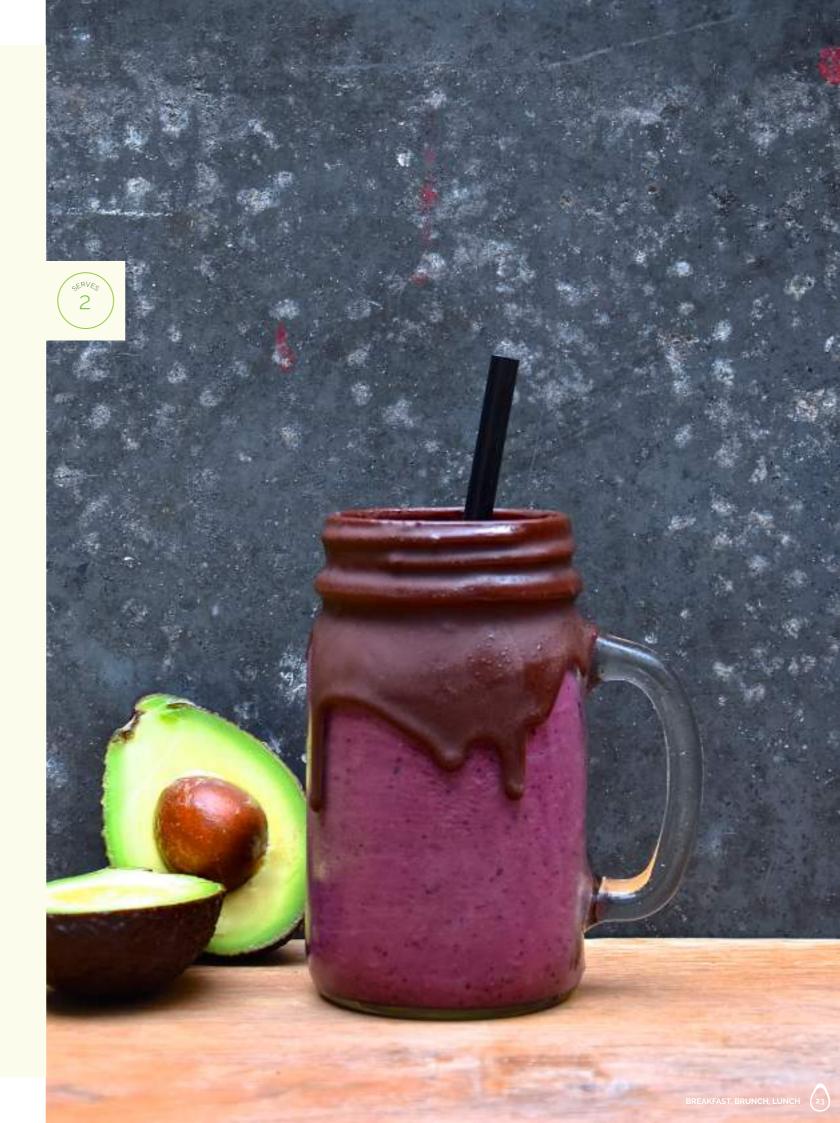
1 cup frozen blueberries

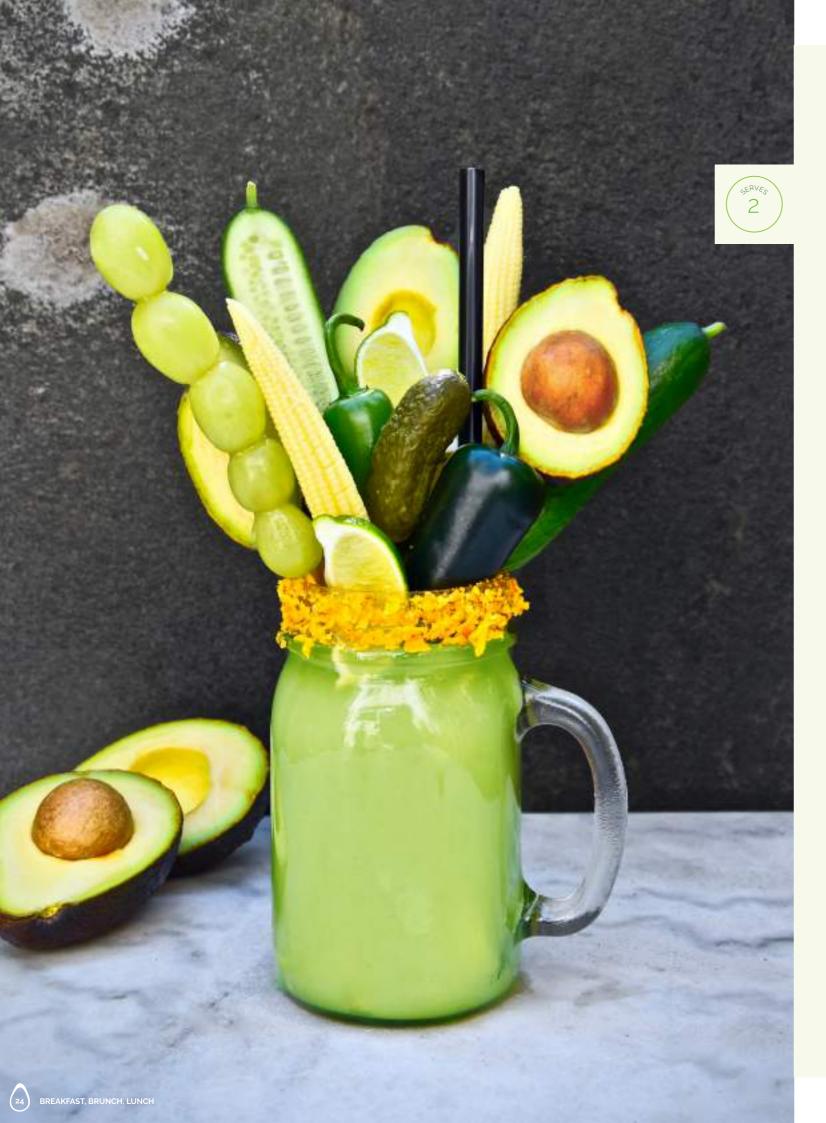
Optional toppings: hemp seeds, chia seeds, sliced avocado, rose petals, puffed grains

EQUIPMENT NEEDED

Food processor or blender

- **1** Pulse the oats in the food processor or blender until fine.
- **2** Add all the other ingredients in and blend them until smooth. If you like your smoothie to be thinner, add some extra almond milk. For presentation and color that pops, blend in a handful of frozen raspberries.
- **3** Serve immediately in a glass with a re-usable straw or as an attractive smoothie bowl. If you're having it as a smoothie bowl, top with toppings of your choice.





THE GREEN VIRGIN MARY

This delicious virgin cocktail is full of refreshing cucumber, coconut water and grapes to quench even the deepest thirst. Best served coldadults can add vodka to their liking (on Vodka Sundays) for an extra spicy brunch drink.

INGREDIENTS

± 1 tbsp. honey

A handful of tortilla chips, crushed

1 avocado

1/2 tsp. green jalapeño hot sauce, or more to taste

1/2 cucumber, roughly chopped

5 oz. white seedless grapes

1 tsp. sushi vinegar

2/3 cold coconut water

Juice from 1 lime

To serve (optional): baby corn, pickles, celery, baby avocados, grapes, baby cucumbers, jalapeño slices and lime wedges

EQUIPMENT NEEDED

Blender or food processor

Sieve

Cocktail skewers

- 1 Spread the honey in a circle on a small plate, making sure it's spread more widely than the mouth of the glass you plan on using for serving. Similarly arrange the crushed tortilla chips on a second plate.
- **2** Holding the glass upside down, dip and twist the rim in the honey so it is coated, then dip and twist in the crushed tortilla chip mixture to create a crunchy rim. Set aside.
- **3** Combine all the smoothie ingredients in a blender or food processor until completely smooth. Taste and add more green jalapeño hot sauce if desired.
- **4** To serve, strain the juice through a sieve into the glasses, being careful to keep the nacho rims dry.
- **5** Thread your favorite toppings onto the cocktail skewers and add to the Green Mary before serving cold with extra green jalapeño hot sauce on the side.

THE SCHNITZEL SANDWICH WITH TRUFFLE

There's a reason we love crunchy food: the sound signals to our brain that we're about to eat something extra good. This recipe, like the Wabi-Sabi (see p.39), doubles up on crunch. This crispy chicken, paired with umami-rich truffle mayonnaise, makes a sandwich that might become your favorite if you aren't careful.

INGREDIENTS

- 12 slices bacon, ± 5 oz.
- 2 chicken breasts, ± 12 oz.
- 1 tbsp. all-purpose-flour
- 2 large free-range eggs, whisked
- 1 cup panko breadcrumbs, with a pinch of sea salt
- 2 avocados, pits and skins removed
- 3-4 tbsp. vegetable oil

- 4 wholegrain bread rolls or small baguettes,
- cut in half
- Truffle mayonnaise, to taste
- 1 tbsp. olive oil
- 1 lemon, cut into wedges
- To serve (optional): cress and sprouts

EQUIPMENT NEEDED

Parchment paper

Rolling pin

- 1 Cook the bacon until it's super crispy, either by frying it in a pan over medium-high heat, or by cooking it on a baking tray under a heated grill. Then drain it on paper towel.
- 2 Meanwhile, prepare the chicken. Cut the breasts horizontally in half, then place on a chopping board and cover with a piece of parchment paper. Using a rolling pin, pound the chicken pieces until they are ±1/2 inch thick.
- 3 Take three small bowls and put the flour in the first bowl, the whisked eggs in the second and the panko in the third. Dip the chicken fillets into the bowls one at a time; first in the flour, then the eggs and finally in the panko so they are completely coated. Repeat the last two steps, dipping in egg then panko, to coat the schnitzel in double crumb.
- 4 Heat a skillet over high heat with 3-4 tbsp. of vegetable oil, then fry the schnitzels, turning frequently until golden brown, crispy and cooked through. Set aside on to drain on paper towel
- **5** While the chicken is cooking, cut the baguettes in half and brush them with olive oil and grill the topside until grill marks appear. Spread some truffle mayonnaise on both sides and then slice the avocado halves into thin slices.
- **6** To assemble the sandwich, spread the truffle mayonnaise on both sides of the bread rolls. Layer the avocado slices on the bottom, follow with the schnitzel and a generous squeeze of lemon, then the crispy bacon and finally, if using, the cress and sprouts on top.
- **7** Serve with extra wedges of lemon and more truffle mayonnaise.



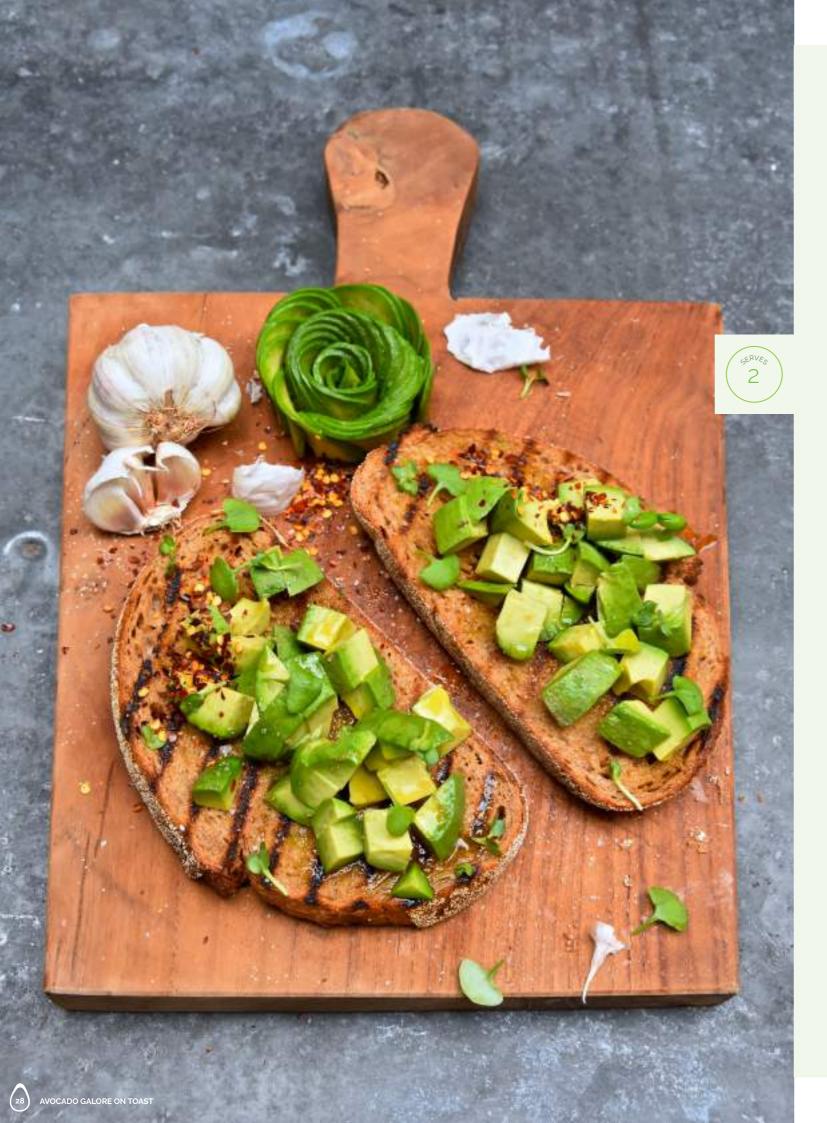


The best variations on a timeless duo.

Avocado and toast go together like Bonnie and Clyde. With over one million hashtags on Instagram, #avocadotoast is a thing.

Start with great-quality bread. I love sourdough: it's chewy, crusty and has a soft center that absorbs flavors. I drizzle the slices in extra virgin olive oil and grill them in a griddle pan until slightly charred, but a toaster will do as well.

You can replace the bread in these recipes for different kinds of good-quality bread, including bagels. Feel free to experiment with different flours and grains; avo-toast is a versatile, winning combination that can't go wrong.



PAN CON AGUACATE

The classic, elegant meal that started the craze.

INGREDIENTS

2 tbsp. extra-virgin olive oil, plus extra for drizzling 2 extra thick slices of fresh sourdough bread 1 avocado 1 garlic clove, peeled Sea salt and pepper To garnish (optional): chili flakes and cress

- 1 Preheat your pan. Drizzle 1 tbsp. of olive oil over each slice of bread and grill them in a grill pan until they're golden brown, ±7 minutes. Rotate the slices halfway through to create cross-hatched grill marks.
- **2** While the bread is grilling, cut the avocado in half. Remove the pit and skin and chop into ½ inch chunks.
- 3 When the bread is ready, half the garlic clove and rub it over the hot toast. Spread the avocado mixture evenly over the toast and drizzle with olive oil. Season with salt and pepper. If using, add chili flakes and cress to taste.

THE FOODDECO FANCY

A semi-soft egg served on whole wheat bread with feta, avocado and a ginger and lemon-infused oil.

INGREDIENTS

- 1 avocado
- 3 ½ oz feta cheese, crumbled
- 2 free-range eggs
- 2 thick slices of brown bread

Sea salt and pepper

Topping (optional): chili flakes and cress

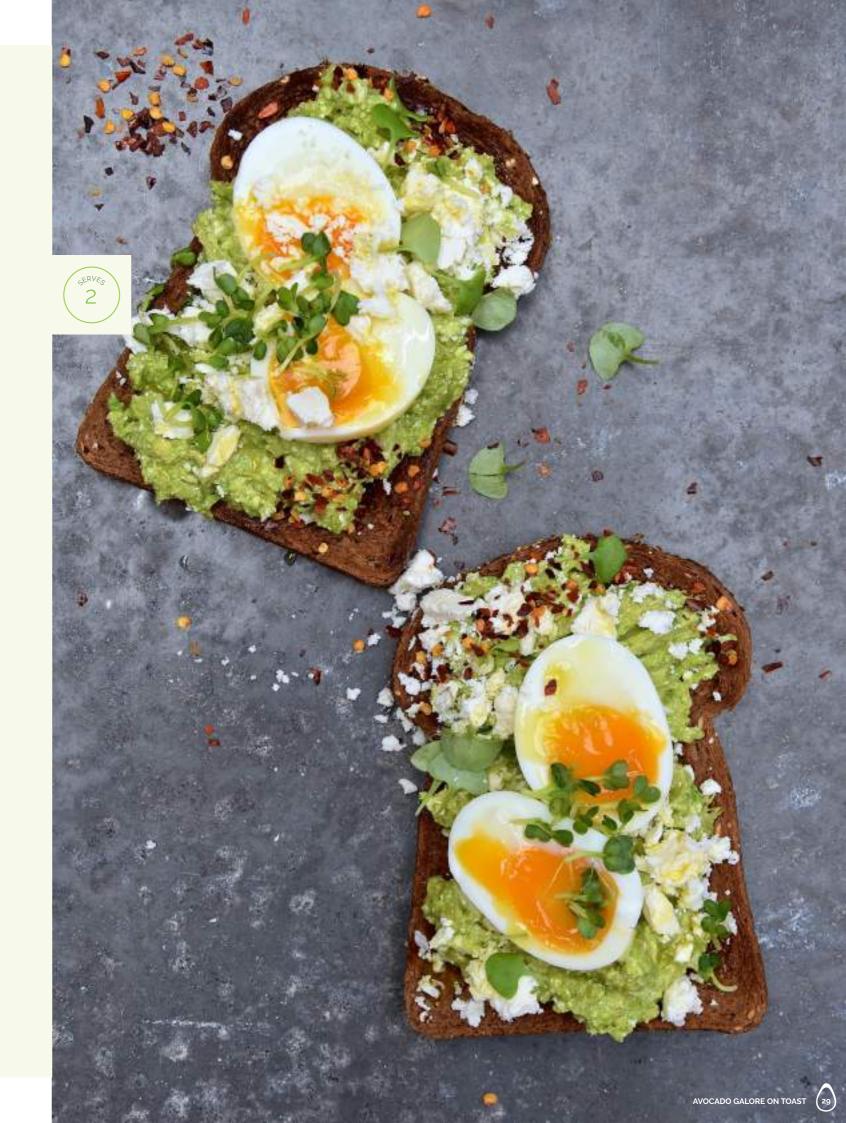
For the ginger and lemon oil:

- 4 tbsp. extra-virgin olive oil
- 1 tbsp. grated ginger
- 1 tbsp. lemon zest
- 1 tbsp. lemon juice

METHOD

- **1** Combine all the ingredients for the ginger and lemon oil in a small bowl and set aside.
- 2 Put a small saucepan of water to boil on medium heat. Whilst this comes to the boil, cut the avocados in half, remove the pit and skin and mash them up in a small bowl with 34 of the feta cheese.
- **3** Once the water is boiling, add the eggs to the saucepan. Simmer for 5 minutes for a runny yolk or 8 minutes if you want the yolk to be set. In the meanwhile, toast the bread.
- **4** Once the eggs are done, remove and cool under the tap. Peel and cut in half.
- **5** Spread the avocado and feta mixture onto the warm toast and top with the boiled egg halves.
- **6** Sieve the oil mixture to remove the lemon and ginger, then drizzle the infusion over the bread to taste.

Top with the rest of the feta, and garnish with the chili flakes and cress if using. Season with salt and pepper to taste and serve with extra oil on the side.





CURRY /N A HURRY

This curried toast with avocado and mango is a fruity, spicy creation to give your day a warm taste of the tropics.

INGREDIENTS

- 1 tsp. coconut oil
- 1 tbsp. of your favorite curry paste
- 2 slices of good-quality bread
- 1 avocado

½ small mango

Extra-virgin olive oil

Sea salt and pepper

- 1 Preheat your grill to high. Melt the coconut oil in a small pan over medium heat. Add the curry paste and sauté until fragrant, ±3 minutes.
- **2** Spoon the coconut-curry mixture evenly onto 2 slices of bread and grill them until golden brown and crispy, ±3–5 minutes.
- 3 In the meantime, cut two avocado roses using my method on p.11. Then using a vegetable peeler or mandoline, peel/slice the mango into thin ribbons and roll them up.
- **4** Place the avocado roses on the middle of the slice of toast and arrange the rolled up mango around them. Drizzle with olive oil and season to taste.

