

Avocados Proper Handling



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Avocados

Proper Handling

Preparing dishes in view of the guests
at an action station or tableside

The Plan

Mise en place Utensils
Technique

Practice
opening, coring & slicing

Practice plating

Avocados

Proper Handling

Following this lecture, demo and practice, you should be able to:

- handle food products in a comfortable, sanitary manner by using French and Russian-style service techniques and utensils tableside or at an action station; and

Avocados

Proper Handling

Following this lecture, demo and practice, you should be able to:

- ◆ handle food products in a comfortable, sanitary manner by using French and Russian-style service techniques and utensils tableside or at an action station; and
- ◆ peel, core, slice and plate an avocado in an efficient, eye-appealing and sanitary manner.

Proper Handling

In view of guests

Mise en place

Utensils

Technique

Proper Handling

In view of guests

Mise en place

Proper Handling

In view of guests

Mise en place

“Everything in its place”

Proper Handling

In view of guests

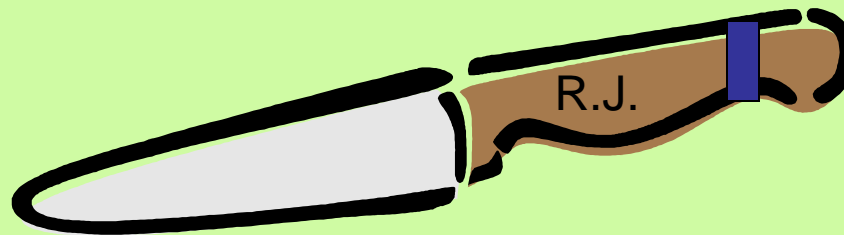
Mise en place

Everything in its place
Key Word: “everything”

