

**THE
AVOCADO
BOOK**



**RECIPES FOR THE WORLD'S MOST INSTAGRAMMABLE FRUIT
THE AVOCADO SHOW**

HOW TO... MAKE AN AVOCADO ROSE



An avocado rose brightens every plate. So how do you actually make an avocado rose? It only takes four steps! It's easier than you think, and with a little practice, you'll master it in no time.

1. Cut the avocado in half lengthwise, and remove the pit and the peel. See page 134 for tips.
2. Place one half of the avocado (which you've rubbed with sushi vinegar) on your cutting board with the rounded side up. Using a sharp knife, cut the avocado crosswise into very thin slices of around 2 mm.
3. Arrange the slices (overlapping them a bit) into a long row, and roll it up to form a rose.
4. Use the spatula to move the avocado rose from your cutting board to its final destination. In this book you'll find lots of different recipes that feature an avocado rose, from toast to guacamole and salads.

YOU WILL NEED

cutting board
sharp knife
½ an avocado per rose
sushi vinegar
flat spatula

TOPPINGS

(water)cress, edible flowers,
chilli flakes (optional) to
taste (not pictured)

Would you like to save the other half of the avocado? Then don't remove the pit, and rub the flesh with sushi vinegar – this prevents it from turning brown.

THE TOASTY TACO

With all of the goodness of tacos and avocados on toast



Although I could happily eat tacos every day, that might be taking things a bit too far. Are you also a fan of the wonderful flavours and subtle heat of a good taco? Then give taco toast a try. You can make it as spicy as you like.

Make two avocado roses (see page 136). When you get to step 2, add alternate layers of thinly sliced Cheddar. Go on to the next step and finish the roses.

Toast the slices of sourdough bread in a toaster.

Spread the cream cheese on the hot toast, add a generous spoonful of tomato salsa, and – using a spatula – carefully add your avocado and Cheddar rose. Garnish your toast with all the toppings!

INGREDIENTS

- 1 avocado
- sushi vinegar
- 60 g Cheddar, thinly sliced (use a cheese slicer or vegetable peeler)
- 2 slices of sourdough bread
- ± 4 tbsp cream cheese
- ± 2 tbsp tomato salsa

TOPPINGS

- ½ a jalapeño pepper (use more or less to taste)
- 1 spring onion, finely chopped
- 1 sprig coriander (cilantro) (with stems), finely chopped
- 1 tsp grated lime zest
- 2 tbsp black beans, from a tin



THE TUNA TATACO

Crispy taco, tuna tataki, broccoli, spicy guacamole, and Japanese mayo



This is one of those dishes that comes into being when you're 'cooking with whatever you've got on hand'. It just so happened I'd scored some beautiful fresh tuna that day, but hadn't yet decided what I was going to make with it. Then a package of hard-shell tacos caught my eye, and this recipe was the result.

Preheat the oven to 180°C.

With a sharp knife, cut the broccoli stems into julienne (strips the size of matchsticks). Mix the strips with the truffle oil and add salt to taste.

Make The Fooddeco Spicy Feta on page 112. Skip the step for making the avocado rose, and instead mash everything into guacamole straight away.

Coat the tuna with the black sesame seeds, and sear it lightly (on both sides) in a red-hot grill pan. A frying pan will also work.

Cut the tuna into thin slices. You now have tuna tataki.

Place the taco shells in the preheated oven, and heat for the length of time given on the box. Fill the hot taco shells with the tuna tataki, broccoli salad, and guacamole (don't use it all!). Finish with dots of Japanese mayonnaise, cress, and edible flowers. Serve immediately, along with the leftover guacamole (in an attractive dish).

TIP

INSTEAD OF TUNA, YOU CAN USE SALMON OR STEAK

INGREDIENTS

80 g broccoli stems

1 tbsp truffle oil

salt, to taste

The Fooddeco Spicy Feta guacamole (see page 112), with everything coarsely mashed at the start

200 g raw tuna, sashimi quality

black sesame seeds

6 hard-shell tacos

Japanese Kewpie mayonnaise

TOPPINGS

cress, edible flowers and pomegranate seeds

SERVES 2

THE WAGYU WAGYME

Wagyu burger bun & classic burger sauce

INGREDIENTS

2 (Wagyu) burgers
2 slices of Cheddar or processed cheese
2 avocados
sushi vinegar
2 red onion slices (0.5 cm thick)
2 tomato slices (0.5 cm thick)
2 gherkin slices
watercress or lamb's lettuce
white sesame seeds

FOR THE BURGER SAUCE

1 small shallot, finely chopped
1 tbsp white wine vinegar
1 tbsp gherkins, finely chopped
2 tsp yellow mustard
4 tbsp mayonnaise
½ tsp mustard powder
½ tsp smoked paprika powder
1 tsp garlic powder
1 tsp onion powder
½ tsp turmeric (for colour)
pepper and salt, to taste

For the burger sauce, put the finely chopped shallot and the white wine vinegar into a small saucepan and simmer gently, stirring occasionally, until the vinegar has evaporated and the onions are soft. Mix this with the rest of the ingredients, and add pepper and salt to taste. Cover and put into the fridge so all the flavours have a chance to develop.

In the meantime, fry one side of the burgers until brown and crispy; flip the burgers and top with cheese. Now continue to fry the burgers until they're done just the way you like.

Make your avocado buns (see page 139 for instructions). Rub the avocado halves with sushi vinegar to keep them from discolouring. On the bottom halves of the buns (which you've filled with burger sauce), place the burgers, the slices of red onion, tomato, and gherkin, and watercress or lamb's lettuce. Top with the other avocado halves and sprinkle with some sesame seeds. If necessary, you can stabilise your burger by inserting a wooden skewer from the top to the bottom.