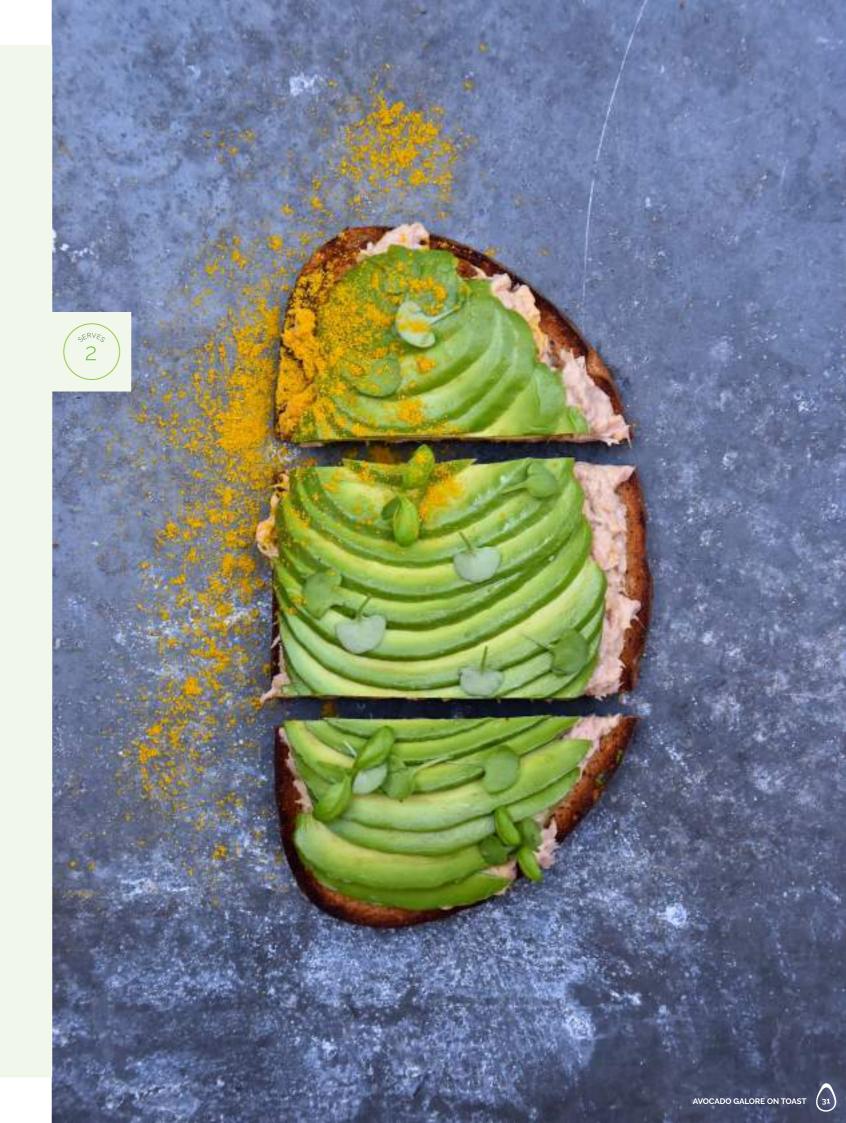
THE TUNED TUNA

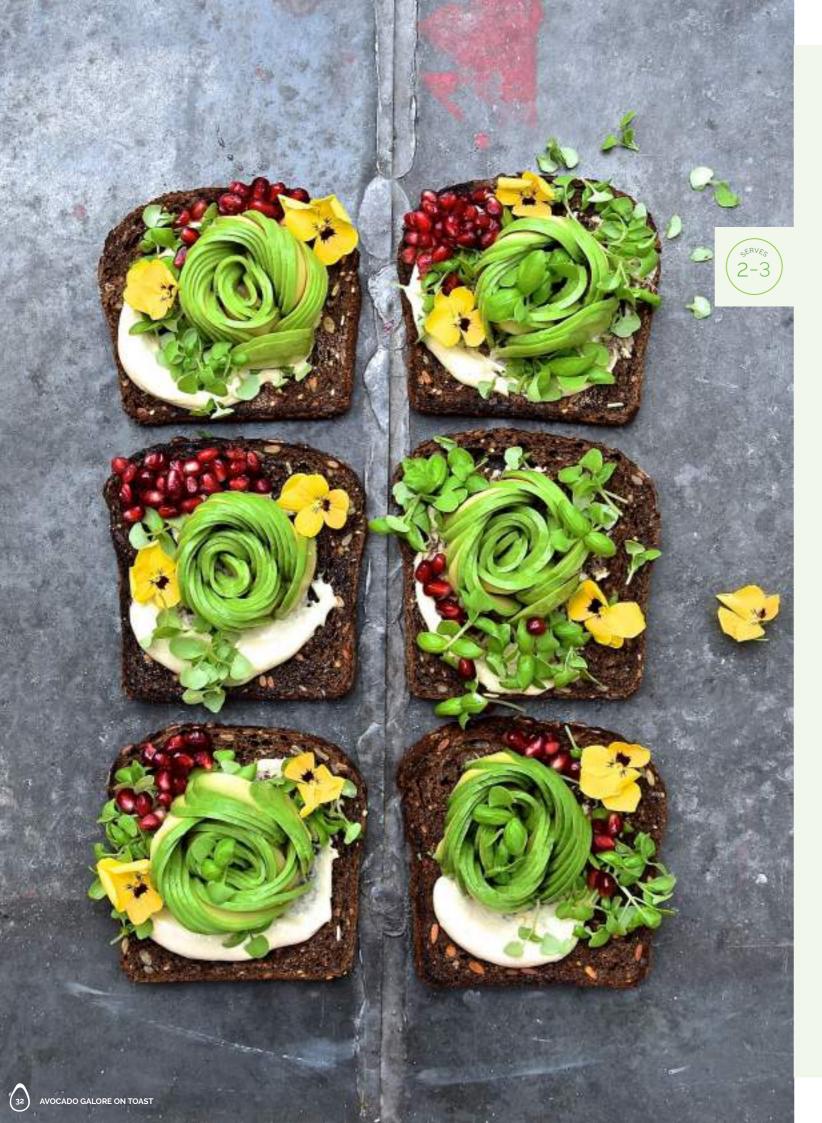
The salty taste of tuna works well with mellow hummus in this surprising and nourishing avo-toast recipe. The curry powder gives this dish a big color pop. Garnish it with baby basil or cress for extra color and va-va-voom.

INGREDIENTS

- 15 oz. can of tuna in water, drained
- 2 tbsp. of your favorite hummus
- 1 tbsp. curry powder (+ extra to sprinkle)
- 2 slices of good-quality multigrain bread
- 1 avocado, pit and skin removed, sliced lengthwise
- Sea salt and pepper
- To garnish (optional): baby basil leaves or cress

- **1** In a medium bowl, mix the tuna, hummus and curry powder together. Season to taste.
- **2** Toast the bread and spread the tuna mixture evenly over it.
- **3** Top with avocado slices and baby basil leaves or cress if using. Decorate your toast with a few pinches of curry powder for a jolt of extra color.





THE TAHINI CREAMY

I love the sesame magic of tahini, a nourishing and natural paste that's indulgent but healthy drizzled over avocado. This gorgeous vegan toast is so easy to make, it should be part of everyone's weekly self-care routine.

INGREDIENTS

3 avocados

6 thick slices of good-quality whole wheat bread Extra-virgin olive oil

To garnish (optional): pomegranate seeds, basil cress, edible flowers

For the tahini cream

 $\frac{1}{3}$ cup tahini, well mixed

Juice of $\frac{1}{2}$ lemon

2 tbsp. water

Optional: 1 garlic clove, peeled and grated

Sea salt and pepper

Chili flakes to taste

EQUIPMENT RECOMMENDED

Food processor or blender

метно

- 1 Cut the avocados in half, remove the pit and peel off the skin. Make 6 avocado roses (see p.11).
- 2 Meanwhile, make the tahini cream by mixing all the ingredients together in a food processor to create a super creamy and silky spread, adding more water if necessary. If you don't have a food processor, you can whisk this mixture by hand. The texture will not be as smooth but it will still be delicious.
- **3** Heat the olive oil in a 10-inch or 12-inch skillet over medium heat. Fry the bread slices until brown and crispy, flipping and cooking both sides. If it's easier, you can pop them in the toaster instead.
- **4** Top the toasted bread with the avocado roses and tahini cream. If using, garnish with pomegranate seeds, basil cress and edible flowers.

THE DUKKAH DAZE

An Egyptian spice mix that originated in the open-air markets of Cairo, dukkah can really lift the flavor profile of salads, grilled meats and fish. I always keep a preserving jar of my homemade dukkah on the kitchen counter to sprinkle over avocados and other snacks. The dukkah in this recipe will keep for weeks stored in an airtight container like a tupperware or jar. For another recipe that uses dukkah, turn to Spicy Dukkah Wedges, p.40.

INGREDIENTS

1 slice of rye bread, toasted

1 avocado rose (see p.11)

Optional: a handful of fresh arugula

For the dukkah:

1 cup walnuts, plus more to garnish (optional)

1 tbsp. black sesame seeds (white are fine if you can't find black)

1 tbsp. fennel seeds

1 tbsp. cumin seeds

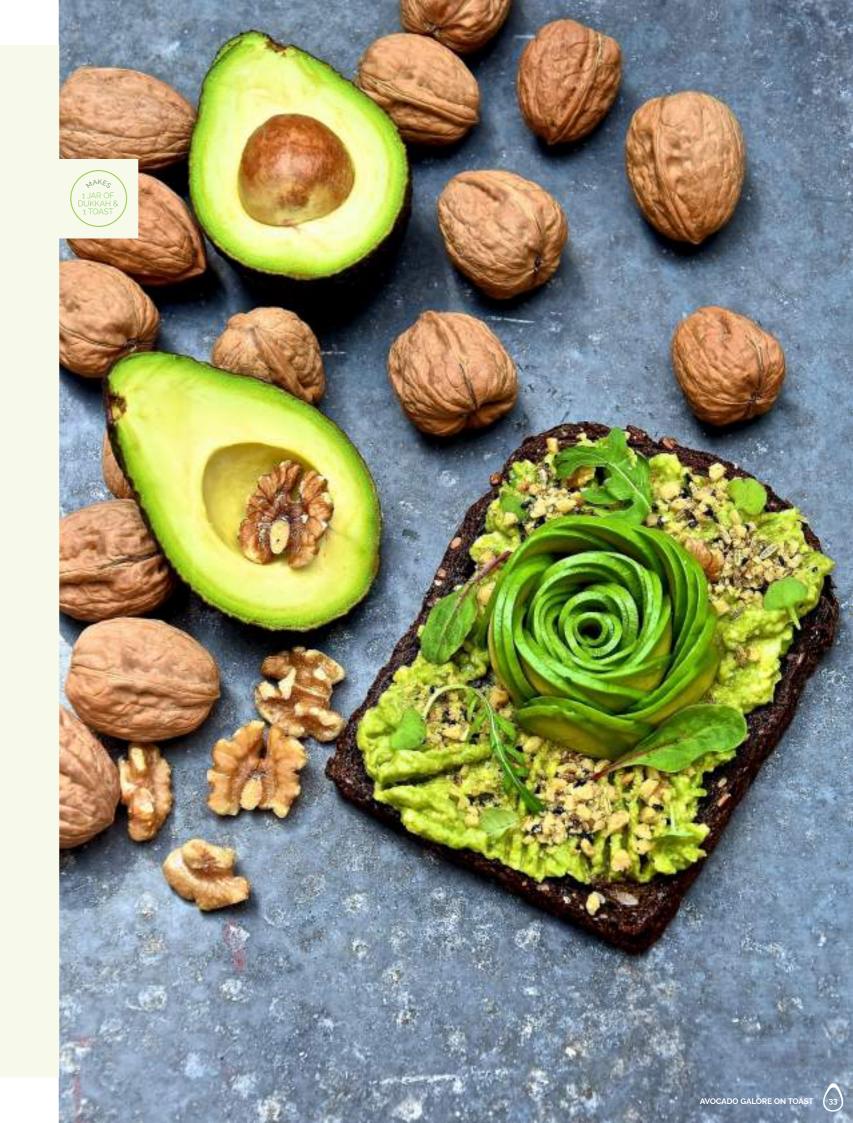
1 tsp. sea salt

Pepper

EQUIPMENT NEEDED

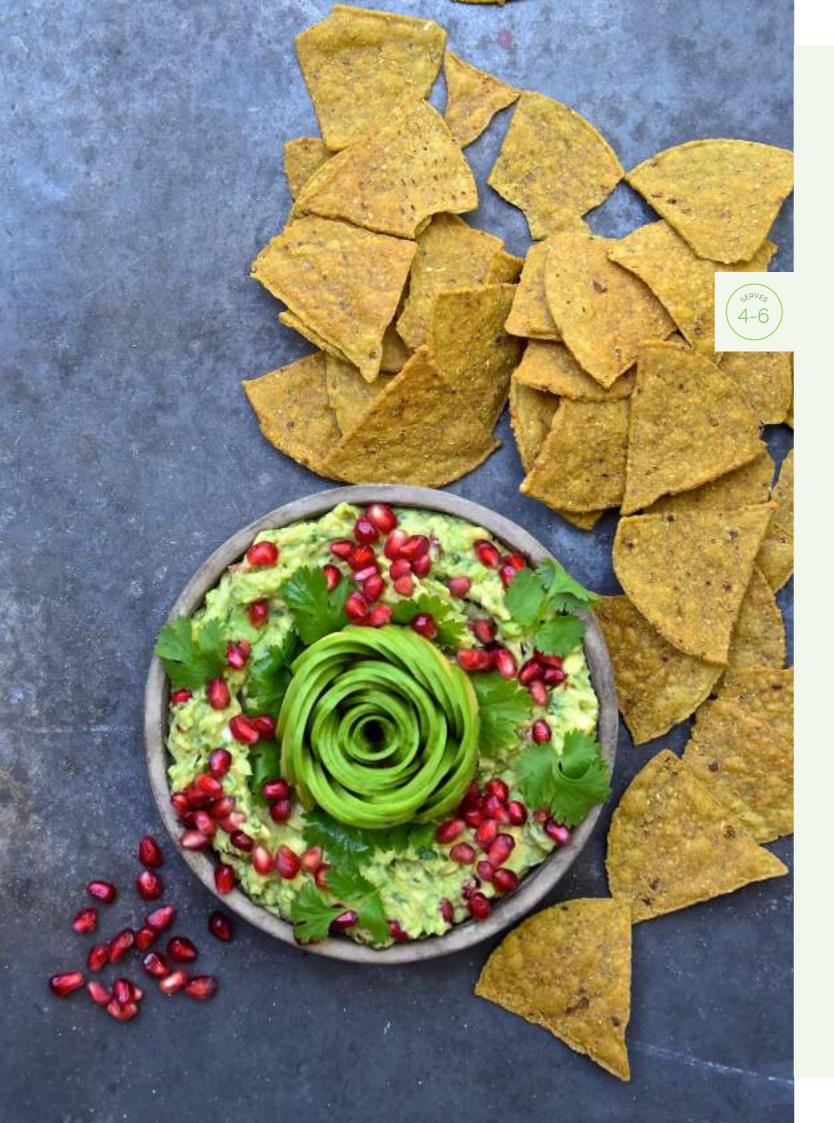
Mortar and pestle or food processor

- 1 To make the dukkah, heat a dry pan over medium heat. Add the nuts and spices to the pan, shaking frequently to toast them without burning them. The mixture is done when it is golden brown and releases a warm, nutty aroma, ±10 minutes. Remove from pan immediately and allow to cool.
- **2** Using a mortar and pestle, crush the mixture into a rough powder and season to taste. If you don't have a mortar and pestle, you can use a food processor, but be careful to not over blend the mixture into a paste.
- **3** Top the toasted bread with the avocado rose and sprinkle with fresh dukkah. You can also top it with arugula instead of dukkah if you wish.





I love to bring family, friends and loved ones together around a beautifully arranged fresh snack platter. The recipes in this section are perfect for sharing and make great centerpiece on the dining table.



POM POM GUACAMOLE

The eternally popular Mexican dip—it's hard to get it wrong. Perfect as it is versatile, this recipe is great on its own and also pairs up well with many others in the book, like Cucumber & Carrot Pops, see p.77, and Homemade Naan, see p.41.

INGREDIENTS

2 avocados,

Juice and zest of 1 lime

1 tsp. chili flakes

1 garlic clove, grated

1 spring onion, finely chopped

4 tbsp. fresh cilantro, finely chopped (plus extra to garnish)

1 tbsp. pickled ginger, chopped

1 tbsp. brine from the jar of ginger

 $3\frac{1}{2}$ oz. pomegranate seeds (plus extra to garnish)

Sea salt and pepper

To garnish (optional): $\frac{1}{2}$ avocado rose (see p.11)

To serve: tortilla chips

METHOD

1 Cut the avocados in half, remove the pit and peel off the skin. Using a fork, mash the avocado halves in a small bowl with the rest of the ingredients. The mixture can be as chunky or smooth as you like. Season and add chili flakes to taste. **2** Serve in your favorite bowl, garnished with fresh cilantro, pomegranate seeds and an avocado rose if using. Serve with tortilla chips.

ZUCCHINI CRISPS WITH AVOIOLI

Kids love these oven-baked treats and so do their parents! If you find the zucchini batter is a bit too lumpy, whizz it silky smooth with a hand blender. Enlist your children to cook this recipe with you: mine love to help and it makes then even more excited to eat the final product.

INGREDIENTS

1 small zucchini (± 9 oz) Sea salt and pepper

For the batter:

⅓ cup all-purpose flour

1/4 cup unsweetened almond milk

1 free-range egg

1 tsp. garlic powder

1 tsp. onion powder

For the avoioli:

1 small head of garlic

1 tbsp. extra-virgin olive oil

1 avocado, pit and skin removed

Juice of 1/2 lemon

Sea salt and pepper

EQUIPMENT NEEDED

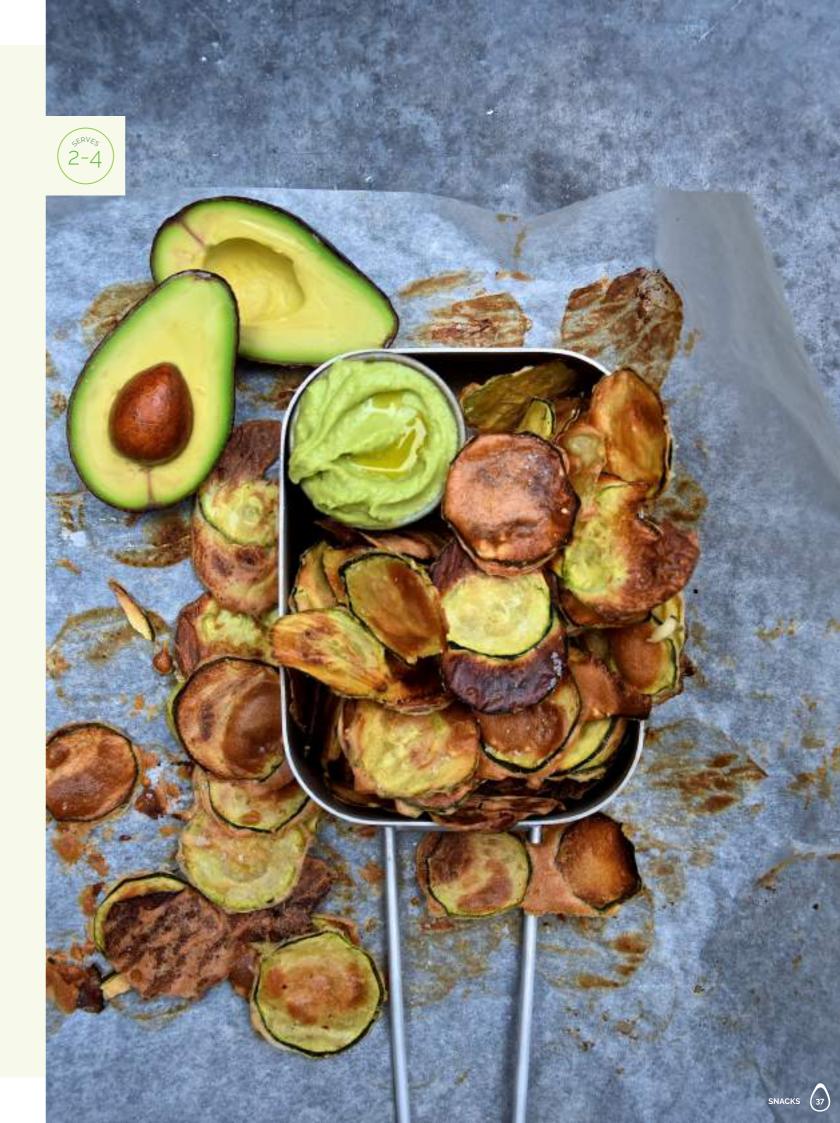
Foil

Box grater or mandoline

Roasting sheet

Parchment paper

- 1 Preheat the oven to 200°C/400°F/gas mark 6.
- **2** Slice off the top of the garlic bulb (the pointy end), and drizzle 1 tbsp. olive oil into the cloves. Wrap it up in foil and roast it in the oven for ±30 minutes until soft.
- **3** In the meantime, combine all the ingredients together for the batter and set aside to rest. If you have any lumps in the batter, use a hand blender to make it super smooth.
- **4** Wash the zucchini and, using the grater or mandoline slicer, slice it horizontally into super thin slices.
- **5** Line a large baking tray (or two small ones) with parchment paper. Dip each slice of zucchini in the batter so it's fully coated and place them onto the baking tray.
- **6** Turn the oven down to 200°C/ 350°F/gas mark 4 and bake the zucchini until golden brown and crispy, ±30 minutes.
- 7 While the zucchini crisps are baking, make the avoiol. Squeeze the bottom of each roasted garlic clove to push it out of its skin into a bowl. Add the remaining ingredients and mash them together with a fork until smooth. Season to taste.
- **8** Make sure the zucchini crisps have cooled, then serve with the avoioli.





THE HUMMUS

This recipe gives you a simple avocado hummus that can be dressed up with all sorts of exciting flavors - don't be shy about experimenting! It's also great decorated with toppings, as pictured.

INGREDIENTS

2 avocados, pit and skin removed

2 tbsp. tahini

1 15-oz. can of chickpeas

Juice from 1 lemon

1/4 cup ice water Sea salt and pepper To garnish (optional): chili flakes, paprika, cumin, chili powder, extra-virgin olive oil, chia seeds, hemp seeds, baby basil leaves, lemon zest, dried rose petals

To serve: pita bread, fresh naan (see p. 41) or crudités

EQUIPMENT NEEDED

Food processor or blender

METHOD

1 Put the avocado, chickpeas and tahini in the blender or food processor and blend it together, slowly pouring in the ice water into it in a steady trickle, until it's completely smooth. Stop and scrape down the sides of the food processor if necessary. Season to taste.

2 Serve the avocado hummus in a nice bowl. Use the back of a spoon to make some swirls in the hummus and decorate it with the toppings you decide to use. Serve with warm pitta, naan or crudités.

THE WABI SABI

Crispy avocado fries and golden almond flakes give this snack an irresistible double crunch. Dip in wasabi mayonnaise for the ultimate indulgence.

INGREDIENTS

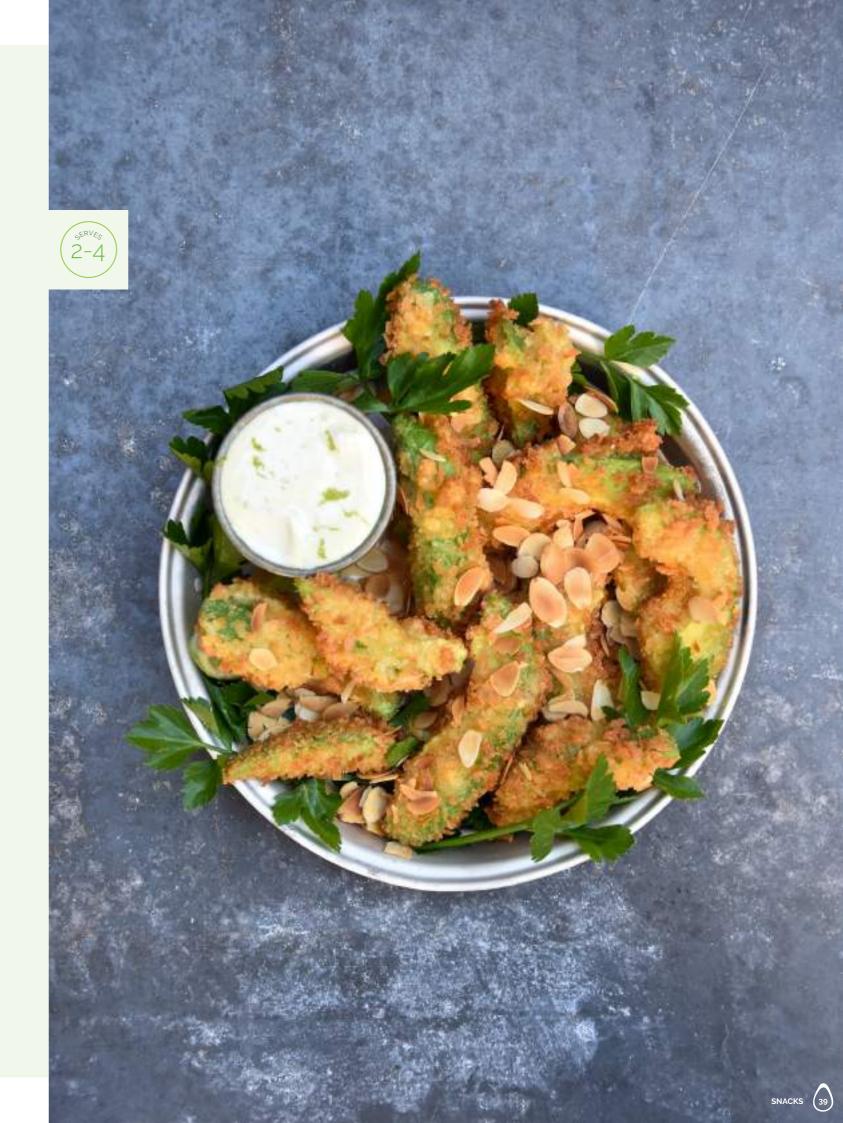
- 1/3 cup sliced almonds
- 2 avocados, pits and skins removed
- 2 1/4 tbsp. all-purpose flour
- 2 free-range eggs
- 1 cup panko breadcrumbs

Vegetable oil

- For the wasabi mayonnaise:
- 4 tbsp. mayonnaise
- 2 tsp. wasabi paste
- Juice and zest of ½ lime
- Sea salt and pepper
- To serve: lime wedges

Variation: Instead of wasabi mayonnaise, try the spicy sriracha mayonnaise see Avotacos with Sriracha Mayo, p.55.

