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COLETTE DIKE

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## Avocado 'Holiday Season' Menu 2023

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Edible spoons with avocado pearls

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Festive gazpacho with filo flowers

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Ceviche wreath

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Black rice centerpiece with black angus grilled entrecote  
& truffle mayonnaise

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Raw avocado chocolate brownies with a melting snowman



xoxo  
Colette @ Fooddeco



### **Edible spoons with avocado pearl (serves 8)**

These edible spoons with avocado pearls are a 4 ingredient favourite to use as a quick and easy amuse bouche and a name-tag at the same time! You can add some smoked salmon underneath the avocado or put fish eggs on top instead of the blackberries. This is my vegan variant but the possibilities are endless!

### **Ingredients**

2 sheets puff pastry (about 14x14 cm)  
1 avocado, cut in half and pit removed  
handful wasabi nuts  
2 blackberries  
needed: a melon baller

### **Method**

Preheat oven to 200 degrees Celsius fan.

Put the pastry sheets onto baking paper and use a small spoon to carve 8 spoons out of the pastry. Use the inner roll of towel paper (plastic wrap or foil) and cover with baking paper. Carefully bend the spoons over the roll to create spoons and bake for approximately 10 to 15 minutes until golden brown and crispy.

Meanwhile crush the wasabi nuts into a coarse crumble and use a melon baller to create 8 avocado pearls from the avocado. Set aside. Remove the edible spoons from the oven when golden brown and crispy. Remove a small piece to flatten out the topside of the spoons. Put the avocado pearls on top, sprinkle with the wasabi crumble and put the blackberries on top.

You can optionally add name-tags to the spoons. As seen on the photo.



### **Festive gazpacho with filo flowers (serves 8)**

You can use small ovenproof bowls or a muffin pan instead. Both the gazpacho and the flowers you can make well ahead. Plate the dish once ready to eat. And make the avocado feta mixture last minute.

#### **Ingredients for the gazpacho**

1 avocado  
½ cucumber  
500 ml vegetable broth, chilled  
100 ml truffle flavoured olive oil (or regular olive oil)  
½ tsp. cumin powder  
1 celery stalk, including leaves, finely chopped  
½ lime, juice  
1 garlic clove, grated  
1 tbsp. sushi vinegar  
handful fresh basil leaves  
pepper and salt, to taste

#### **Ingredients for the feta/avocado filo flower**

8 sheets filo pastry  
olive oil  
1 avocado  
75 grams feta cheese  
pepper and salt, to taste

#### **Method**

Place all the ingredients for the gazpacho in a blender and mix to a silky soup texture. Season with salt and pepper to taste and add some water if the soup is too thick. Place the gazpacho in the refrigerator for a few hours. Gazpacho is supposed to be served cold.

Meanwhile prepare the filo pastry flowers and avocado cream. Preheat the oven to 180 degrees Celsius fan. Brush the 8 muffin moulds or baking tins with some olive oil. Cut the sheets filo pastry in halves. Take two halves, brush them with olive oil and lay them crosswise over each other. Press this deeply into the moulds. They will serve as the bowls for the avocado cream. Shape the overhanging pastry into leaves. Do this with all the remaining pastry sheets. Bake the filo flowers for 10-12 minutes in the oven until golden brown and crispy. Combine with a hand blender the

peeled avocado and the feta into a cream. Use a piping bag to fill the flowers with a dot of the cream.

Pour the gazpacho into 8 small bowls, top with a dash of olive oil and place the flower with cream on top. Serve immediately.



## **Ceviche wreath (serves 8)**

### **Ingredients**

400 gram fresh cod  
2 sweet potatoes  
2 avocados  
handful roasted pine nuts  
pepper and salt to taste  
chilli flakes, to taste

### **for the tiger milk**

1 tbsp. grated ginger  
juice of 3 limes  
stalks from a small bunch of coriander, finely chopped (set some leaves apart for decoration)

### **for the pickled onions**

100 ml apple vinegar  
100 ml water  
2 tbsp. sugar  
4 red onions, finely sliced

### **Method**

Use an apple corer to make tubes out of the sweet potatoes. Cut them in thin slices. Blanch for 3-4 minutes.

Bring in a small cooking pan the vinegar, water and sugar to a boil and keep simmering until all the sugar is dissolved. Turn of the heat and add the onions. Set aside and let it cool.

Once ready to serve, cut the avocados in halves and create with the apple corer ± 6 tubes of the flesh. Cut these tubes in slices as thick as the sweet potato slices.

Chop the fresh cod into small cubes and sprinkle with some salt. Sieve the tiger milk and add in the cod. Let it marinate for 1-2 minutes.

Meanwhile start to style your 8 most beautiful plates with arranging the sweet potato slices in the shape of a wreath. Put the avocado slices on top. Add the marinated cod in the middle, top it with the pickled onions, the roasted pine nuts, a few fresh leaves of coriander and some tiger milk.

Optionally: some chilli flakes



## **Black Rice Centerpiece with black angus grilled entrecote & truffle mayonnaise (serves 8)**

### **Ingredients**

400 grams black rice, cooked  
2 avocados  
100 grams, freshly chopped kale  
4 tbsp. truffle oil, more to taste  
200 gram feta cheese  
pomegranate seeds  
salt, to taste  
4 black angus entrecote steaks  
truffle mayonnaise, to taste  
optionally: Black angus grilled entrecote

### **Method**

Mix 2 tbsp. truffle oil with the kale and put on a big nice and festive serving plate. Mix the rest of the truffle oil with the lukewarm black rice and add pepper and salt to taste.

Cut 4 avocado roses and decorate your black rice centerpiece with crumbled feta, pomegranate and the avocado roses.

Serve with truffle mayonnaise and optionally grilled entrecote



## **Raw avocado chocolate brownies with a melting snowman (serves 8)**

### **Ingredients for the brownie**

250 gram walnuts (unroasted)  
2 avocados  
300 gram honey  
200 gram coconut oil  
6 tbsp. cacao powder

### **Needed for the topping**

200 gram pure chocolate  
sea salt

### **Optionally: needed for the melting snowman**

8 marshmallows  
150 gram fondant, roll your fondant into a thin layer and cut into 8 circles  
16 green (or red) M&M's  
8 strawberry string liquorice  
16 edible eyes  
8 carrot noses, cut from a few slices carrot

### **Method**

Grind the walnuts finely in a food processor until a flour consistency is reached. Add all brownie ingredients except for the topping ingredients and mix to a nice, even mixture. Add extra cacao powder to taste. Spoon the mixture into a baking paper-lined baking tin. Smooth out the top with the back of a spoon. For the topping, melt the pure chocolate; pour it over the avocado-nut mixture and sprinkle with sea salt. Leave the brownie to harden at a minimum of 2 hours, covered, in the refrigerator. Store the brownie in the refrigerator and cut it with a sharp, warm knife into 8 pieces.

You can optionally create melting snowmen out of the ingredients for the melting snowman.