

The Versatile Avocado

Objectives: Upon completing this session, students will be able to:

- Utilize avocados in the preparation of breakfast, lunch and dinner items
- Utilize avocados in beverages, soups, salads and sandwiches
- Utilize avocados in various recipes
- Discuss and analyze the added value avocados have in the use of various recipes and applications
- Discuss the utilization of avocados in nutritional applications in both general dining and the healthcare industry
- Create menus using avocados while meeting customer expectations and demands based on various segments of the dining market
- Cost out recipes using avocados and value added menu pricing

I. Enhancing the Menu with Added Flavor

1 Hour

- A) Review most popular menu items for breakfast, lunch and dinner
- B) Review definition of various dining segments; casual, upscale casual, fine dining, chain, private dining, health care, retirement, etc.
- C) Discuss how avocados can be mainstreamed into various menu items
- D) Discuss use of avocados in various recipes to include the most popular types: Mediterranean, Asian, Latin American.
- E) Review avocado recipes and how they can be made into value added items. How can they be modified and incorporated into popular or various items?
- F) Set up costing for menu items and menu price according to value added scenarios

II. Working with Avocados

2 1/2 Hours

- A) Each group prepares one each breakfast, lunch and dinner item utilizing format discussed in earlier section and using avocado recipes handed out
- B) Each group prepares one global cuisine recipe using avocado recipes
- C) Each group develops a menu consisting of an appetizer, soup, entrée, starch, vegetable and dessert using avocados in each section of the menu
- D) Each group picks one item from the menu and develops their own recipe
- E) Each group utilizes pureed or mashed avocado as enhancer in beverage, dressing, rubs, sauce or stuffing.

III Tasting and Evaluation

30 Minutes

- A) Food is evaluated and critiqued
- B) Menus are reviewed and critiqued

IV. Clean Up and Closure

45 Minutes

Ingredients Needed

Fresh Hass Avocados (under ripe, ripe and over ripe)
Lemons
Limes
Flour
Eggs
Bread crumbs
Béchamel sauce
Kosher salt
Black and white pepper
Other spices
Mixed greens
Cucumbers
Tomatoes
Peppers
Olive oil
Salad oil
Vinegars (balsamic, red, champagne)
Parmesan cheese
Hot sauce
International ingredients
Fresh herbs

Equipment Needed

Half-sheet pans
Sauté pans, sauce pots
Oven, range
Deep fryer
Mixing bowls
Plates
Platters
Ice cream scoops
Whips, pairing and chef knives, tongs
Gloves
Rolling pin
Pizza wheel
2-ounce ladles
Forks, knives

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