- **1** Mix together the ingredients for the mayonnaise, then cover it and refrigerate to let the flavors develop.
- 2 Toast the almond flakes in a dry frying pan over low heat until they are golden brown and release a fragrant aroma. Set aside.
- **3** To make the fries, cut the avocados in half, then slice them lengthways to make 5 fries per side, 20 in total.
- **4** Take 3 bowls and put the flour in one of the bowls, the eggs in another and the panko in a third.
- **5** Dipping the fries one at a time, first dredge them in flour, then the egg mixture followed by coating them in panko crumbs.
- **6** Pour 1 ½ inches of vegetable oil into a frying pan and then heat it a slow, medium heat. Fry the avocado slices in batches, so there's plenty of room in the pan, about 5 at a time. Fry for around 10-20 seconds on each side until golden brown, taking care to flip them gently.
- **7** Taste the wasabi mayonnaise and make any final adjustments to the seasoning. Serve the avocado fries while still piping hot with the mayonnaise, seasoning, almond flakes and some lime wedges.





SPICY DUKKAH WEDGES

This is one of my quickest and most popular snacks. For our dukkha recipe, see Dukkah Daze p.33. Maybe by this point you even have a jar already made up!

INGREDIENTS

- 1 avocado
- 1 tsp. extra-virgin olive oil
- To garnish (optional): chili flakes

For the dukkah:

- 1 cup walnuts, plus more to garnish (optional)
- 1 tbsp. black sesame seeds (white are fine if you can't find black)
- 1 tbsp. fennel seeds
- 1 tbsp. cumin seeds
- 1 tsp. sea salt

Pepper

- 1 To make the dukkah, heat a dry pan over medium heat. Add the nuts and spices to the pan, shaking frequently to toast them without burning them. The mixture is done when it is golden brown and releases a warm, nutty aroma, ±10 minutes. Remove from pan immediately and allow to cool.
- 2 Using a mortar and pestle, crush the mixture into a rough powder and season to taste. If you don't have a mortar and pestle, you can use a food processor, but be careful to not over blend the mixture into a paste.
- **3** Cut each avocado half lengthwise, remove the pit and skin then slice each half into ±5 wedges. Arrange the wedges on an attractive plate or wooden board.
- **4** Sprinkle over the dukkah and chili flakes and. Skip the chili for less heat or for a child-friendly version. Drizzle with olive oil and serve.

HOMEMADE NAAN

Deliciously warm, comforting and soft, naan is really easy to make, I promise! This recipe takes two ingredients and about half an hour of your time. Make naan as a table bread for breakfast, lunch or as a snack to share. If you have any leftover (and you probably won't), they can easily be reheated in a toaster.

Here, they're served with herb oil and a deconstructed guacamole, but they also go well with the Shakshuk-A-vocado recipe (see p.51). For a faster recipe, just use extravirgin olive oil instead of herb oil.

INGREDIENTS FOR THE NAAN

For the naan

3 1/3 cups of flour (+ a little extra for dusting)

6 tsp. baking powder

1 cup full-fat plain yogurt

Sea salt

For the herb oil (optional)

1 tsp. fennel seeds

1 tsp. anise seeds

4 tbsp. extra-virgin olive oil

1 garlic clove, crushed, skin on

For the deconstructed guacamole:

Feta cheese to taste, crumbled

Fresh cilantro and spring onions to taste, roughly chopped

Zest of 1 lime

Chili flakes to taste

1 jalapeño pepper, sliced

2 avocado roses, make $\frac{1}{2}$ rose per bread (see p.11)

EQUIPMENT NEEDED

2 sheets of parchment paper

Rolling pin

- **1** (Optional) Combine all the ingredients for the herb oil and set aside.
- 2 Put the flour and yoghurt into a large bowl and mix it together with a wooden spoon until it's thoroughly combined. Add salt to taste.
- **3** Roll the dough out onto a floured surface and start kneading until you have a soft ball. Add more flour if it's sticky. Note this type of dough won't get really stretchy.
- 4 Divide the dough equally into 4 balls. Place them all on one sheet of parchment paper with space between them and lay the other piece of parchment paper on top. Using a rolling pin, roll the balls into thin round/teardrop shapes (if you don't have a rolling pin, a bottle or the palm of your hand will also work). Set aside.
- **5** Mix the ingredients for the deconstructed guacamole together in a small bowl and make the 4 avocado roses.
- **6** Heat your grill pan over a high heat—you want it to be really hot. Bake one naan at a time: brush both sides of the dough with a little bit of the herb-infused oil and place it on grill pan, cooking it until you have nice grill marks and the bread is golden brown, ±4 minutes, making sure to turn it over halfway through.
- **7** Serve the naan with the deconstructed guacamole ingredients and avocado roses, as pictured.





Avocado is perfect for hearty family dinners. Think bigger than soup and burgers: as you'll see in this section, you can use avocado in tuna meatballs, as a vegan substitute for mayonnaise in potato salad, as a topping for shaksuka and so much more. As a food stylist, I love to play with my food too—creating beautiful serving plates and optical illusions using avocados. It's an easy way to create an instant wow factor and much simpler than it looks.

AVOCADO & EDAMAME SOUP

This vibrant green soup has a secret ingredient to give it extra flavor and spiciness: sweet and salty pickled sushi ginger.

INGREDIENTS

3 cups vegetable stock

7 oz. edamame beans, frozen or blanched

3.5 oz. fresh spinach

1/2 oz. fresh basil (+ some extra to garnish—for this I recommend reserving the smallest, most delicate leaves)

- 2 tbsp. pickled sushi ginger
- 2 tbsp. pickled sushi ginger brine
- 1 avocado, pit and skin removed

Optional: 4 tbsp. coconut yogurt and your favorite hot sauce, to taste

EQUIPMENT NEEDED

Blender or food processor

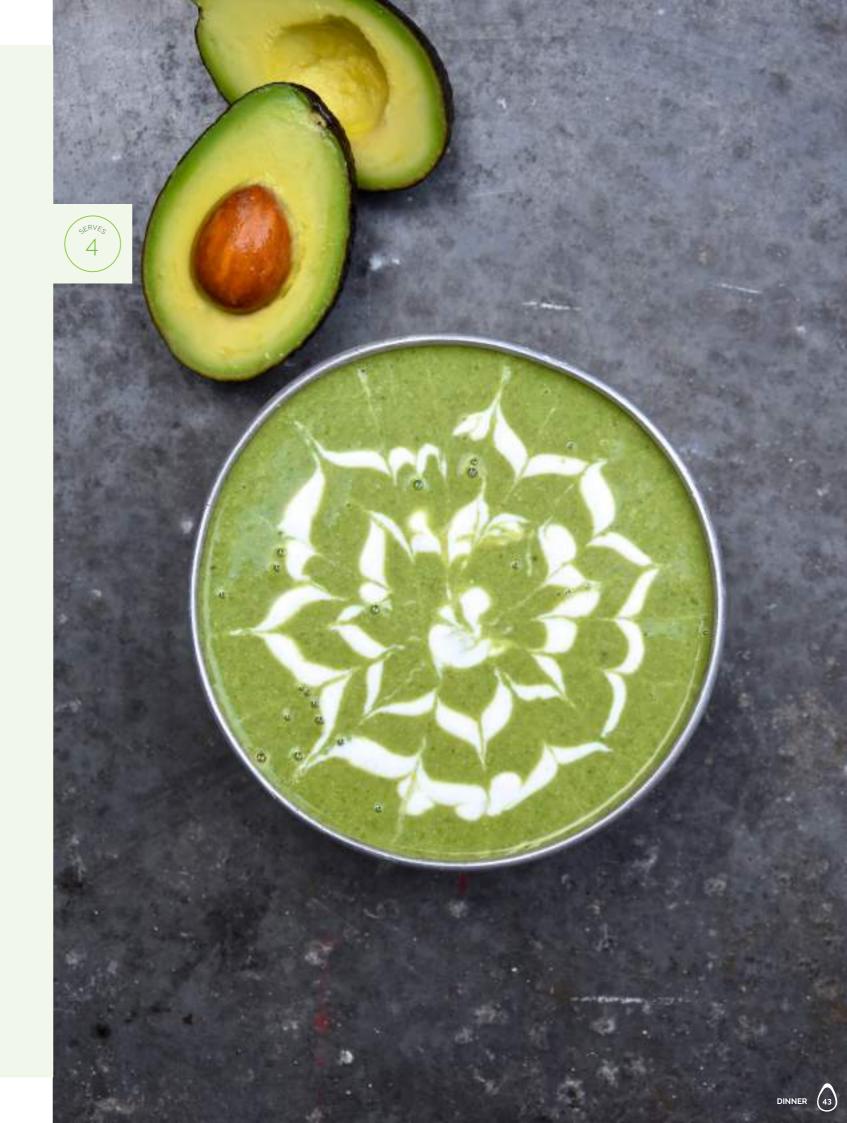
METHOD

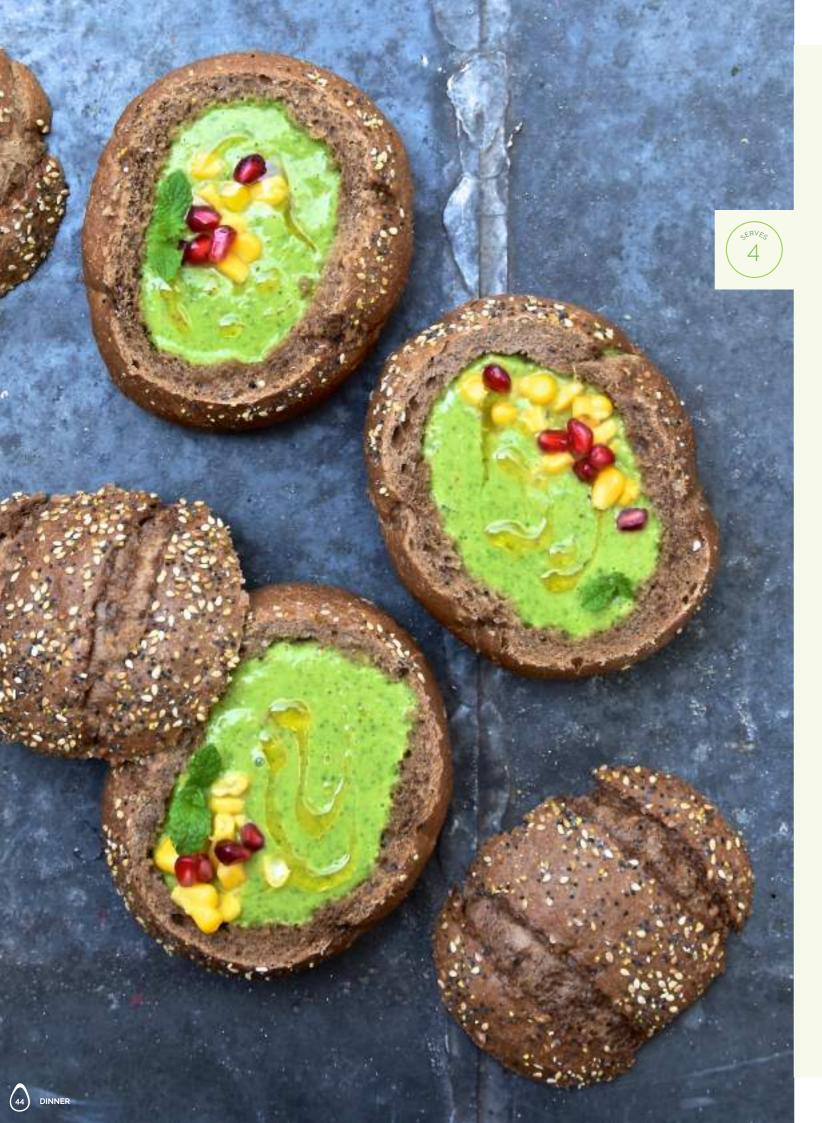
- **1** Bring the stock to a boil in a medium saucepan and add the edamame beans and spinach. Cook until soft, ±5 minutes.
- **2** Remove the pan from the heat and add the basil, pickled ginger, and avocado. Blend it together until it's silky smooth.
- **3** Season to taste and serve in 4 bowls garnished with the basil, or decorated with a yoghurt star using the following instructions.

TO MAKE THE STAR DECORATION

In a small bowl, combine the coconut yogurt with just enough water to give it a slightly thinner, smoother consistency.

Using a small spoon, put a dot of yogurt in the middle of each bowl of soup, then carefully drizzle 2–3 thin concentric circles around it. Use a skewer to make your star by dragging the point of the skewer from the central dot to the edge of the bowl, crossing through the yogurt circles. For the next line, start at the edge of the bowl and draw back to the center. Alternate directions at equal intervals until you have a pattern you like. Feel free to play around with it. You can make it spicy by using hot sauce instead.





GREEN GAZPACHO SERVED IN MINI BREAD BOWLS

The ultimate summer dish, gazpacho can only be improved with one thing: avocado, of course! Mini bread bowls are a surprising and fun serving suggestion and leave fewer dishes to wash up, but gazpacho also looks elegant in tall glasses, shot glasses or plain white bowls.

INGREDIENTS

- 1 avocado, pit and skin removed
- 1 celery stalk, leaves on

½ cucumber, peeled and roughly chopped

- 1 garlic clove, grated
- A handful ofspinach, for color
- 2 sprigs fresh basil
- 2 sprigs fresh mint
- $\frac{1}{3}$ cup extra-virgin olive oil
- 2 cups cold vegetable stock

2 tbsp. sushi vinegar

Zest and juice from 1 lime

- 1 red chili, finely diced
- 1 tsp. cumin powder
- 1 spring onion, sliced
- Sea salt and pepper

Optional: 4 mini brown bread bowls

Toppings (optional): sweet corn, pomegranate seeds, basil, mint leaves and extra olive oil

EQUIPMENT NEEDED

Food processor or blender

- 1 Mix all the soup ingredients together in a food processor or blender until smooth. Season to taste and add additional water if the soup is too thick.
- **2** Gazpacho is best served very cold so refrigerate for at least 2 hours, more if possible.
- **3** Before serving, taste the cold gazpacho and season again if necessary. Pour into glasses, bowls or bread bowls and decorate with the toppings.

CEVICHE GARDEN

This is my twist on a traditional Peruvian ceviche, a preparation of raw fish marinated in citrus juices and adorned with fresh herbs and avocado. This incredibly healthy, fresh dish is brimming with umami really shines in summer. What's more, in South America, tiger milk, with its punchy mix of lime and fish juices, is a well-known hangover cure!

INGREDIENTS

1/3 cup salted peanuts

1 sweet potato (±8-10.5 oz.)

4 avocado roses (see p.11)

7 oz. fresh cod

Chili flakes to taste

Leaves from a small bunch of cilantro

To garnish (optional): cress, edible flowers and cilantro

1 small red onion, thinly sliced

For the avocado paste:

1 tbsp. sunflower oil

1 red chili pepper, seeds and all

1 red onion, finely chopped

2 garlic cloves, peeled

1 avocado

Sea salt and pepper

For the tiger milk:

1 tbsp. grated ginger

Juice of 3 limes, ±1/2 cup

Stalks from a small bunch of ciltanro, finely chopped

EQUIPMENT NEEDED

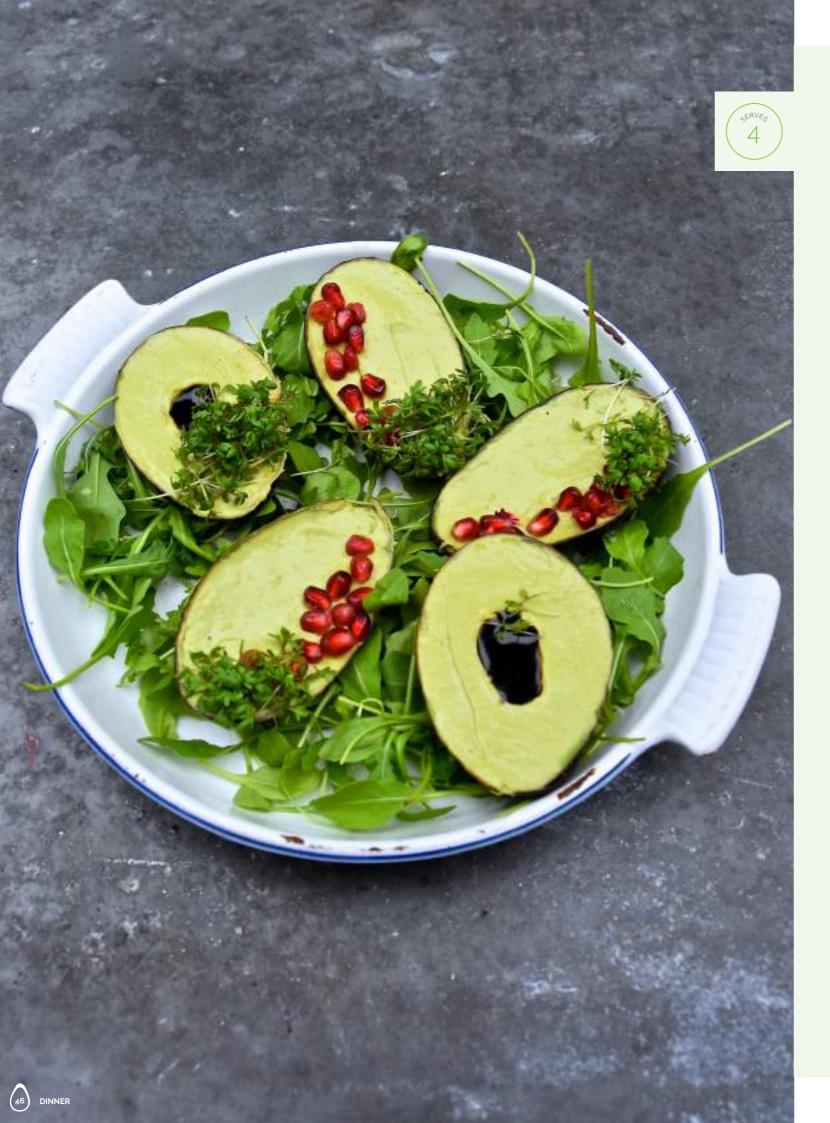
Food processor

Sieve

- 1 Run the red onion slices under cold water for a couple of minutes in a small sieve as this tones down its sharp flavor. Drain on paper towel.
- 2 In a pan over medium heat, sauté all the ingredients for the avocado paste except the avocado for ±15 minutes, until completely soft, browned and caramelized.
- **3** While this cooks, use the food processor to grind the peanuts into a coarse crumble, then remove and wipe down the food processor.
- **4** Put the avocado paste ingredients (including the avocado) in the food processor and combine them together until smooth. Season to taste.
- **5** Peel the sweet potato and cut it into thin slices. Using the same pan as in step 1, cook for ±5 minutes until soft then set aside.

- 6 Cut 4 avocado roses if you haven't already.
- **7** Mix the ingredients for the tiger milk in a small bowl and let it rest.
- **8** Meanwhile, cut the fish into small cubes and sprinkle with salt to help the cod absorb more flavor.
- **9** Use a sieve to remove the bits from the tiger milk, then add in the cod and let it marinate for ±2 minutes.
- 10 Dividing it equally, arrange the sweet potato 'carpaccio style' over the 4 plates. Follow by spooning over the cod, tiger milk, soaked red onions and avocado paste. Sprinkle with the peanut crumble, chili flakes and, if using, decorate with cress, edible flowers and/or cilantro.





TRIPLE LAYERED AVOCADO

This clever trompe-l'oeil will look exactly like an avocado when you're finished, when actually it consists of three cleverly concealed, delicious layers. As it's a generously sized starter, feel free to halve the recipe and share it if you're not big eaters. Serve with bread and or crispy crackers and extra balsamic syrup on the side.

INGREDIENTS

4 avocados

Balsamic reduction, for drizzling and extra for

To garnish: pomegranate seeds or cress

To serve: arugula leaves

For the cauliflower layer:

7 oz. cauliflower rice

± 2 tbsp. fresh cilantro, roughly chopped

2 tbsp. extra-virgin olive oil

Sea salt and pepper

For the salmon tartare layer:

7 oz. smoked salmon

2 tbsp. finely chopped chives

Juice from ½ lemon (±2 tbsp.) 1/2 shallot, finely chopped

Sea salt and pepper

For the avocado crème layer:

1 shallot

2 tbsp. extra-virgin olive oil

Juice from ½ lemon

Sea salt and pepper

EQUIPMENT NEEDED

Blender, food processor or hand blender

- 1 Combined all the ingredients for the cauliflower layer together in a bowl and season to taste. Set aside.
- **2** To prepare the tartare layer: finely chop the smoked salmon and mix in a bowl with all the other ingredients. Season to taste and set aside.
- 3 Cut the avocados in half lengthwise, remove their pits and scoop out their flesh but keep the skins so you have 8 empty avocado halves to fill. Reserve half of the flesh for the crème layer and save the rest for one of the other recipes in this book
- **4** For the avocado layer, combine the ingredients together using a hand blender to make a super silky crème. (You can also use a jug blender or food processor.)
- **5** To assemble, divide the cauliflower mixture equally between the 8 avocado shells, pressing it in firmly with the back of a spoon. Next add the salmon tartare layer and lightly press it in. Add the avocado crème layer last and smooth the top with a knife, so that they look just like avocado halves
- **6** On 4 of the halves, make some space for the 'pit' by pressing lightly on the crème with the back of a small spoon. Then fill in the space with the balsamic glaze.
- **7** Decorate the other halves with cress and pomegranate seeds and serve with extra balsamic and arugula.

AVOCADO TRUFFLE

Another creation to impress your guests. This avocado 'truffle' stands upright on the plate, and looks like a whole avocado . . . but is actually stuffed with a surprise: goat cheese! Coated in a delicious bacon and panko crumble though if you want the vegetarian alternative skip straight to step 4. I'd recommend one avocado truffle for two people. Perfect with a salad or on toast.

INGREDIENTS

2 avocados

A few drops of sushi vinegar

±3.5 oz. soft goat cheese

To serve: balsamic syrup

For the bacon crumble:

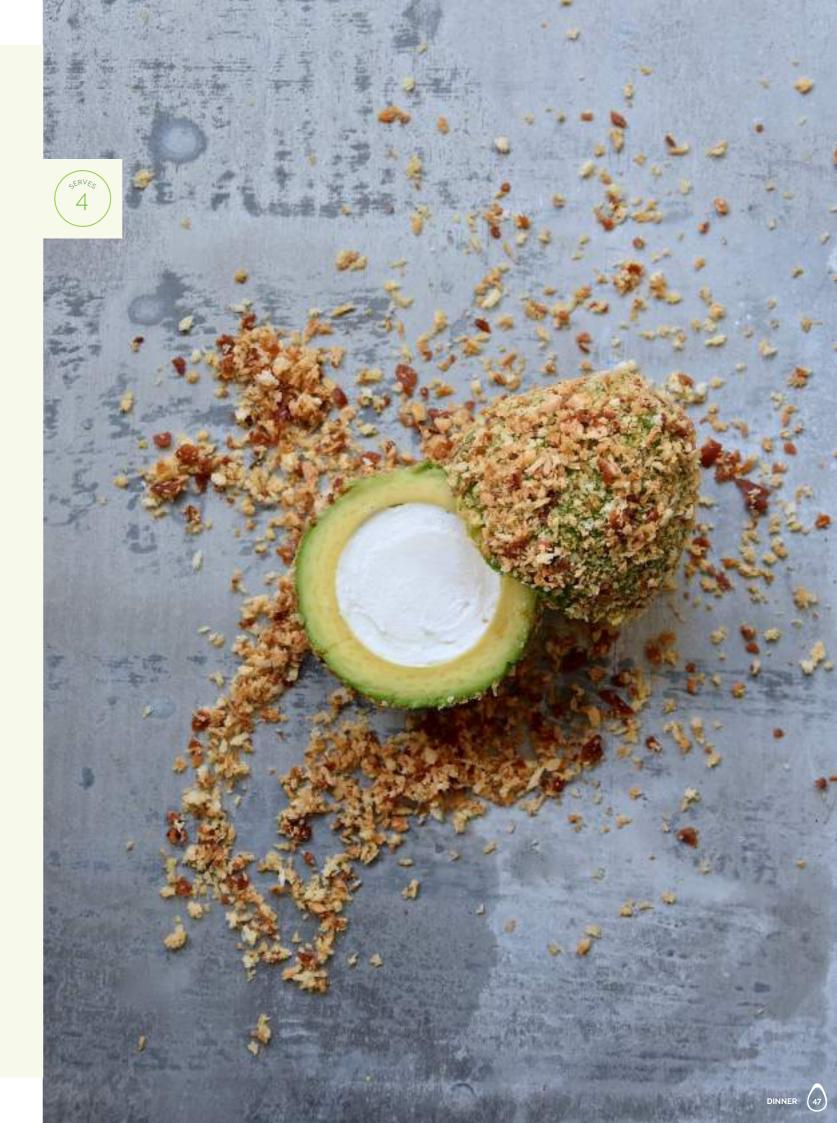
2.5 oz. bacon, or dukkah for a vegetarian option (see p 33)

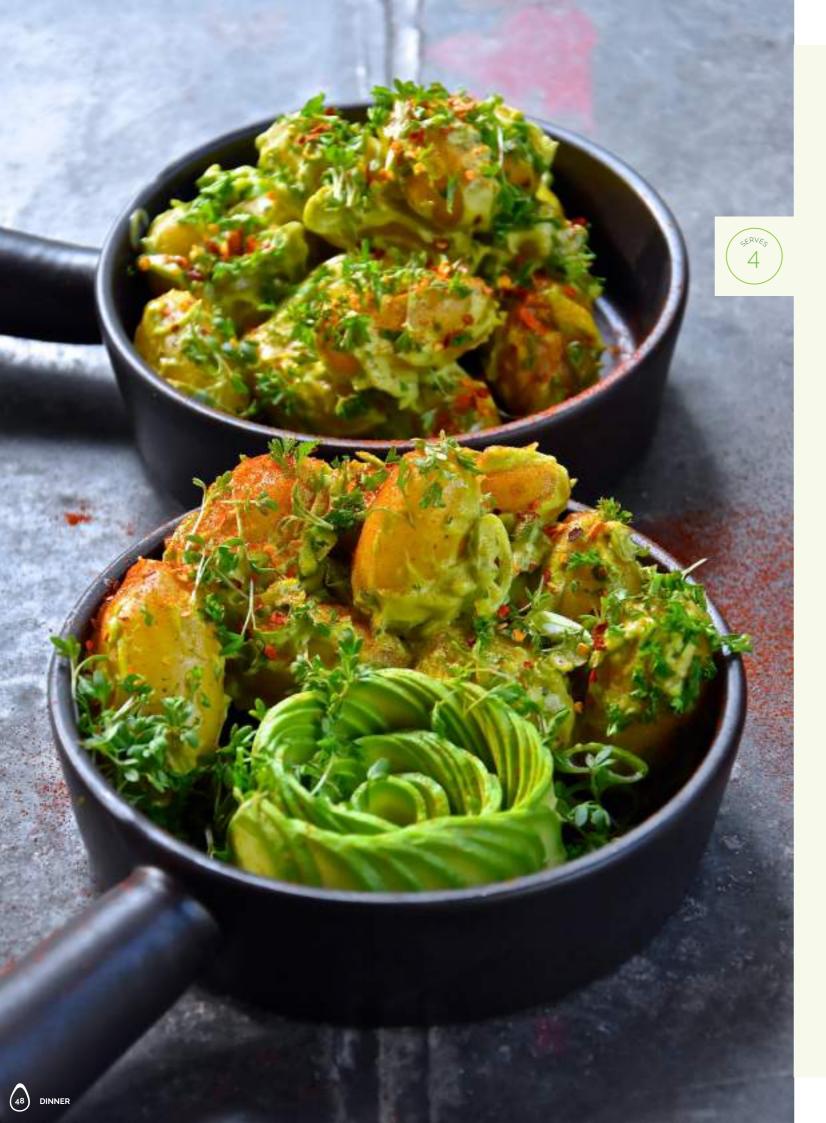
3/3 cup panko breadcrumbs

EQUIPMENT NEEDED

Food processor

- 1 Place the bacon in a large skillet over mediumlow heat and cook until brown and crispy, turning frequently. To ensure even cooking, do not let the pieces overlap. Remove and place on a plate lined with paper towels to dry.
- 2 Add the panko to the bacon fat in the pan and fry until it begins to color, ±3-4 minute.
- **3** Combine the bacon and the panko in a food processor and pulse into a crumble until everything is thoroughly combined.
- **4** Cut the avocados in half, but horizontally, not lengthwise. Carefully remove the pits and slide off the skins, keeping the avocado as intact as possible.
- **5** Brush all surfaces of the avocados with sushi vinegar to prevent browning. Fill each avocado with goat cheese. If you don't have enough space, you can use a teaspoon to scoop out some flesh from the center to make it bigger. Once stuffed, put the two halves back together again. Cut a small bit off the base (the wide end) of the avocado for stability so it can stand upright on the plate.
- **6** Roll the whole avocado in the bacon or dukkah crumble, pressing it very gently with your hand, so the avocado is fully coated in the mixture. Repeat with the other avocado.
- **7** Place your assembled 'truffles' so they're standing up on a plate and sprinkle with extra crumble. Serve with balsamic syrup.





NO-MAYO POTATO SALAD

The perfect dish to bring to a barbecue or potluck, because the simple truth is that everyone loves potato salad. This twist here is that I've used velvety avocado instead of mayonnaise. so everyone can eat some, even vegans. It's just as creamy and light as the classic dish, but even more delicious.

INGREDIENTS

- 1 lb. 2 oz. new potatoes
- 2 spring onions, chopped
- 1 tbsp. freshly chopped celery
- 2 tbsp. freshly chopped parsley

Sea salt and pepper

To serve (optional): cress, chili flakes, smoked paprika, 1 avocado rose from 1/2 avocado (see p.11)

For the avonaise:

- 1 avocado, pit and skin removed
- 4 tbsp. extra-virgin olive oil
- 2 tbsp. sushi vinegar
- 2 tsp. yellow mustard

EQUIPMENT NEEDED

Hand blender

- 1 Combine all ingredients for the avonaise in a small bowl and mix together with a hand blender until smooth. Season to taste. If you don't have a blender, you can use a whisk but it will take a little longer. Mash the avocado beforehand until smooth before whisking.
- 2 Stir the avonaise together with the potatoes, spring onions, celery, and parsley. Season to taste.
- **3** If using, serve with cress, chili flakes, smoked paprika and an avocado rose.

SUPER EASY SALAD

This heavenly, summery salad makes two sides or one main. Have it for lunch with a wedge of fresh sourdough bread. For something more substantial, I would recommend adding goat cheese. One of the avocados in the recipe is set aside for a decorative avocado rose and fan. If you're dining alone, you can skip straight to step 2.

INGREDIENTS

1 or 2 avocados

3.5 oz. mixed salad leaves

A handful of unsalted walnuts

Dukkah to taste(see p.33)

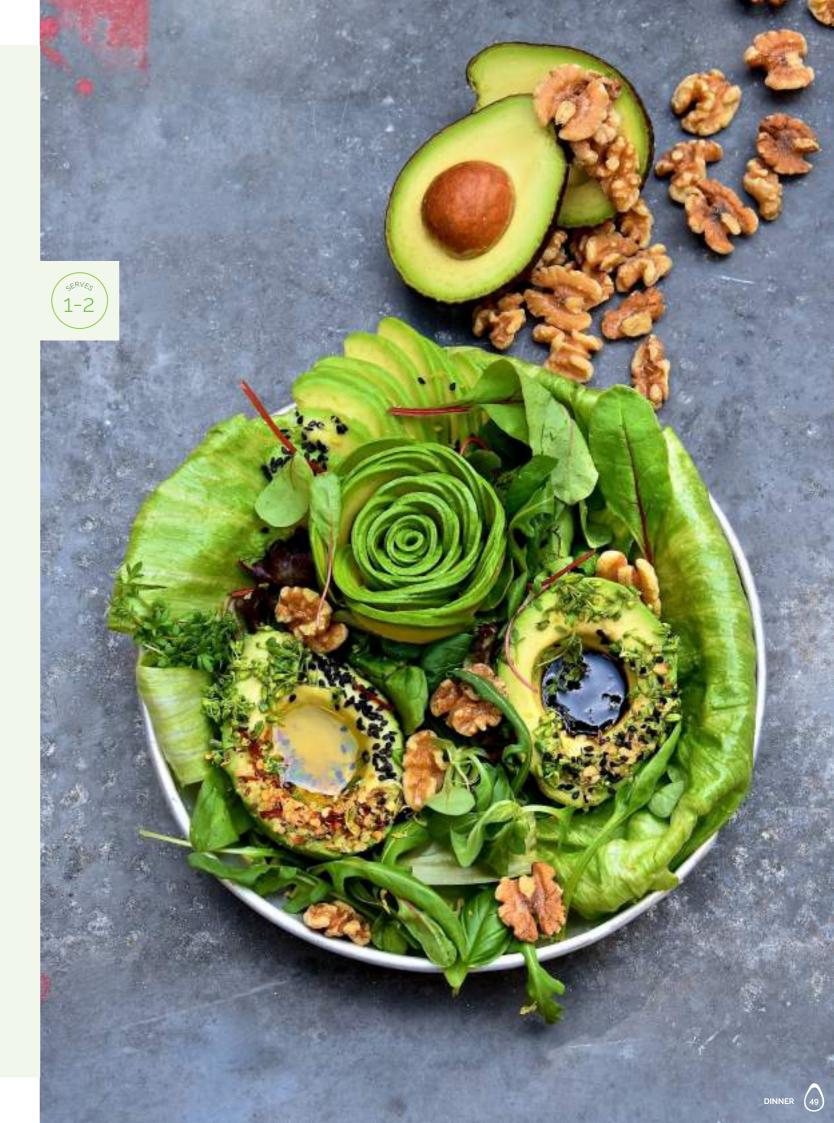
Balsamic reduction

Extra-virgin olive oil

To garnish: dukkah, walnuts, chili flakes, cress

Topping (optional): fresh soft goat cheese

- 1 Following the instructions on p.11, us 1 avocado to make a decorative rose and fan. Skip to step 2 if you're making the recipe for one person.
- 2 Toss the mixed leaves, walnuts and dukkah together in a bowl, then divide onto 2 serving plates.
- **3** As pictured, fill one avocado half with the balsamic reduction and the other with olive oil. Decorate the avocado bowls with dukkah, walnuts, chili flakes and cress.
- **4** If using, add soft goat cheese and serve with fresh bread or as a side dish.





AVOTACOS WITH SRIRACHA MAYO

The bestselling book and hit TV show, Salt, Fat, Acid and Heat, taught us about the four building blocks of great cooking. This recipe has them in perfect balance, using clementine juice for a softer tang than lemon or vinegar.

The method for making the avocado filling is the same as for the avo fries (see The Wabi Sabi, p.39), giving the tacos an extra delicious crunch.

INGREDIENTS

2 avocados

½ oz. all-purpose flour

2 free-range eggs, whisked

1 cup panko breadcrumbs

Sunflower oil

2 oz. beansprouts

3.5 oz. tomatoes, finely diced into 1/4 inch cubes

Juice and zest of $\frac{1}{2}$ lime (reserve the other half for serving)

6 small tortillas or wraps

Sea salt and pepper

To garnish: black sesame seeds

For the sriracha mayonnaise:

2 tbsp. mayonnaise

Juice of ½ clementine

1 tbsp. sriracha sauce

- 1 Combine all the ingredients for the sriracha mayonnaise, cover and refrigerate to let the flavors develop.
- 2 To make the fries, cut the avocados in half, remove the pit and the skin. Cut each half into 5 fries so you have 20 in total. To make the fries, cut the avocados in half, then slice them lengthways to make 5 fries per side, 20 in total.
- **3** Take 3 bowls and put the flour in one of the bowls, the whisked eggs in another and the panko in a third.
- 4 Coat the fries one at a time, first dredge them in flour, then the egg mixture followed by coating them in panko crumbs.
- **5** In a small bowl, mix the beansprouts, chopped tomatoes, lime juice and zest together to create a salsa. Season to taste.

- **6** Pour 1½ inches of oil into a large skillet or deep frying pan over a high heat and heat until it's hot. Deep fry the avocado wedges in batches, approximately 5 at a time. Fry for 10–20 seconds until golden brown. Remove with a slotted spoon and place them on layer of paper towel to soak up excess oil.
- **7** Warm the tortilla wraps as per the packaging instructions.
- **8** Divide the wedges between the 6 wraps, add the tomato salsa, and serve with a squeeze of lime juice. Add a pinch of salt, drizzle over the Sriracha mayonnaise and sprinkle over the sesame seeds. Serve with extra mayonnaise on the side.

THE SHAKSHUK-A-VOCADO

Shakshuka is a North African dish of eggs poached in a spicy, garlicky, tomato broth. Delicious at any time of day, I make a dinner out this recipe by adding soft, cubed eggplant and crumbled feta cheese. With the eggs nestled in avocado roses, this is a stunning, colorful dish you can serve straight from the skillet.

INGREDIENTS

- 2 eggplants, cut into 1/2 inch cubes
- 2 red onions, finely diced
- 4 garlic cloves, grated
- 1 tbsp. ras el hanout, or more to taste
- 1/2 tsp. chili flakes (1 tsp. if you like it spicy) leave this out if you're cooking this for children
- 1 bunch of fresh cilantro, leaves and stalks, roughly chopped
- 1 15-oz. can of whole peeled tomatoes (+ $\frac{1}{2}$ can's worth of water)
- 1 tbsp. balsamic vinegar

- 1 avocado
- 2 small free-range eggs
- 3.5 oz. feta cheese, crumbled
- 1 tsp. grated ginger
- Zest of ½ lemon
- Olive oil for frying

Optional: 1 jalapeño pepper sliced, sriracha sauce, omit if cooking for kids

To serve (optional): pita bread or homemade naan (see p.41)

- **1** Heat a medium sized pan or skillet and add a generous glug of olive oil.
- **2** Add the cubed eggplants and cook over medium heat for 5–10 minutes, until soft and golden brown. Remove from pan.
- **3** Add some more oil to the pan and sauté the red onion until soft and translucent. Add the garlic and cook for a further 2 minutes. Add the ras el hanout and chili flakes and stir to combine everything together.
- 4 Add the eggplant back to the pan along with the cilantro stalks (reserve the leaves for later) and fry it for 2 minutes. Add the tomatoes, ½ tin of water and balsamic vinegar. Bring it to a boil, then immediately reduce the heat and let it simmer for ±30 minutes, stirring occasionally, until the shakshuka sauce has the consistency of a pasta sauce.
- **5** Meanwhile, cut the avocado in half, remove the pit and the skin. Turn them into 2 roses (see p.11), leaving a big hole in the middle in which you can fit the eggs.
- **6** Carefully place the avocado roses in the shakshuka sauce, making sure they touch or nearly touch the bottom of the pan. Crack an egg into each one and cook to your desired firmness (up to 10 minutes for hard yolk, 6 for a softer-set one).
- **7** While the eggs cook, combine the crumbled feta, grated ginger and lemon zest. Scatter the mixture over the shakshuka along with the chopped cilantro leaves, the slices of jalapeño and sriracha sauce if you like it spicy and serve with sriracha sauce, warm pita or naan.





THAI LARB GAI SALAD

Larb is a light and healthy salad that I love to serve with avocado to complement the spiciness. If you don't have chicken to hand, you can use other types of ground meat, or for a vegan version, try crumbled tofu or thinly sliced shiitake mushrooms.

INGREDIENTS

- 3 tbsp. basmati rice
- 10 ½ oz. ground chicken
- 1 clove of garlic, peeled and grated
- 1 shallot, finely chopped
- 1 spring onion, finely chopped
- 1 bunch of fresh cilantro, leaves and stalks, roughly chopped
- ½ cucumber, unpeeled, cut into small cubes
- 1 avocado, pit and skin removed, cut into ½ inch cubes
- Fish sauce to taste (±2 tbsp.)
- Juice of 1 lime
- Chili flakes to taste (±1 tbsp.)
- 2 heads of little gem lettuces, leaves separated

EQUIPMENT NEEDED

Mortar and pestle or spice grinder

- 1 To make the roasted rice crunch, heat a frying pan or wok over a high heat and add the rice, without oil, to the pan. Roast the grains, shaking frequently, until they begin to color. Remove from heat, let it cool and roughly grind the rice in a spice grinder or with a mortar and pestle.
- **2** Add the ground chicken to the wok or pan. Fry, stirring occasionally, until browned and cooked through then remove from heat.
- **3** Meanwhile, mix the garlic, shallot, spring onion, cilantro, cucumber, and avocado together in a small bowl.
- **4** Season the cooked chicken mixture in the pan with the fish sauce, lime juice, and chili flakes. Then stir in the cucumber mixture.
- **5** To serve, spoon into the little gem lettuce 'bowls' and sprinkle the rice crunch on the top.

CAPRESE TUNA MEATBALLS

At first, tuna and avocado might sound a little odd, but give it a try, you'll be pleasantly surprised! This is a hearty and economical dinner that everyone loves.

INGREDIENTS

1 ball of buffalo mozzarella (±250g) A handful of fresh basil leaves

For the tuna meatballs:

1 avocado, pit and skin removed, mashed

2x 5-oz. cans of tuna

1 free-range egg

½ cup breadcrumbs

1 tsp. garlic powder

1 tsp. dried Italian herbs

1 tsp. chili flakes

Zest of ½ lemon (plus extra for garnishing)

Extra-virgin olive oil

Sea salt and pepper

For the tomato sauce:

1 onion, finely chopped

1 garlic clove, peeled and crushed

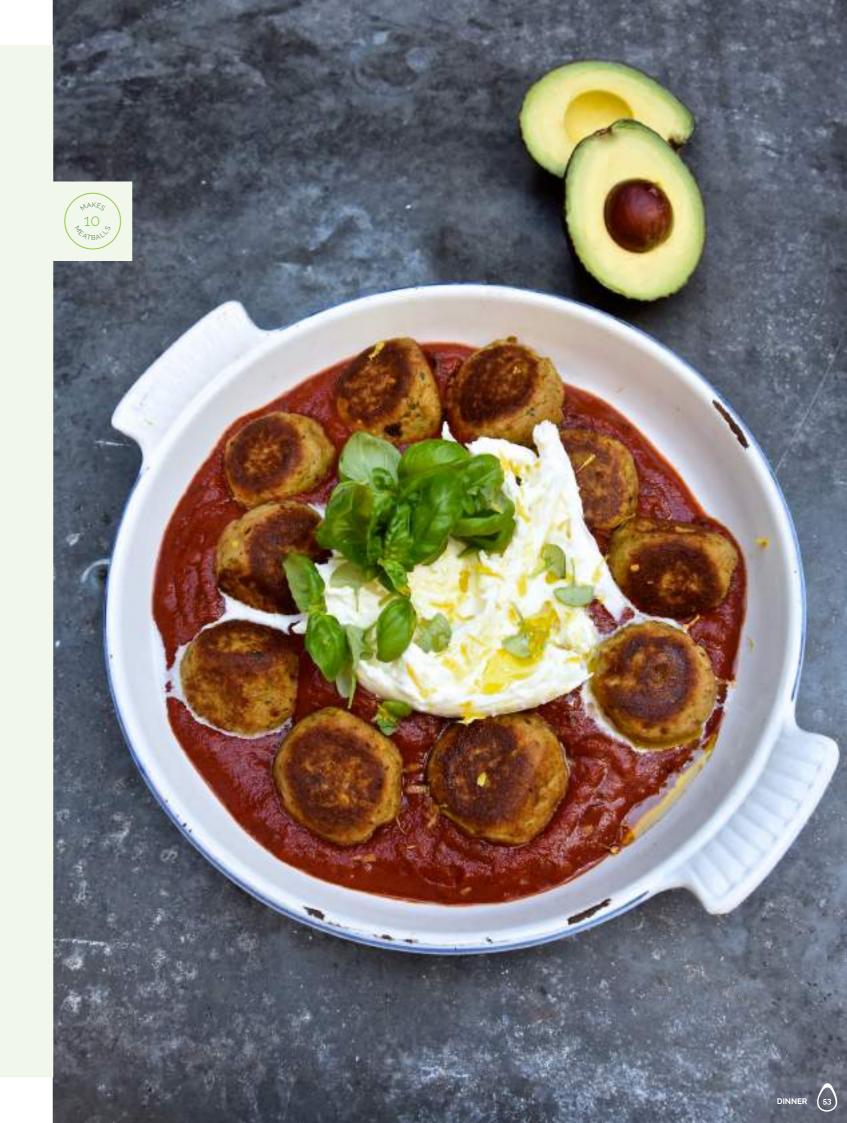
2 tbsp. dried Italian herbs

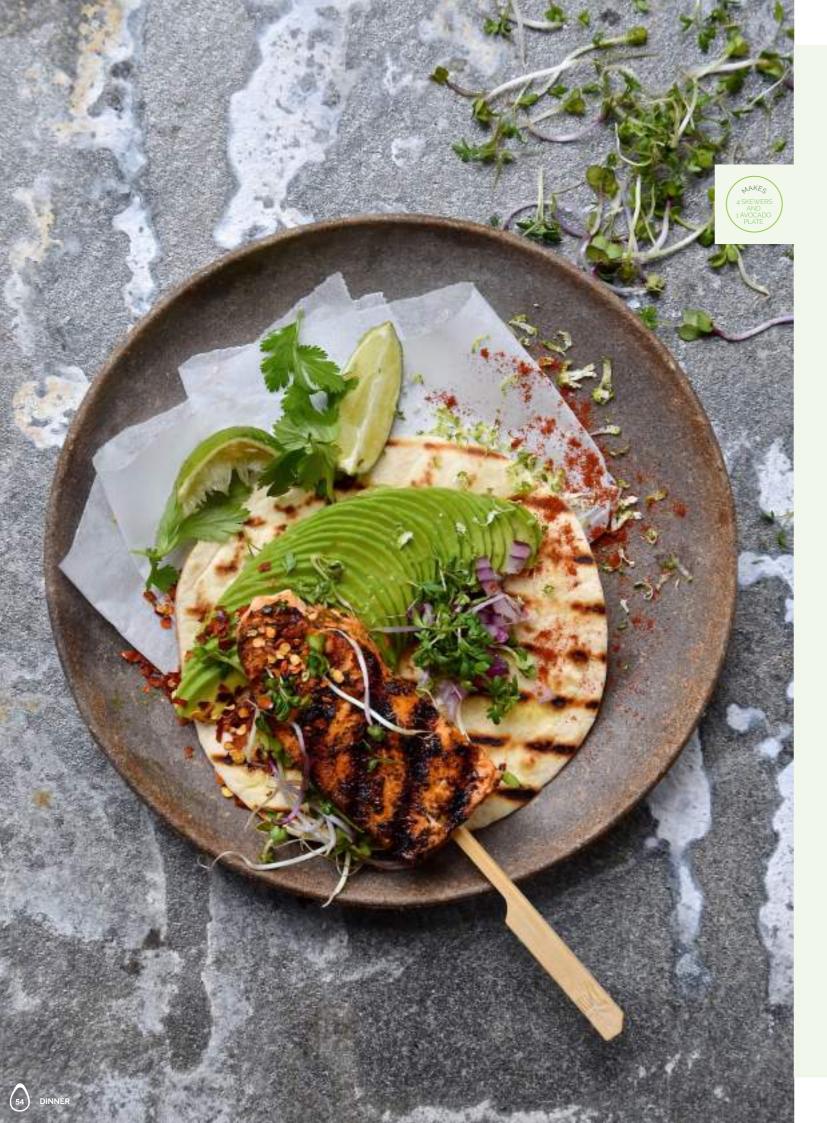
2 cups tomato puree

1 tbsp. balsamic vinegar

Extra-virgin olive oil

- **1** Combine all the ingredients for the tuna balls bar the oil in a large bowl. Season to taste.
- **2** Roll the tuna mix into 10 equally sized balls, cover them and refrigerate for ±30 minutes.
- **3** To make the tomato sauce: sauté the chopped onions over medium heat until soft, then add the garlic and cook for a further 1–2 minutes. Add the Italian herbs, tomato puree and balsamic vinegar. Bring to a boil and simmer for ±15 minutes on a low heat. Season to taste.
- **4** Fry the tuna balls in a non-stick pan over medium heat with some olive oil until golden brown and crisp, turning them regularly.
- **5** Serve in a beautiful dish or bowl (I use my grandmother's vintage bowl). Pour the sauce in the bowl, add the hot tuna balls and place the whole buffalo mozzarella in the middle. Drizzle with olive oil and top with the extra lemon zest and basil leaves.





SALMON SKEWERS WITH ITALIAN HERBS, SERVED ON AN AVOCADO PLATE

What if you could eat your dinner plate? In this simple recipe I play around with the design of dinner and incorporate the plate into a beautiful composition, decorated with cress and my favourite garnishes. Salmon and avocado are best friends so adding freshly grilled skewers makes perfect sense.

INGREDIENTS

1 avocado

14 oz. fresh salmo

To garnish (optional): beansprouts or cress

For the the Italian rub:

1 tbsp. Italian herbs

1 tsp. ground smoked paprika

1 tsp. chili flakes

1 tsp. brown sugar

Pinch of sea salt

EQUIPMENT NEEDED

4 kebab or barbecue skewers

METHOD

- 1 Combine all ingredients together for the Italian rub. Cut the salmon into 4 pieces and coat all sides in the rub. Thread each piece of salmon onto a skewer so you have 4 skewers in total.
- 2 Cut the avocado in half and remove the pit and skin, then thinly cut the avocados into slices ensuring to keep them in one piece. Put the avocado halves on a nice plate that you'll use to serve the dish. Press down slowly on the avocado halves to create a concertina effect and set them in the shape of the plate.
- **3** Grill the salmon skewers on a BBQ or in a hot grill pan until cooked, 10–12 minutes should be enough but check the salmon is cooked to your preference.
- **4** Serve the salmon skewers on top of the avocado. Decorate the plate with the beansprouts or cress if using.

Extra serving tip: Serve the salmon skewers on a guacamole taco plate. Grill 4 small flour tortillas in a grill pan or on a barbecue, add chili flakes, lime zest, chopped cilantro, avocado slices, finely chopped red onion, cress, paprika (or chili) powder, lime juice and salt to taste.

PORTOBELLO BURGER 'BAR' WITH GUACAMOLE & CURRIED MAYO

This DIY bar allows guests to customize their burgers with their favorite toppings—no two burgers are alike! You can also use store-bought burger patties if you wish. Make the Pom Pom guacamole (see p.36)—one serving should be enough for this recipe.

INGREDIENTS

2 tbsp. curry paste

3 tbsp. soy sauce

6 tbsp. sunflower oil

6 portobello mushrooms

6 burger buns

1 serving of Pom Pom Guacamole (see page 36)

Optional: 2 avocados (to make 4 avocado roses

For the curried mayonnaise:

1 tbsp. yellow curry paste

6 tbsp. sunflower oil

3-4 tbsp. mayonnaise

- 1 Preheat oven to 200°C/400°F/gas mark 6.
- 2 Whisk together the curry paste, soy sauce and sunflower oil in a large bowl until thoroughly combined. Coat the mushrooms in the marinade, using a brush if you have one. Cover and set aside to rest for 15 minutes.
- **3** Grill the mushrooms in a grill pan until golden brown, turning them regularly. Then bake them in the oven, in an ovenproof grill pan or on a lined baking tray, for 15 minutes until soft, turning them a few times during cooking.
- **4** While the mushrooms are baking, toast the buns and stir the curry paste, 2 tbsp. boiling water and the sunflower oil into the mayonnaise in a small bowl.
- **5** If using, turn the avocados into avocado roses following the instructions on p.11.
- **6** Arrange the mushrooms, guacamole, curried mayonnaise and buns, along with the avocado roses if you're using them, on a counter or table to make your own DIY Portobello Burger Bar, as seen in the photo.





PULLED BBQ CHICKEN TACOS

This recipe makes it seem like you've been slow-cooking chicken over a barbecue all day—but actually it's quick and easy to make. With avonaise and yellow tomato salsa, the summery flavors are great even on rainy days.

INGREDIENTS

- 2 white onions, finely chopped
- 2 garlic cloves, peeled and grated
- ½ red chili, chopped (more if you like it spicy)
- 1 tbsp. paprika
- 1 tbsp. cumin
- 1 tsp. fennel seeds, crushed
- 2 boneless chicken thighs (10-12 oz. in total)
- 2/3 cup of your favorite homemade or storebought barbecue sauce

Extra-virgin olive oil

6 mini soft tortillas

Optional: grilled baby corn

For the Avonaise:

- 1 avocado
- 4 tbsp. olive oil
- 2 tbsp. sushi vinegar
- 2 tsp. yellow mustard

For the yellow salsa:

- 9 oz. yellow tomatoes
- 1 jalapeño pepper, chopped
- 1 white onion, chopped
- 1 garlic clove, grated

Juice and zest of 1 lime

- 1 tbsp. olive oil
- 1 bunch of fresh cilantro, leaves and stalks roughly chopped, with extra for garnish

EQUIPMENT NEEDED

Food processor or blender (optional)

- 1 To make the yellow salsa, adding all the ingredients together into a food processor and pulse until the ingredients are thoroughly mixed but the salsa is still chunky. Season to taste and refrigerate for an hour or more to let the flavors develop. If you don't have a food processor or blender, you can chop these ingredients finely by hand.
- 2 Heat a big cast iron or heavy-bottomed pan with a big glug of olive oil. Add the chopped onions, garlic and chili, and sauté for 5 minutes until tender. Add the paprika, cumin and crushed fennel seeds and let it simmer for 10 minutes, until the onions are completely soft.
- 3 Add the chicken to the pan and pour over the barbecue sauce, ensuring the breasts are completely covered. Bring to a boil then reduce the heat. Cover the pan with a lid and let it simmer for 20 minutes, stirring it occasionally as well as turning the chicken breasts over a couple of times, until it's completely cooked.
- 4 In the meanwhile, make the avonaise by blending all of the ingredients together in a bowl with a hand blender until everything is thoroughly combined. Season to taste. If you don't have a blender, you can use a whisk but it will take a little longer. Mash the avocado beforehand until smooth before whisking.
- **5** Remove the chicken from the pan and shred it into small pieces using two forks. Return to the pan with the sauce and stir well.
- **6** You can heat tacos two ways: on a plate in the microwave or wrapped in foil and placed under the grill. To serve, spoon the pulled chicken into the tacos, and top with the yellow salsa, avonaise, fresh cilantro and, if using, grilled baby corn.

FUNKY FUNGI BURGER

These veggie superfood burgers are so delicious that this recipe makes a double batch of them. You can have extra as seconds or leftovers. Once you've tasted them, you'll thank us. So that's four avocado 'buns' and six burger patties. If you wish you can also use storebought burger patties instead.

INGREDIENTS

Vegetable oil

4 avocados

Sushi vinegar

Toppings (optional): cheese (vegan), 1 sliced tomato, 4 slices of red onion, 4 gherkin slices, lettuce, crispy fried onions, etc.

To garnish: sesame seeds

For the burger patties:

14 oz. button or mixed mushrooms, roughly chopped

- 2 garlic cloves, peeled and grated
- 1 red onion, roughly chopped
- 1 cup plain oats
- 1 tbsp. miso paste, to taste
- 1 15-oz. can black beans, drained

Sea salt and pepper

For the tahini curry sauce:

- 3 tbsp. tahini
- 11/5 tbsp. boiling water
- 2 tbsp. ginger syrup (a reduction of fresh ginger,
- 1 tsp. curry powder
- 1 tsp. turmeric

Sea salt and pepper

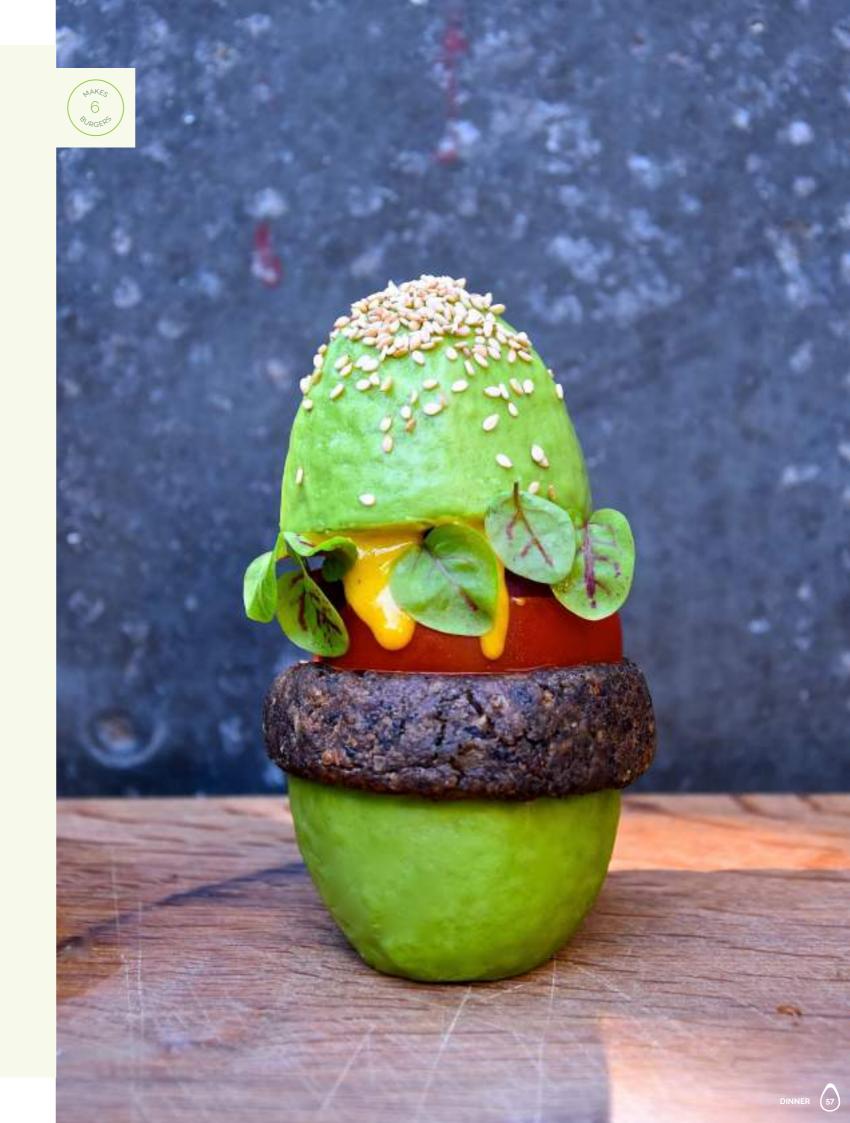
EQUIPMENT NEEDED

Food processor

Skewers

- 1 To prevent the mushrooms from having a rubbery texture, heat a wok or skillet on high heat and fry them in a bit of oil until crispy and golden brown, ±10 minutes. Add the garlic and onion and cook for another 3 minutes, then remove from heat.
- **2** While the mushrooms are cooking, put the oats in the food processor and pulse until fine and more or less the consistency of flour.
- **3** Add the mushroom mixture and miso paste to the oats in the food processor. Pulse until the mixture is well combined and resembles ground meat.
- **4** Add the drained black beans and pulse a few times more until you have a coarse dough-don't overmix. Taste and adjust the miso, salt and pepper to your liking.
- **5** Form the dough into 6 burger patties, cover and refrigerate for ±30 minutes.

- **6** To make the tahini curry sauce, combine the tahini paste in a small bowl with the boiling water and stir until it becomes smooth and creamy. Add the other ingredients and season to taste.
- **7** Fry the burgers on medium heat in a preheated wok or skillet with some vegetable oil. Cook until brown and crispy, turning halfway through.
- **8** To make the avocado buns, cut the avocados in half horizontally rather than lengthwise as you usually would. Carefully remove the pits and the skins and a small piece from the base (the bigger end) of the avocado so you can stand it upright. Brush the avocados with sushi vinegar to prevent discoloration and give them extra flavor.
- **9** Fill the bottom half of the avocado that used to hold the pit with tahini curry sauce. Carefully place the burger and garnishes of your choice on top, then cover with the remaining half of the avocado 'bun'. Sprinkle with sesame seeds and insert a skewer for stability. Serve with extra sauce on the side.





THE SALMON SALSA BURGER

A light salmon burger is always a nice alternative to beef. We serve this with avocado salsa and spicy hoisin mayonnaise. A nice variation on this recipe is to use fresh naan instead of a burger bun (see Homemade Naan, p.41). You can also swap in chicken meat for salmon or even use store-bought burger patties.

INGREDIENTS

Extra-virgin olive oil

4 slices of cheddar cheese

4 burger buns

Lettuce

For the spicy Hoisin mayonnaise:

4 tbsp. mayonnaise

4 tbsp. hoisin sauce

2 tsp. sriracha sauce

For the burgers:

1.3 lb. fresh skinless salmon fillets, roughly chopped

2 tbsp. fish sauce

2 tbsp. Worcestershire sauce

10 tbsp. breadcrumbs

2 tsp. grated ginger

For the avocado salsa:

2 avocados, pits and skins removed, diced

1 cucumber, diced

1 red onion, finely diced

Juice of 1 lime

2 tbsp. fresh cilantro, roughly chopped

Sea salt

Optional: chili flakes

EQUIPMENT NEEDED

Food processor

- **1** Combine the mayonnaise, hoisin and sriracha together in a small bowl and set aside.
- **2** Put the chopped salmon into a food processor and mince them up. Don't overmix into a paste!
- **3** Add all the other burger ingredients and pulse into a mixture that's coarse but has structure. Again, be careful to not overmix.
- **4** Shape the mixture into 4 burger patties then cover them and refrigerate until needed.
- **5** To make the avocado salsa, combine all the ingredients together and season to taste. If you like it spicy, add some chili flakes.
- **6** Heat a small amount of oil in a frying pan over a medium-high heat. Fry the patties until they're golden brown, ±10 minutes. Flip them over a few times while cooking. Add a slice of cheese on each patty for the couple of minutes.
- **7** Spread the burger buns with the spicy hoisin mayonnaise. Place the warm salmon patties in the buns and top with avocado salsa and lettuce. Serve with extra avocado salsa and spicy hoisin mayonnaise on the side.

GREEN RICE

A fragrant, verdant dish with green herbs, spinach, avocado, feta and sweet chili sauce. Swap the feta cheese for tofu for a plant-based version or add roasted, grilled or smoked chicken if you'd like some meat.

INGREDIENTS

7 oz. fresh spinach

1 onion, roughly chopped

2 garlic cloves, peeled and roughly chopped

1 small bunch fresh cilantro

1 jalapeño pepper, seeds removed

Juice of 1 lime

2 1/3 cups vegetable stock

Extra-virgin olive oil

1 ½ cups basmati rice

1 avocado, pit and skin removed, sliced

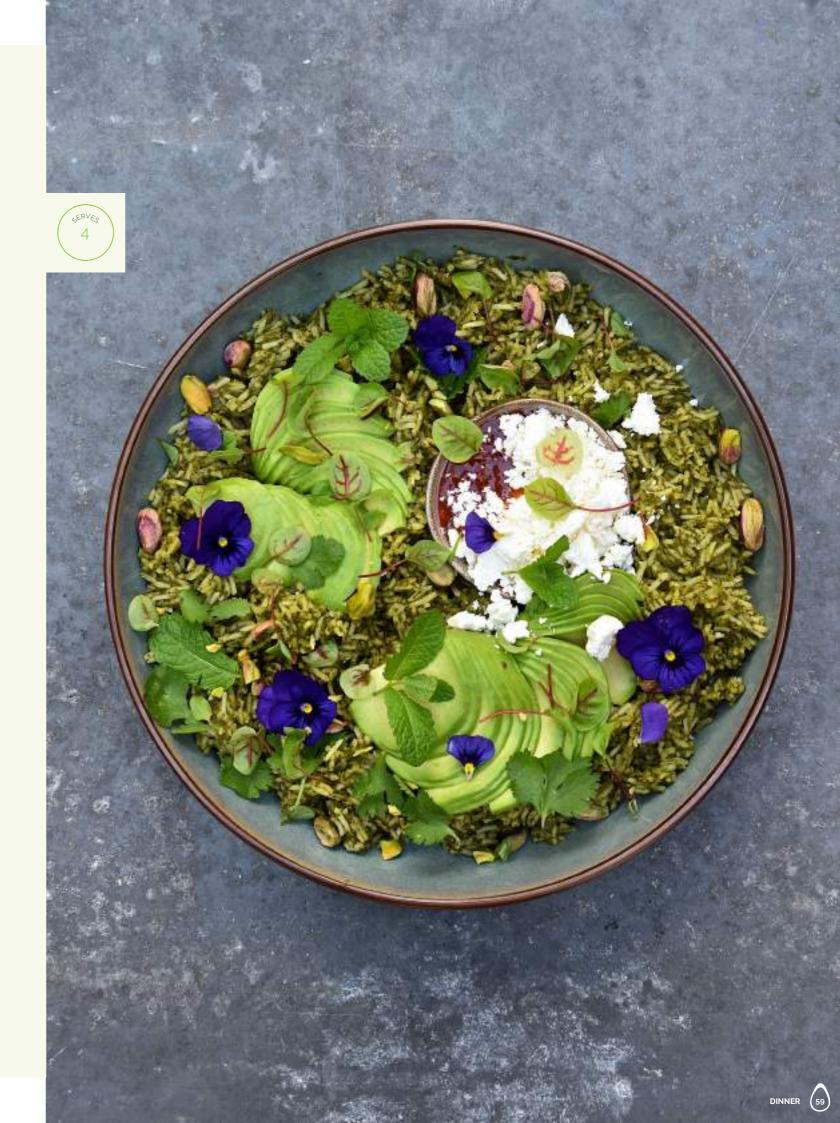
Toppings (optional): 3.5 oz. feta cheese, cress, edible flowers, mint, cilantro leaves

Hot sauce or sweet chili sauce, to taste

EQUIPMENT NEEDED

Food processor

- 1 Put the spinach, onion, garlic, cilantro (including the stalks), jalapeño pepper, lime juice and half of the vegetable stock in a food processor and blend together until thoroughly combined into a sauce.
- 2 Heat a pot on medium heat with some olive oil. Sauté the uncooked basmati rice for ±5 minutes, then add the green sauce and stir it for a couple of minutes. Add the remaining stock and bring to a boil. Then reduce the heat, cover and softly simmer, stirring occasionally, for ±15–20 minutes, until tender.
- **3** Serve warm but not hot, garnished with sliced avocado and toppings of your choice.





DUTCHDOGS

Hotdogs my way: with avocado butter!

Frikandel is a famous, traditional Dutch snack that uses a ground-meat fried sausage without the casing. Delicious but indulgent, my version is a lot healthier.

I use ground chicken, sweet potato and oats. I call them Dutchdogs. If you wish, you can use store-bought hot dogs instead.

Note: You can make 10 sausages out of these ingredients, but only need 4 for the recipe. Stash the rest in the freezer for later use. You'll be happy you did.

INGREDIENTS

Sunflower oil

4 hotdog buns

1 avocado, pit and skin removed

1 red onion, finely diced

To serve: mayonnaise (my favorite is the Japanese brand Kewpie) and Ketchup

Optional: cress

For the sausages:

10.5 oz. sweet potatoes, peeled

1 cup oats

10.5 oz. ground chicken

1 tbsp. garam masala

1 tsp. onion powder

1 tsp. smoked paprika

Sea salt and pepper

EQUIPMENT NEEDED

Food processor

Baking bag for rolling sausages (can also be done by hand)

- 1 Peel the sweet potatoes and chop them roughly cut them into squares. Boil them in a saucepan of boiling water until soft. Drain them and allow to cool.
- 2 Meanwhile, put the oats in a food processor and pulse into a flour. Add the ground chicken, garam masala, onion powder, paprika and season to taste.
- **3** Mash the cooked sweet potatoes with a fork or masher until smooth. Add this to the mixture in the food processor. Pulse until thoroughly combined.
- **4** Use a baking bag to make 10 Dutchdogs or roll them by hand. Fry them in a skillet with some sunflower oil until crispy and golden brown, ±10–15 minutes. When cooked through, place on a plate lined with paper towel.
- **5** Brush the top side of the buns with oil and grill them in a hot grill pan until griddle marks appear. Alternatively, you can toast them.
- 6 Mash the avocado flesh with salt until smooth. Slather the buns with avocado butter and top with the Dutchdogs, diced red onions, mayonnaise, ketchup and, if using, cress.

BUTTERNUT-STUFFED FILO WITH TRUFFLE AVONAISE

This veggie main is healthy but indulgent thanks to generous lashings of truffle oil. You can find prerolled phyllo dough in the frozen section of most supermarkets. The thin layers cook into a golden, crispy parcel that's completely irresistible.

INGREDIENTS

For the parcels:

1 small red onion, finely chopped

1 garlic clove, peeled and grated

1 sprig of fresh rosemary

115-oz. can of green or puy lentils, ±200g drained

A handful of black olives, pitted

7 oz. feta cheese, crumbled

8 sheets pre-made filo pastry

1 egg yolk

1 tbsp. truffle oil

Sea salt and pepper

For the truffle avonaise:

1 avocado, pit and skin removed

4 tbsp. truffle oil

2 tsp. truffle tapenade

Sea salt and pepper

To garnish: 1 avocado pomegranate seeds, 1 sprig of fresh rosemary

EQUIPMENT NEEDED

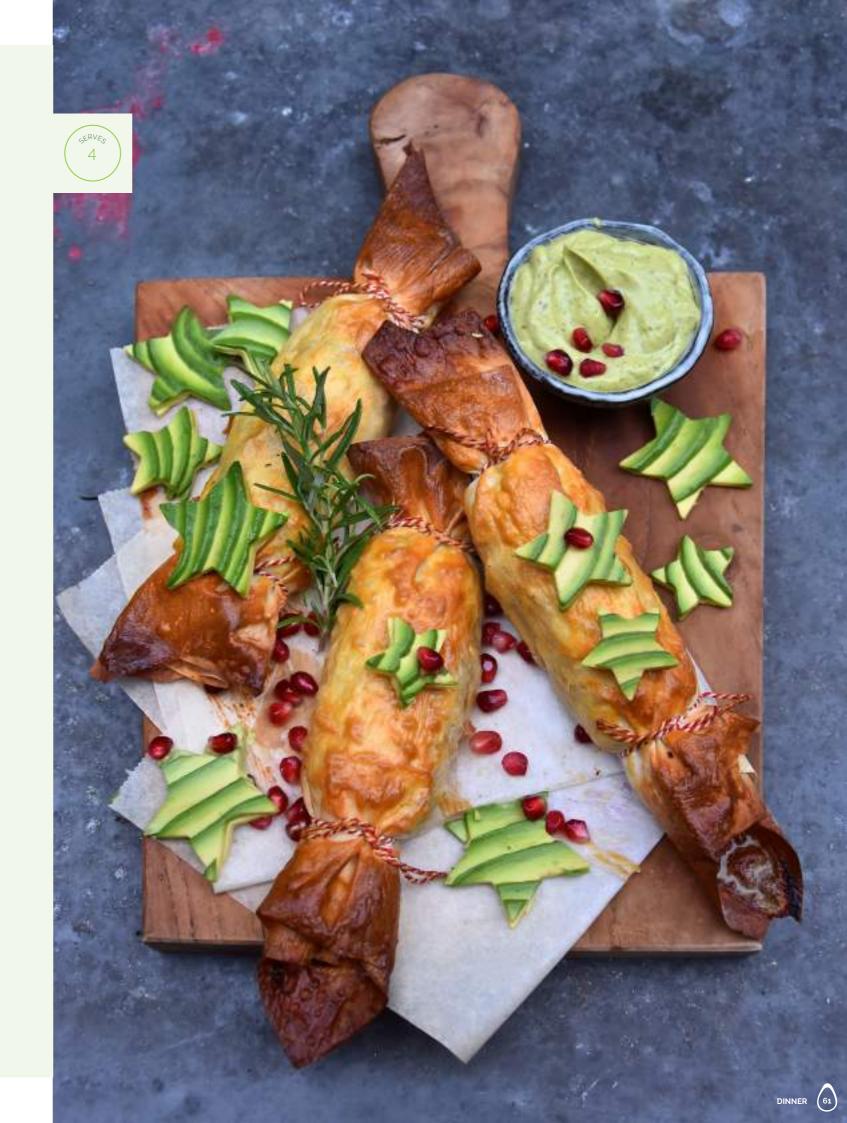
2 sheets of parchment paper

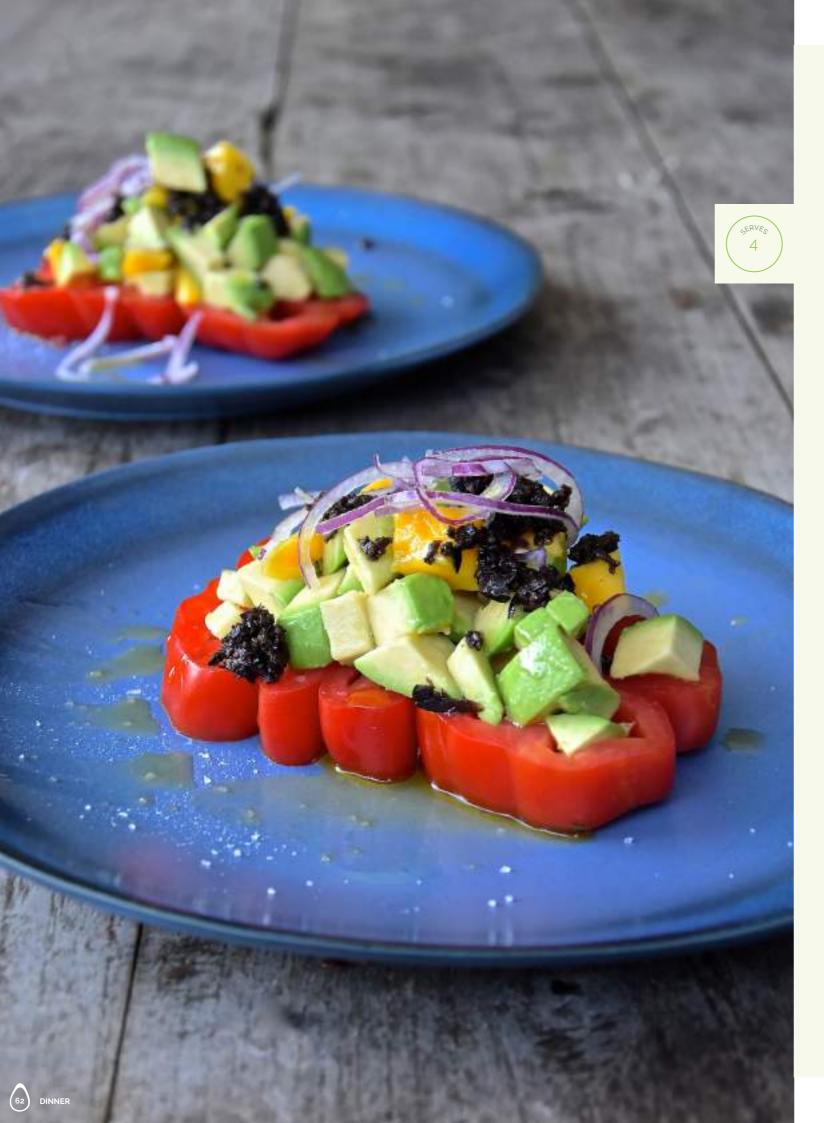
8 pieces kitchen twine (14 inches)

Whisk or hand blender

Star shaped cookie cutters in different sizes

- 1 Preheat oven to 200°C/ 390°F/gas mark 6. Spread the pumpkin cubes onto a baking tray lined with parchment paper and drizzle with 1 tbsp. of truffle oil. Bake for ±30 minutes until soft.
- 2 Combine all the other ingredients together (except for the pastry, egg and truffle oil). Season with salt and pepper. Stir in the roasted pumpkin and divide into 4 portions.
- **3** Place one of the filo sheets onto your cutting board, brush with water, then lay a second sheet crosswise on top of the first. Spoon a portion off the stuffing into the center of the pastry and roll it up. Twist the ends and use the twine to make a nice bow to secure them. Repeat 3 more times until you have 4 parcels.
- **4** Whisk the egg yolk and truffle oil together in a small bowl and brush it over the parcels. Put them on a baking tray lined with parchment paper and bake for ±15 minutes until golden brown and crispy.
- **5** While the parcels bake, thinly slice one avocado and use your cookie cutters to make avocado stars.
- **6** Combine all the ingredients together for the truffle avonaise using a hand blender. Mix until super smooth and season to taste. If you don't have a blender, you can use a whisk but it will take a little longer. Mash the avocado beforehand until smooth before whisking.
- **7** Serve on a platter decorated with pomegranate seeds, avocado stars and the sprig of fresh rosemary.





TOMATO STEAK

The fresh ingredients really shine through in this simple, fresh meal that transforms an beefsteak tomato into a stunning dish in its own right (there are avocados, too, naturally). Serve for lunch with fresh bread or crackers, as a starter, or with French fries or pasta for a satisfying main course.

INGREDIENTS

- 1 small red onion
- 2 large beefsteak tomatoes, ±2.5 lbs.
- 2 avocados, pits and skins removed 1 small mango, pit and skin removed
- 2 oz. pitted black olives Extra-virgin olive oil
- Sea salt and pepper

EQUIPMENT NEEDED

Food processor or blender (optional)

- 1 Peel the red onion, halve it and cut into very thin slices. Soak the slices in ice-cold water for ±10 minutes to reduce the sharpness.
- **2** While the onions soak, slice off the tops and bottoms of the tomatoes then halve them horizontally so they resemble steaks.
- **3** Cube the avocado and mango and carefully mix them together, avoiding turning them into a paste.
- **4** Using a food processor or blender, purée the black olives into a tapenade.
- **5** Drain the onions and let them dry on a plate lined with paper towel.
- **6** To assemble, put the 'steaks' on four beautiful plates, preferably of a color that contrasts with the tomatoes. Spoon over the avocado and mango mixture. Add red onion, black olive tapenade, and a generous glug of olive oil (2–3 tbsp. per steak) and season to taste.

AVOCADO CHIMICHURRI SERVED WITH GRILLED STEAK

Chimichurri is an Argentinian fresh herb sauce with a zesty flavor that perfectly complements grilled meat. I recommend buying good-quality beef as it has an unparalleled depth of flavor. This steak can be served as a main course with a fresh green salad, French fries or grilled vegetables. It also is a crowd-pleasing starter and looks impressive served up straight in the skillet.

INGREDIENTS

- 1 avocado, pit and skin removed, cut into small cubes
- 4 tbsp. red wine vinegar
- 10 tbsp. extra-virgin olive oil
- 2 cloves of garlic, grated
- 1 handful of fresh mint, chopped
- 1 handful of fresh cilantro, chopped
- 1 handful of fresh parsley, chopped
- ½ red chili pepper, finely chopped
- 1 tbsp. dried Italian herbs (must include oregano)

Sea salt and pepper

For the grilled steak: ±1 lb. premium steak

Sea salt and pepper

- 1 Mix all the ingredients for the chimichurri together in a small bowl and combine well. Season to taste. Add more spice, garlic or herbs to your liking.
- 2 Cook the steak to your liking. Cut the grilled steak in thin slices and season to taste. Serve on a plate (or as seen on the photo directly in the pan), with the fresh chimichurri and some extra sprigs of cilantro.
- **3** This steak can also be served as a main course with a fresh green salad, French fries or grilled vegetables





QUINOA CHRISTMAS WREATH

This beautiful wreath is perfect for the holidays. There's a long list of topping suggestions, both vegan and pescatarian: just choose your favorites. At Christmas, smoked trout caviar makes for a festive and decadent topping option. You can also enjoy this recipe year-round. For a healthy weekday meal, skip the baking bag and extra fancy decorations unless you feel like treating yourself - in which case, your imagination's the limit when it comes to finding seasonal flourishes and garnishes.

INGREDIENTS

1 cup quinoa, preferably tricolor

3 avocados, skins and pits removed

Zest and juice of 1 lime

Sea salt and pepper

To garnish (choose a few of your favorites): sweet pickled cocktail onions, samphire, pomegranate seeds, baby basil, smoked paprika, chili flakes, nuts and seeds, cress, finely chopped smoked salmon, prawns, trout caviar

For the ginger mayonnaise:

2 tbsp. of your favorite brand of mayonnaise

1 tbsp ginger syrup

2 tsp. curry powder A pinch of turmeric

EQUIPMENT NEEDED

2 baking bags

Melon baller

Small star-shaped cookie cutter

METHOD

- **1** Cook the quinoa according to the instructions on the packet then let it cool.
- **2** Combine the ingredients for the mayonnaise together, then spoon it into one of the baking bags and put it in the fridge.
- 3 In a small bowl, mash 2 of the avocados until smooth. Add the lime zest and juice and season to taste. Add the quinoa to the avocado mixture and mix it together so the ingredients are well combined.
- 4 Spoon this mixture into the second baking bag. To assemble the wreath, choose 4 beautiful plates in a color that will compliment the green of the wreaths. Working with the baking bag containing the quinoa mixture, hover the piping

tip just above the plate, making sure not to place the tip directly against the plates, and slowly pipe a wreath shape onto it. Repeat with the other 3 plates.

- **5** Use the melon baller to scoop out 4 avocado balls from the remaining avocado and make 4 small avocado stars with the cookie cutters.
- **6** Decorate your wreaths with the stars, balls, and other chosen toppings of your choice. Finally pipe a few dots of the mayonnaise on the wreath. Serve with extra mayonnaise on the side.

AVOCADO EN CROÛTE

This pleasing recipe gives every guest their own pastry parcel stuffed with avocado and delicious, molten cheese. Cheddar's a great option, but any cheese that melts well will do—brie makes for a delicious, silky variation.

INGREDIENTS

4 avocados

8 small pastry sheets (±4 $\frac{1}{2}$ inches x 4 $\frac{1}{2}$ inches)

3.5 oz. cheddar cheese

For the spice mix:

2 tbsp. yellow mustard

1 tsp. curry powder Sea salt and pepper For the egg wash:

1 egg yolk

1 tbsp. water

A pinch of salt

To serve: 2.3 cup of your favorite homemade or store-bought gravy

EQUIPMENT NEEDED

1 kebab or satay skewer

Parchment paper

- 1 Preheat oven to 220°C/450°F/gas mark 8. Defrost the pastry.
- **2** Combine the spice mix ingredients together in a bowl, seasoning to taste.
- 3 Slice off ½ of the base of the avocado (the wide end) and remove the pit. This is slightly complicated to do while retaining the avocado's shape so pierce the top of avocado with a skewer and push down on it gently so the pit comes out.
- **4** Peel the skins off the avocados and dust the flesh with the spice mix.
- **5** Stuff the avocados with cheese, pressing it into the hole left by the pit. Place each one cut side down on the center of a pastry sheet. Layer over a second pastry sheet, tuck the avocado in and press it lightly to remove any air pockets and to ensure the 2 layers have formed a seal.
- **6** Cut off excess pastry following the edges of the avocado to end up with a round pastry parcel. Use a sharp knife to press a pattern of your choice in the pastry. Repeat with the others.
- **7** Combine the ingredients for the egg wash together and brush it over all 4 avocado pastries. Put them on lined baking tray and bake for 15 minutes until golden brown.
- **8** Heat the gravy. Serve the avocado en croûte right away, with gravy on the side.





VEGAN OYSTERS WITH AVOCADO PEARLS

Although this recipe calls for some unusual ingredients, they are worth the hunt! Empty oyster shells can be found at your local fish market. Wakame is a flavorful seaweed that can be found in the Asian section of your supermarket. The extra research is completely worth it to make this stunning platter. The oyster shells can be washed and reused for your next party—very sustainable!

INGREDIENTS

1.7 oz. samphire, finely chopped

3.5 oz. cucumber, chopped brunoise (a dice of $\pm \frac{1}{4}$ inch)

A few fresh sprigs of cilantro, finely chopped

Juice of ½ lemon, plus some extra wedges for serving

 $\frac{1}{4}$ red chili, finely chopped, more to taste

12 empty and cleaned oyster shells

Extra-virgin olive oil

1 avocado

Sea salt and pepper

4.5 oz. wakame or seaweed salad, rehydrated

To garnish: cress

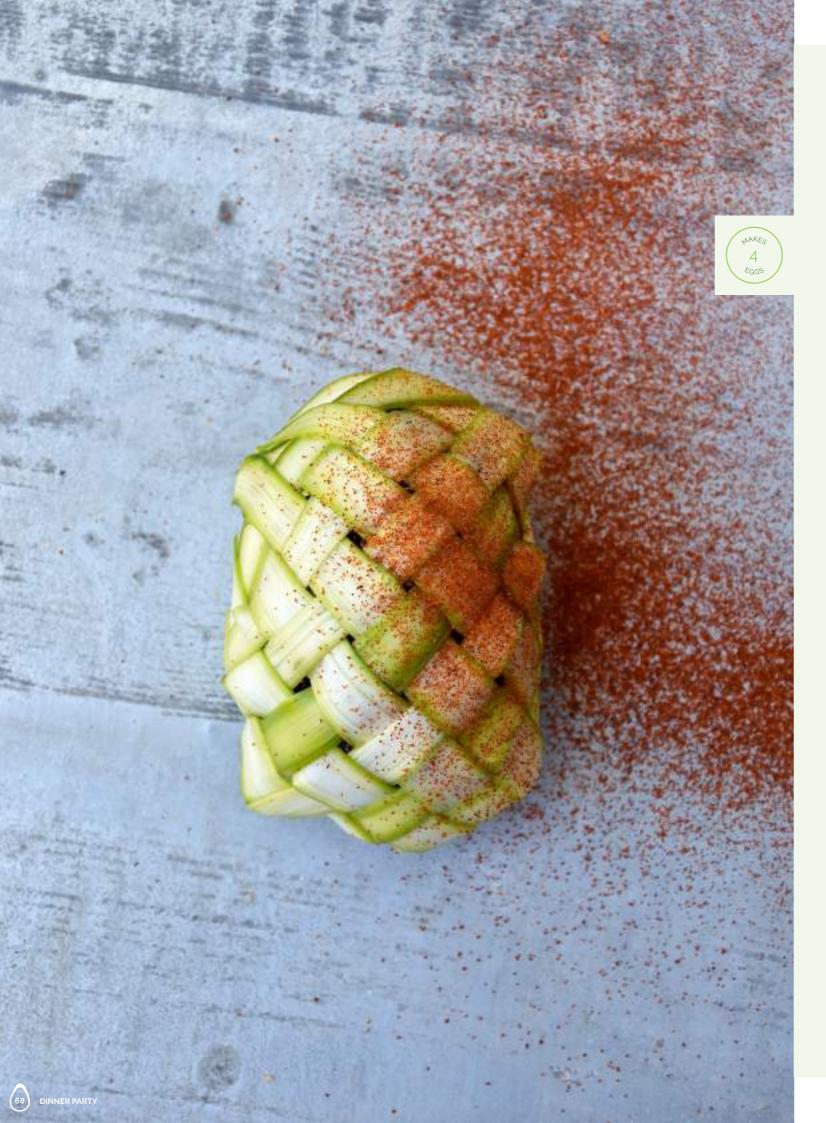
To serve: crushed ice

EQUIPMENT NEEDED

Melon baller

- 1 Combine the samphire, cucumber, cilantro and lemon juice together in a small bowl. Season to taste and stir in the chopped chili.
- 2 Divide the wakame evenly into the 12 shells.
- **3** Cut the avocado in half, remove the pit and use the melon baller to make 12 avocado 'pearls' in total, 6 per half.
- **4** Divide the samphire and cucumber mixture between the 12 oyster shells, then top each oyster with an avocado pearl.
- **5** Drizzle with a little olive oil, garnish with cress and serve the oysters immediately on crushed ice, with extra lemon wedges on the side.





FABERGÉ AVOCADO EGG

With this recipe, you can make your own opulent Fabergé egg. But these are even better than the Russian jeweller's, because you can eat them! They're also quite easy to make, even though they look really special.

INGREDIENTS

2 avocados

3.5 oz. feta

±1/4 cup water

 $\frac{1}{4}$ cup black quinoa, cooked according to the packaging

2.5 oz. pomegranate seeds

12 green asparagus stalks

Sushi vinegar

To season the quinoa: fresh mint, cilantro, chives, ground paprika, cumin, olive oil, sushi vinegar, chili flakes, sea salt and pepper–all to taste.

EQUIPMENT NEEDED

Food processor or hand blender

Vegetable peeler

- 1 Purée the feta and water in a food processor or with a hand blender. If necessary, stop halfway through to scrape down the sides, and add more water as needed until it's super smooth and creamy.
- **2** Mix the seasonings of your choosing into the black quinoa and add the pomegranate seeds.
- **3** Trim the bottoms off the asparagus and, using a vegetable peeler, peel them into long, thin ribbons
- **4** Using the picture as a guide, make four crisscrossed 'braids' out of the ribbons, and brush them with sushi vinegar to avoid them browning (other vinegar will also do).

- **5** Cut the avocados in half, remove the pits and peel off the skins. Trim a small piece off the round sides of all 4 halves so they have a flat surface to rest on for stability.
- **6** Fill the space in the avocado halves where the pit used to be with whipped feta. Top with the black quinoa mixture and cover with the asparagus braids.
- **7** To serve, put the avocado on their serving plates, then use kitchen scissors to trim off any extra asparagus and tidy the edges. Dust with paprika for flavor and a bit of color

FOIE GUAC 'CRÈME DE LA CRÈME'

This versatile crème can be used in many ways but is particularly special when spread across a beautiful platter with toppings, as pictured. Once you've made it, you'll find it becomes your go-to for parties.

INGREDIENTS

1 avocado, pit and skin removed

4 tbsp. mayonnaise

1/4 cup coconut oil

Juice and zest of 1/2 lemon

1 small shallot , finely chopped

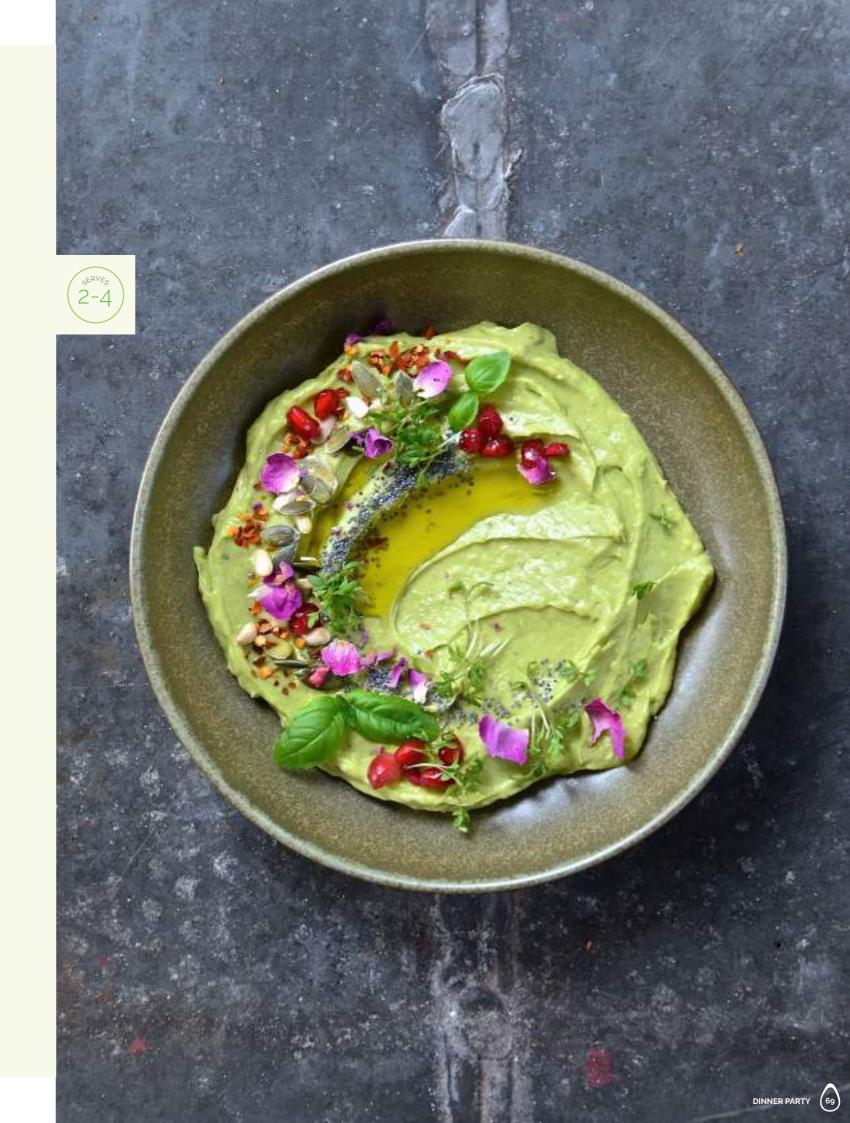
Sea salt and pepper

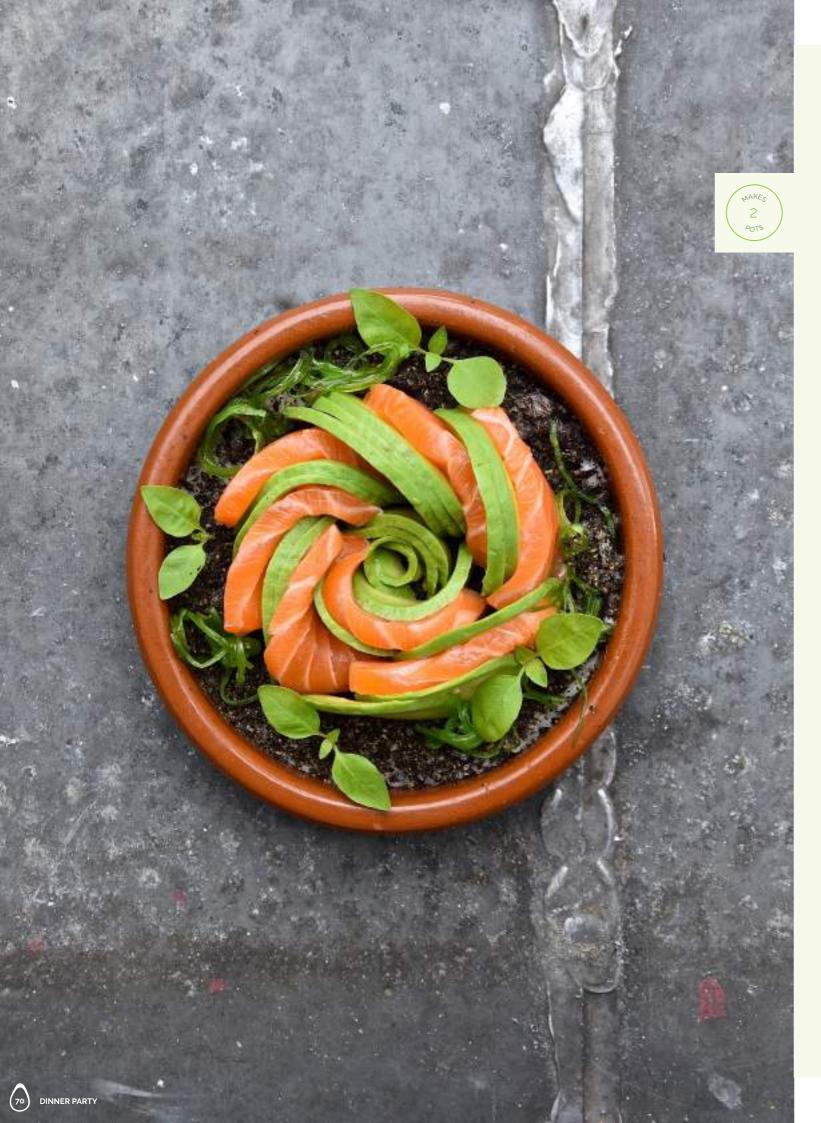
Toppings (optional): pomegranate seeds, rose petals, chili flakes, baby basil, poppy seeds, pumpkin seeds, extra-virgin olive oil, cress

EQUIPMENT NEEDED

Food processor or blender

- 1 To make the crème, combine all the ingredients except for the toppings in a food processor and pulse until completely smooth, scraping downs the sides as you go. Season to taste, then refrigerate it for at least 3 hours to let the flavors infuse and for the mixture to set.
- **2** Serve this spread on toast, in sandwiches, as a dip or table butter during meals. If you wish, you can serve it spread out on a plate with the toppings of your choice, as per the photo.





SASHIMI-ROSE FLOWERPOT

Another cute and surprising dish, this 'flowerpot' is actually a cleverly disguised layer of rice and nori that serves as a base for the salmon and avo rose. This recipe makes 2 pots, just multiply it if more friends are coming over.

INGREDIENTS

1 avocado, pit and skin removed 5 oz. salmon sashimi, cut into slices 1/3 cup sushi rice, cooked according to the package and seasoned with sushi vinegar

For the nori and black sesame 'soil': 1 nori sheet, roughly crumbled 2 tbsp. black sesame seeds 1 tsp. ground ginger Sea salt To garnish: lime basil cress, 1.5 oz. wakame or seaweed salad, rehydrated

To serve: soy sauce, wasabi, pickled sushi ginger

EQUIPMENT NEEDED

Food processor

2 tapas bowls or small terracotta plant pots

- 1 In a deep skillet, mix the crumbled nori, black sesame seeds, ginger and a pinch of sea salt together to make the 'soil'. Toast on medium heat for 5–10 minutes. Pulse the mixture in a food processor until everything is thoroughly combined and resembles potting soil.
- 2 To make your sashimi 'rose', start making an avocado rose using the instructions on p.11, but insert a slice of salmon between every 2–3 slices of avocado.
- 3 To assemble the pots, use 2 brown tapas bowls or small terracotta plant pots. Layer the base with the sushi rice, dividing it equally between the containers. Follow with a layer of nori and black sesame soil, packing it over the rice.
- 4 Place the sashimi rose on top of the soil crumble and decorate with wakame and lime basil as pictured. Serve with soy sauce, wasabi and pickled ginger on the side.

AVO TARRAGON POPSICLE

I love the grassy, floral taste of tarragon and it perfectly complements the mellow creaminess of avocado in this grown-up popsicle. It's naturally dairy-free but garnished with prawns. I suggest a vegan version as a variation.

INGREDIENTS

1 avocado, pits and skin removed

Sushi vinegar

2 tbsp. tarragon vinegar

2 tbsp. fresh tarragon

4 tbsp. olive oil

Smoked paprika Sea salt To garnish: greens, edible flowers

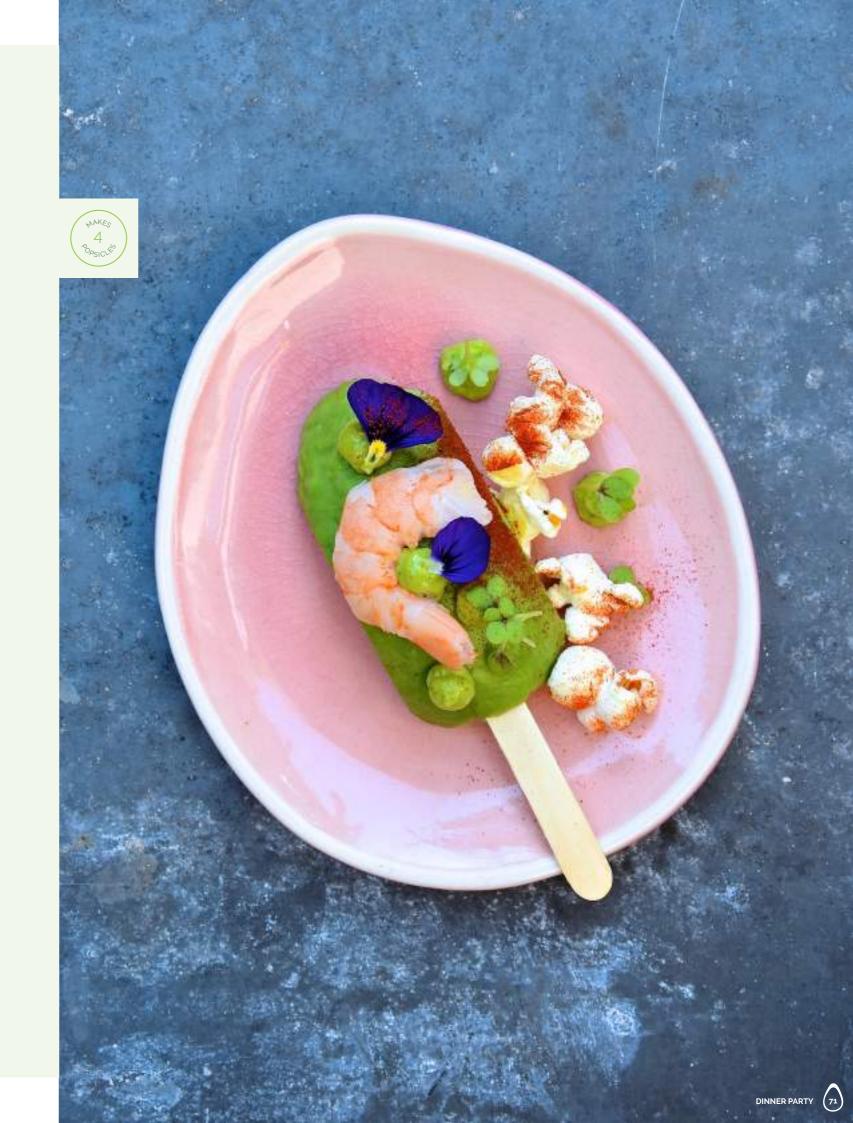
To serve: handful of salted popcorn and 2 cooked shrimp, cut horizontally in half (omit for vegan version)

EQUIPMENT NEEDED

4 popsicle sticks

Blender or hand blender

- 1 Cut the avocados in half, remove the pit and peel the skin off. Place the avocado halves cut side down on a chopping board and brush with sushi vinegar.
- **2** Cut each half into a popsicle shape and insert the popsicle sticks to make the effect more realistic.
- **3** Combine the leftover avocado cuttings with the tarragon vinegar, fresh tarragon, olive oil, and salt to taste in a blender until completely smooth.
- 4 Serve the popsicles with dots of tarragon cream, garnished with cress and edible flowers, and dusted with paprika. Serve on popcorn for a lovely crunch, or serve topped with a halved prawn and extra tarragon cream and popcorn on the side.





Avocado's fat content, creamy flavor and silky texture make it a great addition to desserts and sweet dishes—and it's vegan! Chocolate and avocado are a brilliant combo as you'll see in the indulgent chocolate mousse that follows. But the real revelation? Avocado and vanilla! I use them together in most of the desserts in this section, but you can also try adding vanilla to any of your avocado smoothies, like the Squeeze My Day, see p.22.

CHOCOLATE MOUSSE

Understandably the darling of health circles, this dessert is creamy and luscious while also being full of healthy nutrients and low in refined sugar. You won't be able to get enough!

INGREDIENTS

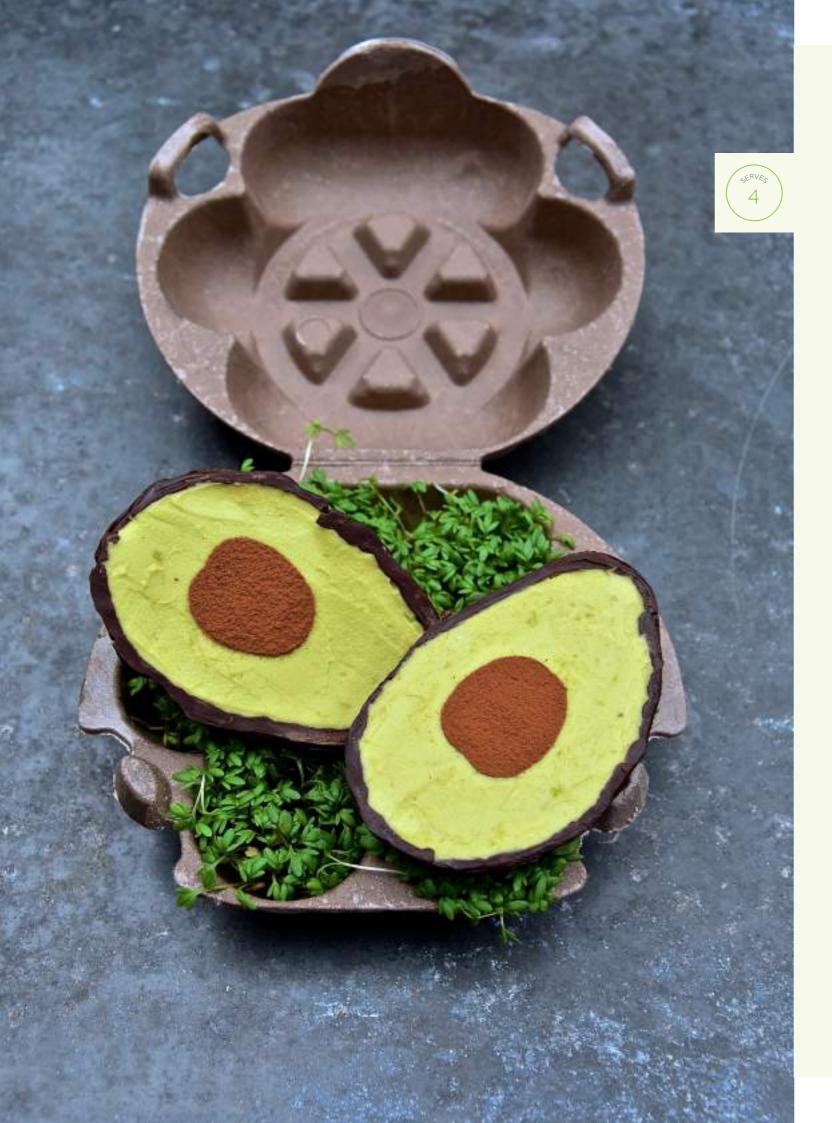
2 oz. dark chocolate, roughly chopped 2 avocados, pits and skins removed ½ cup cocoa powder (+ extra for dusting) 2 tsp. vanilla extract ¼ cup maple syrup Pinch of sea salt

EQUIPMENT NEEDED

Food processor or hand whisk

- 1 To melt the chopped chocolate in a bain-marie, put the chocolate in a small bowl and place the bowl over a saucepan of hot water ensuring that the bottom of the bowl doesn't touch the water. Simmer the water on a low heat while stirring the chocolate until it's melted and smooth.
- 2 Blend the melted chocolate with the rest of the ingredients together in a food processor until super smooth, or alternatively use a hand whisk (this will take a bit longer and make sure you mash your avocado first!). Spoon the mousse into 4 or 6 serving glasses or little bowls, then cover and refrigerate for at least 1 hour. I recommend martini glasses for an impressive presentation.
- **3** To serve, use a small sieve to dust some cocoa powder over the top of the mousse.





COCO AVOCADO EGG

This decadent mousse looks like half an avocado when the skin is actually made of chocolate. Instant classic. Please note that to achieve the right effect, you will need to freeze some avocado skins overnight.

INGREDIENTS

2 avocados

½ cup coconut oil, melted

1/4 cup agave syrup

1 tbsp. maple syrup

1 tsp. vanilla essence

Zest and juice of ½ lime

±1tbsp. cocoa powder, for dusting

2.5 oz. dark chocolate (70% or more cocoa)

To serve (optional): cress

EQUIPMENT NEEDED

Food processor

Parchment paper

Small sieve

- 1 Cut the avocados in half, remove the pit and peel off the skin ensuring to keep it whole. Take the 4 empty avocado shells, fill them with water and freeze overnight. Use the flesh of 1 avocado for this recipe; the other one you can use for a different recipe in this book.
- **2** To make the mousse, blend all the ingredients except the cocoa powder and chocolate in a food processor until smooth. Refrigerate for at least 30 minutes to set.
- **3** Remove the frozen avocado shells from the freezer. Put them ice-side down, skin-side up on a piece of parchment paper.
- 4 Melt the chocolate using the bain-marie method used for the Chocolate Mousse (see p.74), then carefully pour it over the 4 skins, using a spoon to make sure it coats them smoothly. The chocolate will harden quickly.

- **5** Once the chocolate is firm, carefully separate the chocolate from the avocado shell and ice so you will be left with a beautiful chocolate shell. Trim any excess chocolate with a sharp knife and try to make the egg look like an actual avocado.
- 6 Spoon the mousse into the chocolate shells. Make sure the surface of the mousse is completely smooth, so the desserts look like avocado halves. Use a piece of parchment paper that is slightly bigger than the avocado and cut a perfect circle in the center that's approximately the size of an avocado pit. Use this as a stencil to hold over the avocados and sieve cocoa powder onto the paper to draw a chocolate 'pit' on the surface of the mousse.
- 7 Serve garnished with microcress or other decorations.

AVOCADO TIRAMISU

Tiramisu is a timeless dessert in its traditional form but have you ever thought about making it with avocado? The texture is delightfully creamy and combines with the classic coffee kick perfectly.

INGREDIENTS

For the avocado cream:

1 avocado

Juice and zest of 1/2 lemon

1 tsp. vanilla extract

1/3 cup powdered sugar

2 tbsp. coconut oil, melted

½ cup coconut yoghurt

For the biscuit layer:

4.5 oz. digestive biscuits

 $\frac{1}{4}$ cup espresso, cold

2 tbsp. cacao nibs

Cacoa powder, for decoration

EQUIPMENT NEEDED

Food processor or blender

Small sieve

- 1 Combine all ingredients for the avocado cream together in a food processor until thoroughly mixed and it resembles a cream-like texture. Let it set in the fridge for ±30 minutes.
- **2** To make the biscuit layer, crush the biscuits into ½ inch pieces. Mix them well in a bowl with the espresso and cacao nibs.
- **3** Assemble the tiramisu in 4 small bowls or glasses by alternating layers of biscuit and cream. Finish by sprinkling the top with cacao powder, using a small sieve.





Avocado is beneficial for babies and kids because it's chock-full of vitamins, minerals and healthy fats. I started feeding my kids avocado from a young age—actually, from in utero! My avocado obsession started as a pregnancy craving while I was expecting my eldest daughter Mae. Avocado is perfect for feeding babies solids for the first time:

I recommend mixing avocado with a bit of formula for a creamy texture that tastes like a mother's milk.

In this chapter I share some of my kids' and their friends' favorite avocado recipes. I'm sure they'll be a hit with the little ones.

CUCUMBER & CARROT POPS WITH AVOCADO DIP

These pops put the fun back in vegetables. I recommend serving with dips. Here I've included guacamole, but avocado-yogurt mash always goes down a treat, or you could try the avocado hummus recipe (see p.38).

INGREDIENTS

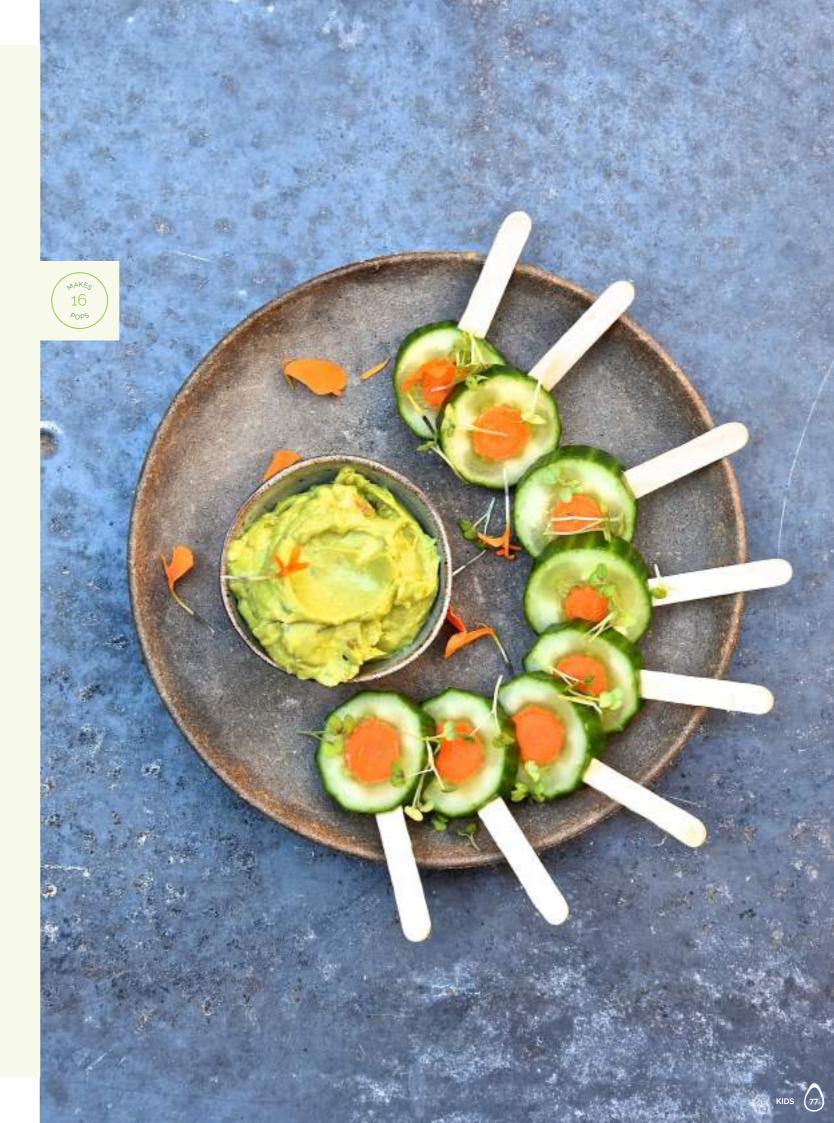
- 1 cucumber
- 2 long carrots, trimmed and peeled

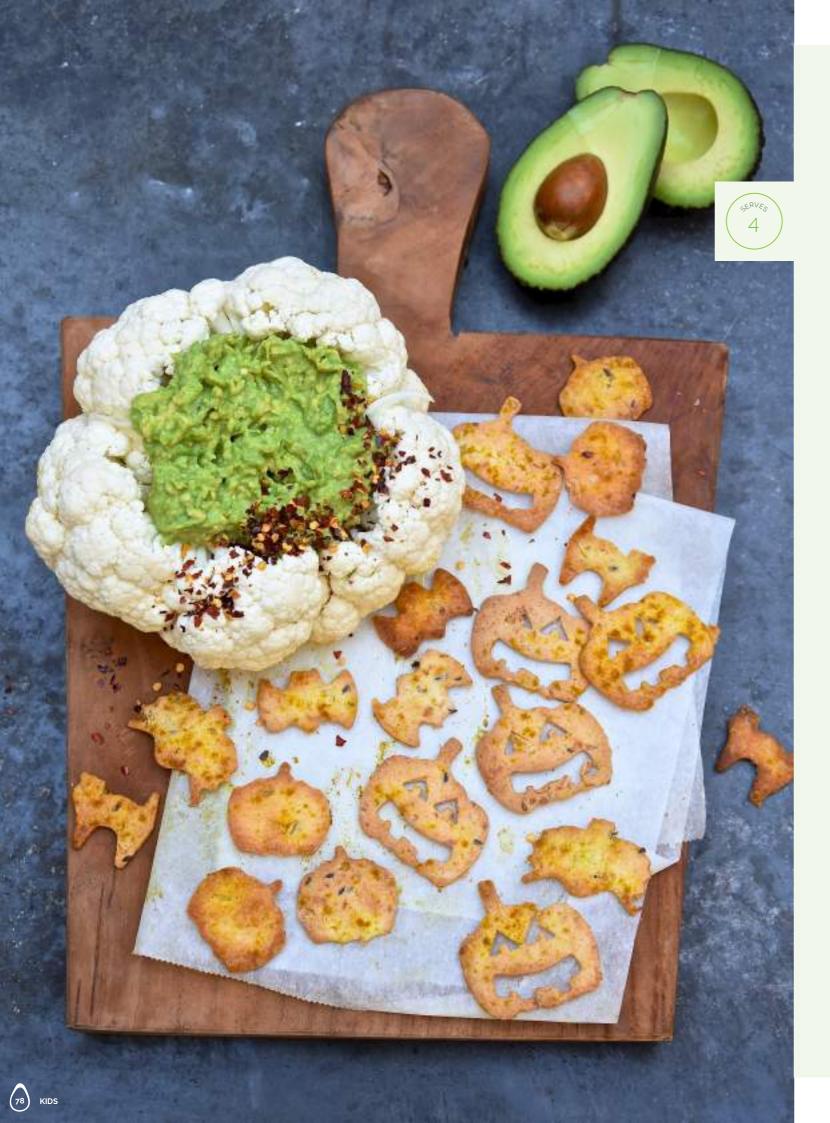
1 portion of your kid's favorite guacamole, avocado spread or avocado hummus on p.38 To serve (optional): cress

EQUIPMENT NEEDED

Popsicle sticks

- 1 Cut the unpeeled cucumber in half horizontally rather than lengthwise. Slowly push a carrot into the center of each cucumber half, pushing out the seeds. Do this carefully to avoid breaking the cucumber and do it over a sink as it will be a little messy.
- 2 Once the carrots are inserted, cut the cucumber-carrot into ½ inch slices. Following the picture, poke some popsicle sticks into each pop and serve with your kids' favorite guacamole, avocado spread (try avocado combined with yogurt) or the avocado hummus. If using, serve with cress and adults can sprinkle theirs with chili flakes for a little extra kick.





GUACA BRAIN DIP WITH SPOOKY CRACKERS IN A CAULIFLOWER 'BOWL'

This is a super fun, simple, and safe way to get kids cooking. Let them use different types of cookie cutters to create shapes. Top tip: kids love to cut out letters to make words and their own names! Although a great Halloween treat (as seen in the photo) this is a fun activity anytime the family is together.

INGREDIENTS

- 4 (multigrain) tortilla wraps
- 2 tbsp. olive oil, or truffle oil for a more decadent version
- Curry powder, or try your own spice mixtures using paprika, ground cumin, onion powder, etc.
- 1 small cauliflower
- 1 portion of Pom Pom guacamole (see p.36) or your favorite store-bought guac

EQUIPMENT NEEDED

Cookie cutters (seasonally-themed if appropriate, or alphabet-shaped)

Baking tray
Parchment paper

- 1 Preheat the oven to 180C/350°F/ gas mark 4. Brush both sides of the tortillas with oil. Use cookie cutters to cut as many shapes out of the tortillas as possible. If you or the kids are finding it hard to push the cutter all the way through the tortilla, you can finish the job with some clean kitchen scissors.
- 2 Arrange the shapes on a baking tray lined with parchment paper and sprinkle them with the curry powder or spice mix of your choosing. Bake the shapes until they are crispy, ±8 minutes, though keep an eye on them as they can burn quickly.
- 3 Meanwhile, wash the cauliflower. Remove the leaves from the cauliflower and cut a slice from the top (opposite side of the stem) so it can stand upside down. Remove as much of the tough stem as you can to create space while keeping the head in one piece.
- **4** To serve, fill the cauliflower 'bowl' with guacamole and dip the baked tortilla shapes into it.

PIZZA PARTY

This is one of my pantry dishes. I always have tortillas, tomato sauce, and cheese at home. Manchego gives this pizza a hint of sweetness that kids love. Because these are super quick to make, I create them to order at dinner. The basic recipe calls for only 3 ingredients, but you make it fancier with extra toppings and by making the pizza faces as pictured.

INGREDIENTS

4 multigrain tortillas 7 oz. manchego cheese, grated 2.3 cup tomato puree For the pizza faces:

Mouth: 4 half-slices of red bell pepper Eyebrows: 8 slices of a halved red onion

Eyeballs and noses: 1 avocado, scooped into 12 balls with a melon baller

Eyes: 4 black olives, sliced

Hair: 3.5 oz. broccoli stalk, peeled and grated and 1 tbsp. truffle oil

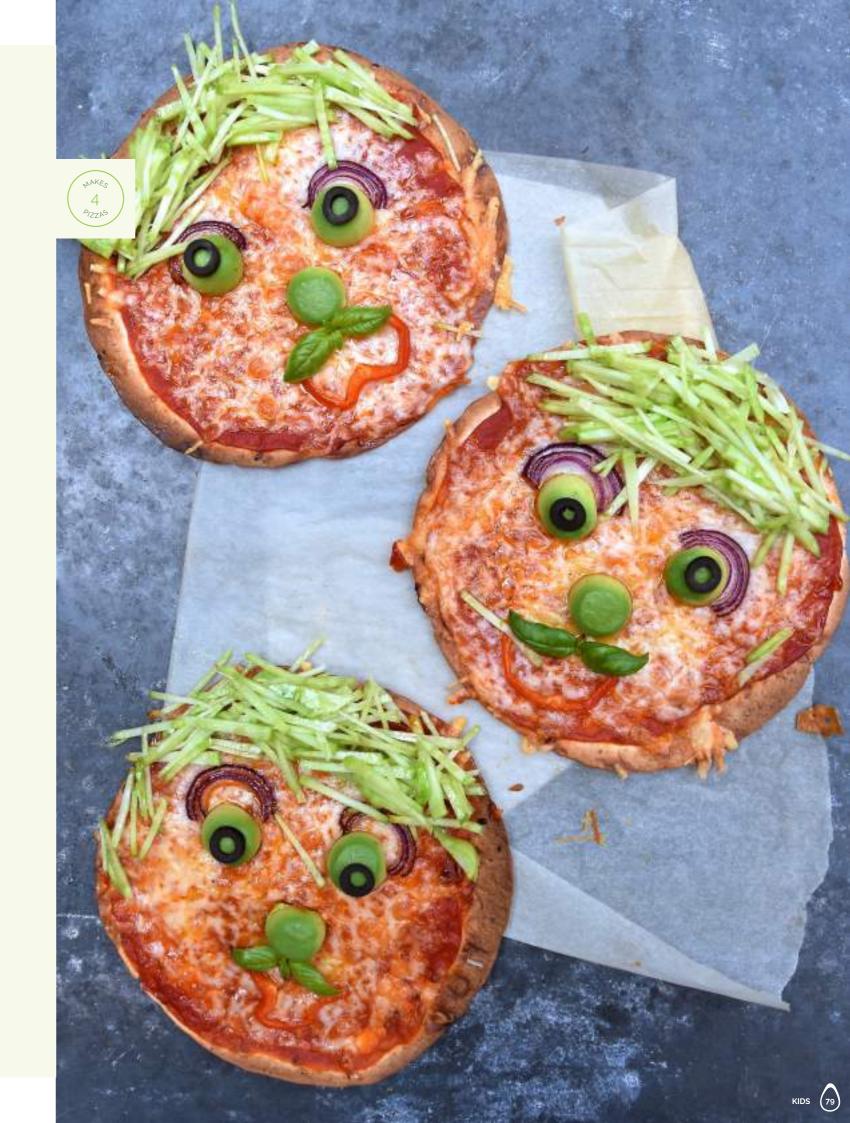
Mustaches: 4 sprigs of basil
To serve (optional): chili flakes, truffle

EQUIPMENT NEEDED

Baking sheet

Parchment paper

- 1 Preheat oven to 200°C/ 400°F/gas mark 6. Toss the broccoli stem in the oil to taste.
- 2 Line a baking sheet with parchment paper. Cover with as many tortilla wraps as space allows. Spread 2-3 tbsp. of tomato puree over each tortilla, leaving a ½ inch border around the edge.
- 3 Add the cheese, the bell pepper 'mouth', and onions (the rest of the face ingredients are added raw). Bake the pizza, ±10 minutes until golden brown and the cheese has fully melted. Meanwhile make all the other preparations for the pizza faces. Once the pizzas are ready, add the remaining parts: the avocado and olive eyes, broccoli hair and basil moustache. Serve with chili flakes and extra truffle oil for parents!





FROZEN YOGURT

This works as part of a luxurious breakfast, as a cool summer snack or light dessert. Kids will love decorating the frozen yogurt. Be prepared to roll up your sleeves and get your hands dirty, the messy eating's part of the charm. Serve in bowls with spoons or on sunny days, eat in the garden.

INGREDIENTS

- 1 avocado, pit and skin removed
- 1 banana (the browner, the sweeter, the better)

 Juice and zest of 1 lime
- 1 cup plain yogurt or dairy-free coconut yoghurt

Toppings (optional): frozen blueberries, sprinkles, nuts, seeds, other fruit, grated coconut, granola, chocolate, edible flowers, etc.

EQUIPMENT NEEDED

Food processor

Small rectangular baking tray ± 8 -11 inches

Parchment paper

METHOL

- 1 Combine the avocado flesh, banana, lime juice, lime zest and yoghurt together in a food processor. Pulse until thoroughly combined, scraping down the sides if necessary.
- **2** Line the baking tray with parchment paper, then spoon the mixture into the tray and decorate with toppings of choice.
- **3** Freeze overnight or for at least 3 hours until it's completely frozen. To serve, break or cut in slices and eat immediately.

CHOCOLATE NUT BARS

These nut bars are actually a healthy snack disguised as chocolate—perfect for getting kids to eat some fiber, protein, and healthy fats.

INGREDIENTS

½ cup coconut oil

1 cup oats

2 avocados, pits and skins removed

½ cup maple syrup, or more to taste

34 cup pumpkin seeds

1 cup walnuts

3 tbsp. cacao powder, or more to taste

7 oz. dates, finely chopped

For the chocolate topping:

3.5 oz dark chocolate, roughly chopped

To serve (optional): grated coconut, edible flowers

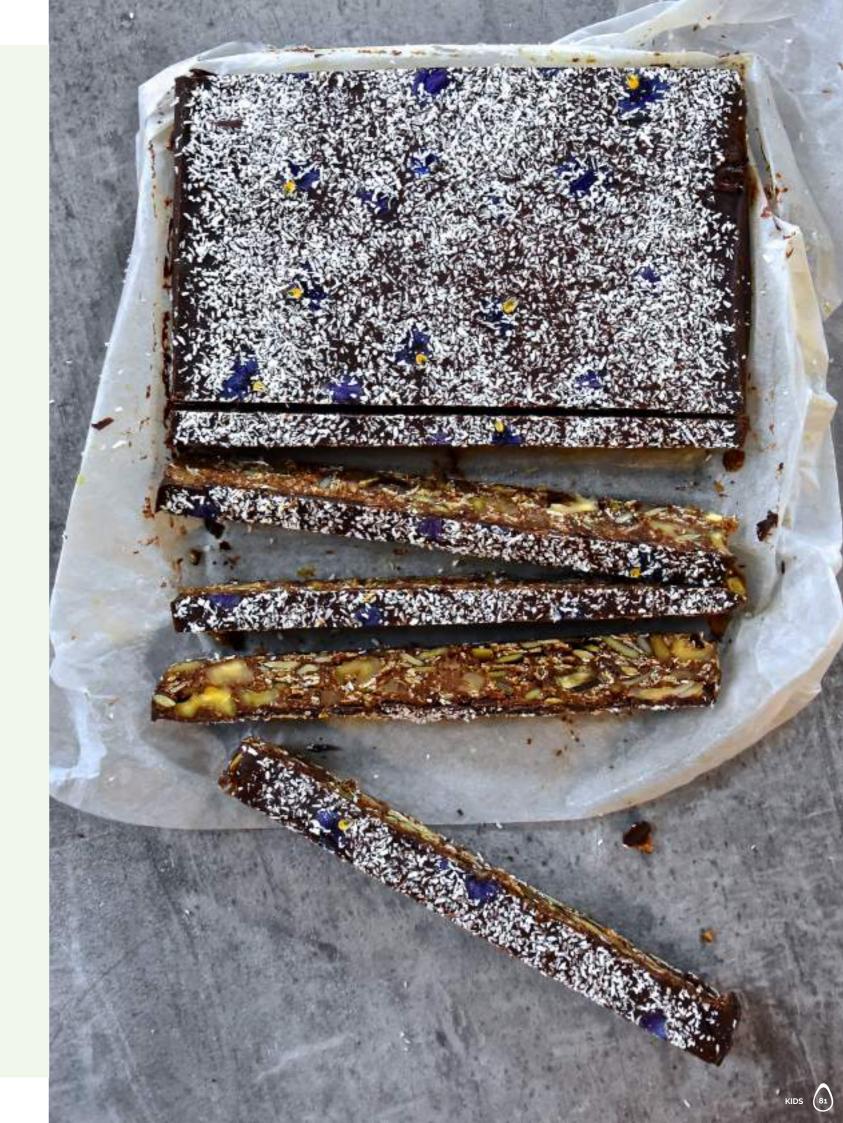
EQUIPMENT NEEDED

Food processor

Small rectangular baking tray $\pm 8-11$ inches

Parchment paper

- **1** Melt the coconut oil in a frying pan over a medium heat, add the oats and fry until golden brown. This may take a while.
- 2 Meanwhile, mix the avocado flesh with the maple syrup in a food processor until it's thoroughly combined and smooth like butter.
- **3** Add all the other ingredients to the food processor, including the browned oats. Pulse until the mixture is as coarse or as fine as you like. Taste and adjust the maple syrup and/or cacao to your liking.
- **4** Line the baking tray with a piece of parchment paper and spoon the mixture in, spreading it so it's even.
- **5** Melt the chocolate in a bain-marie (see p.74). Pour the chocolate over the oat mixture and spread it so the oats are evenly coated.
- **6** Decorate with coconut or edible flowers, if using, and freeze for at least 1 hour.
- **7** To serve, cut into bars. They can be stored in the fridge for at least 2 days.



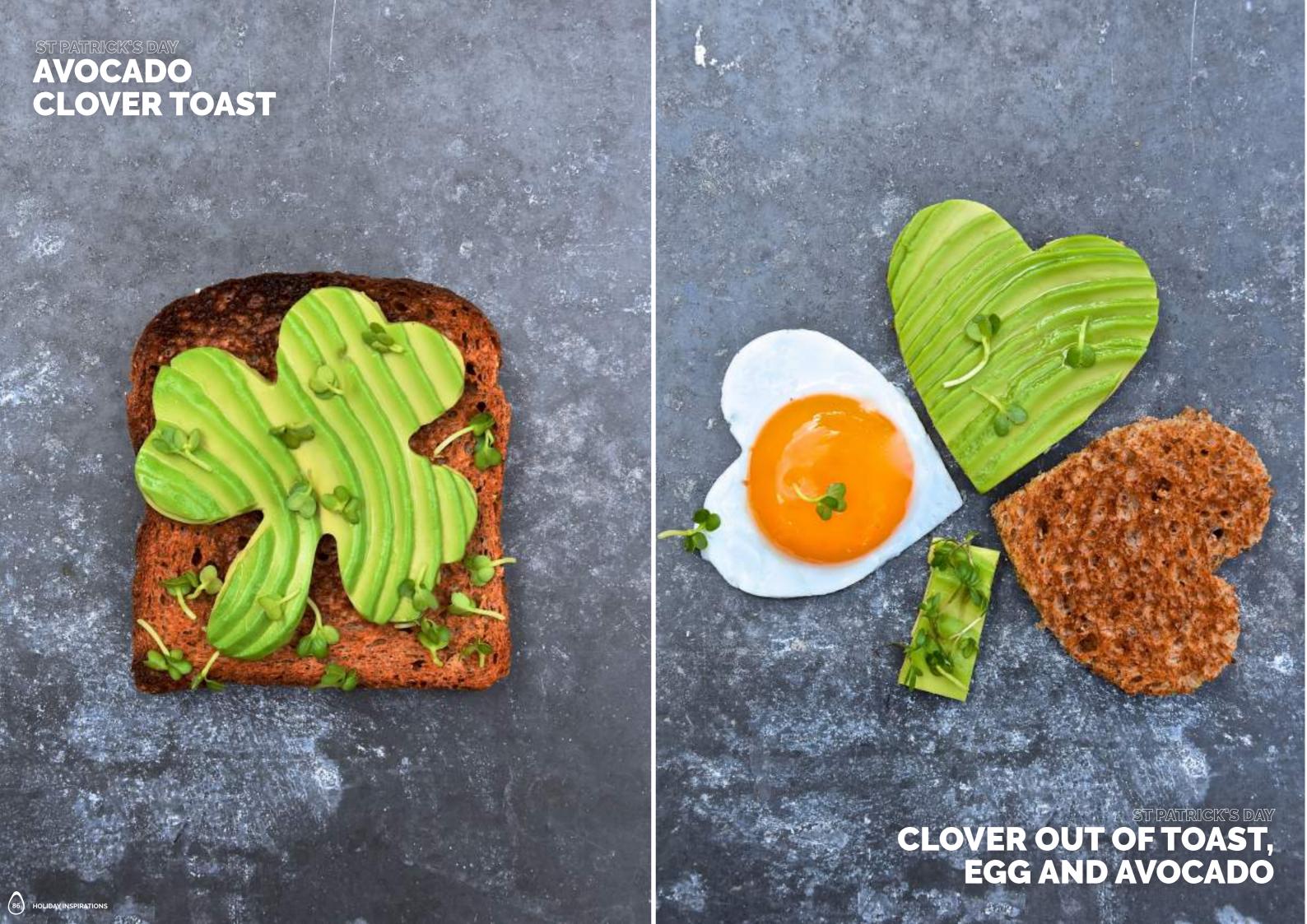
RECIPES

HOLIDAY INSPIRATIONS



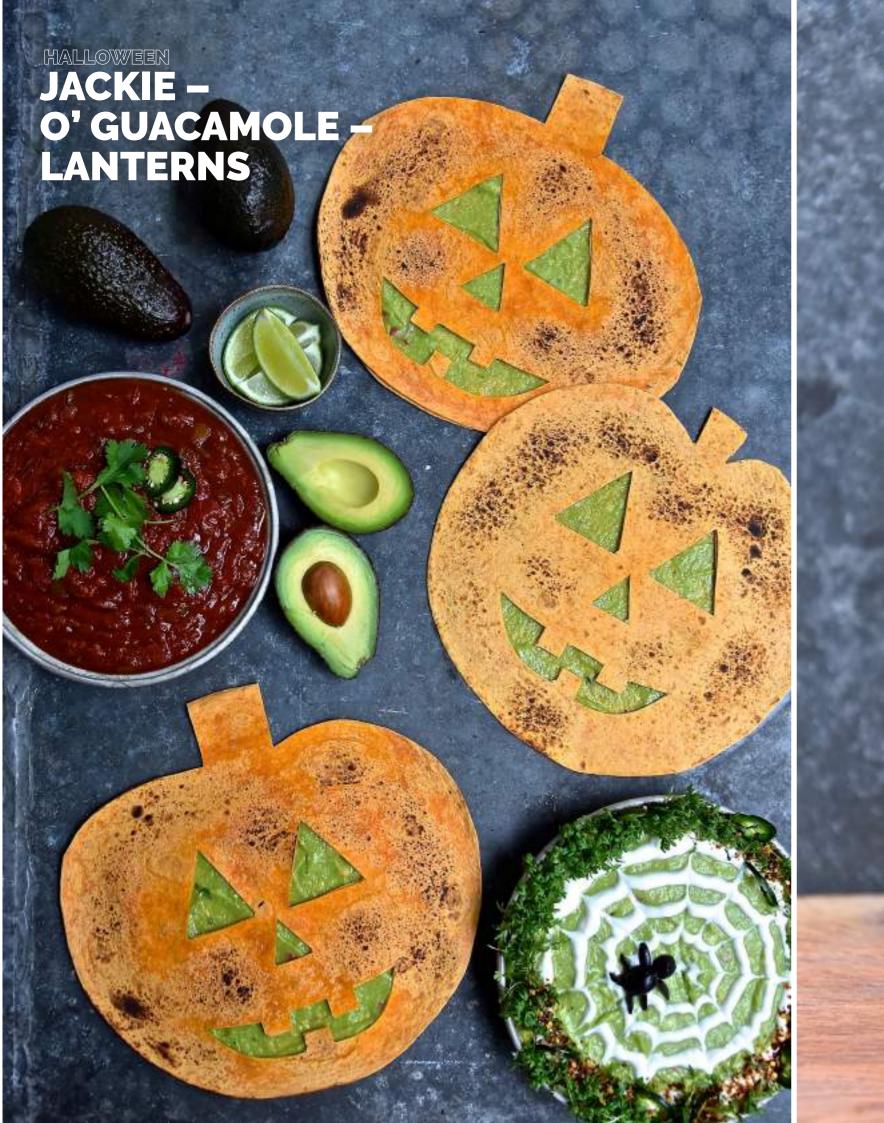




















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And thank all of you for downloading and reading this book; we hope you have enjoyed it and will read it and use it again and again.

Good health,

Xavier Equihua

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