Proper Handling

In view of guests

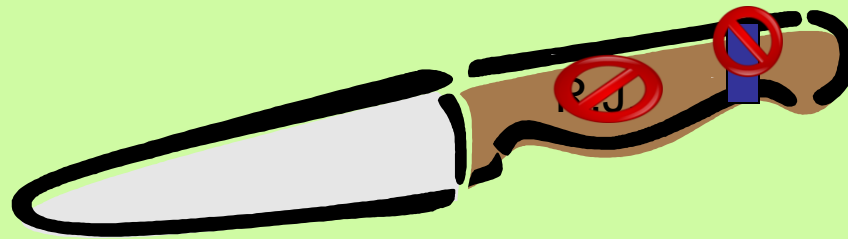
Utensils



Proper Handling

In view of guests

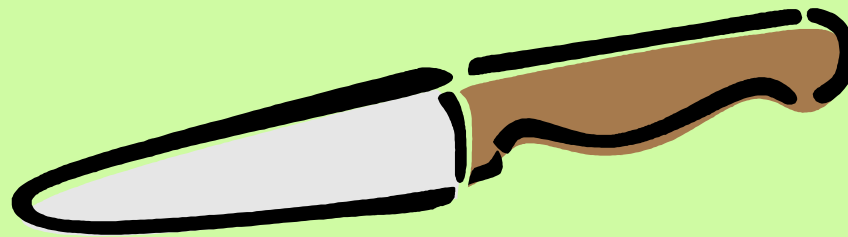
Utensils



Proper Handling

In view of guests

Utensils



Proper Handling

In view of guests

Technique-Avocado



Proper Handling

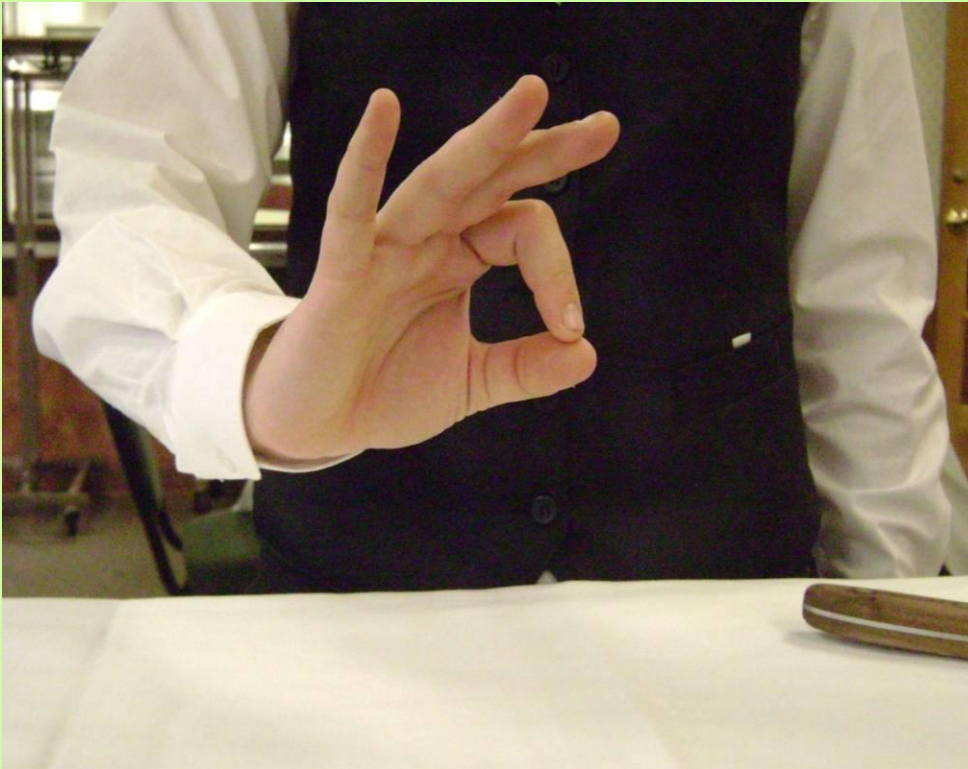
In view of guests

Technique - “*Pince*”



Pince

Utensils: Large spoon and fork



Pince

Utensils: Large spoon and fork



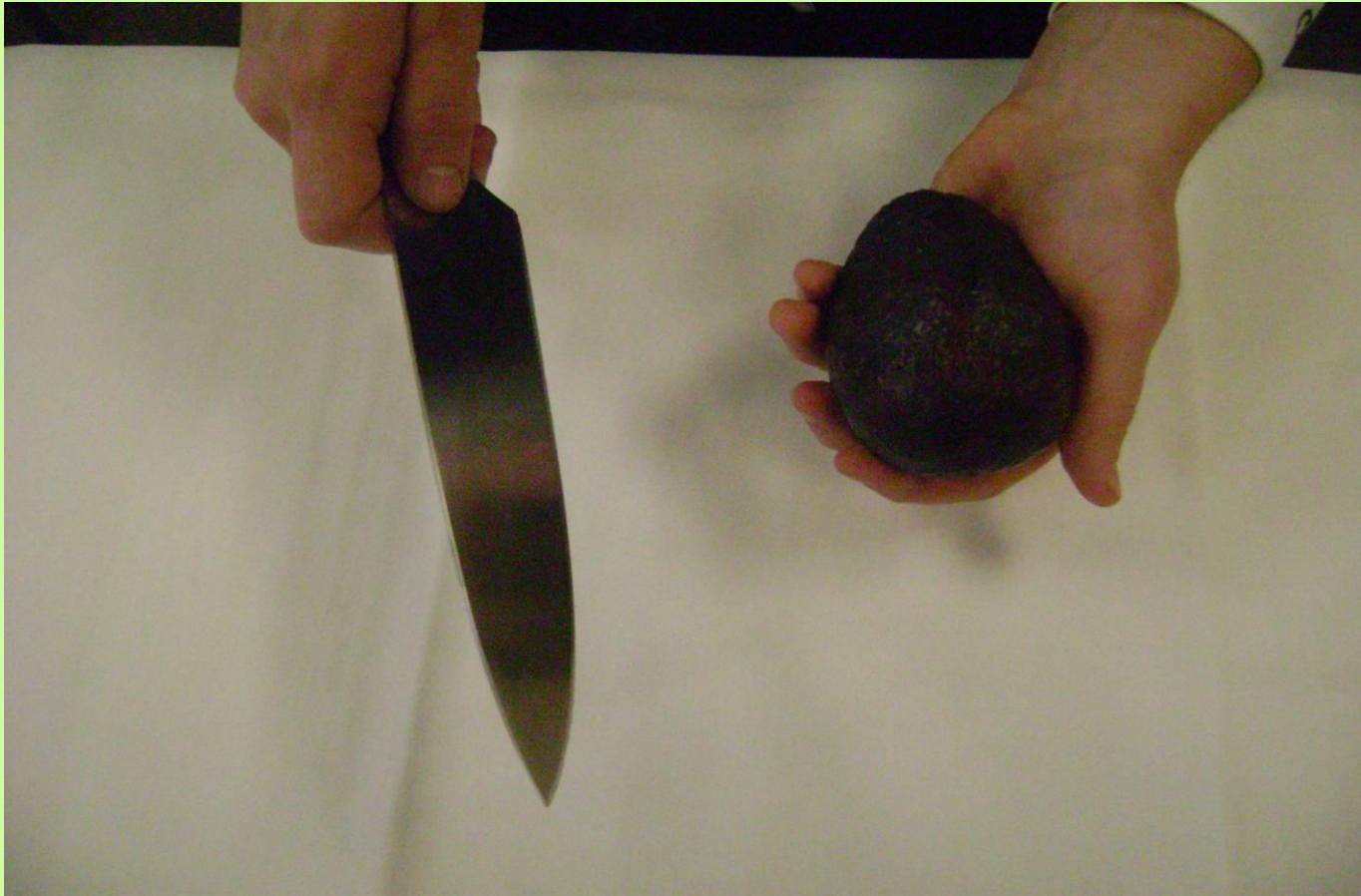
Pince

Utensils: Large spoon and fork



Opening an Avocado

Hold the avocado in one hand,
chef's knife in the other



Opening an Avocado

Puncture the skin



Opening an Avocado

Insert blade to the core from one end to the other.



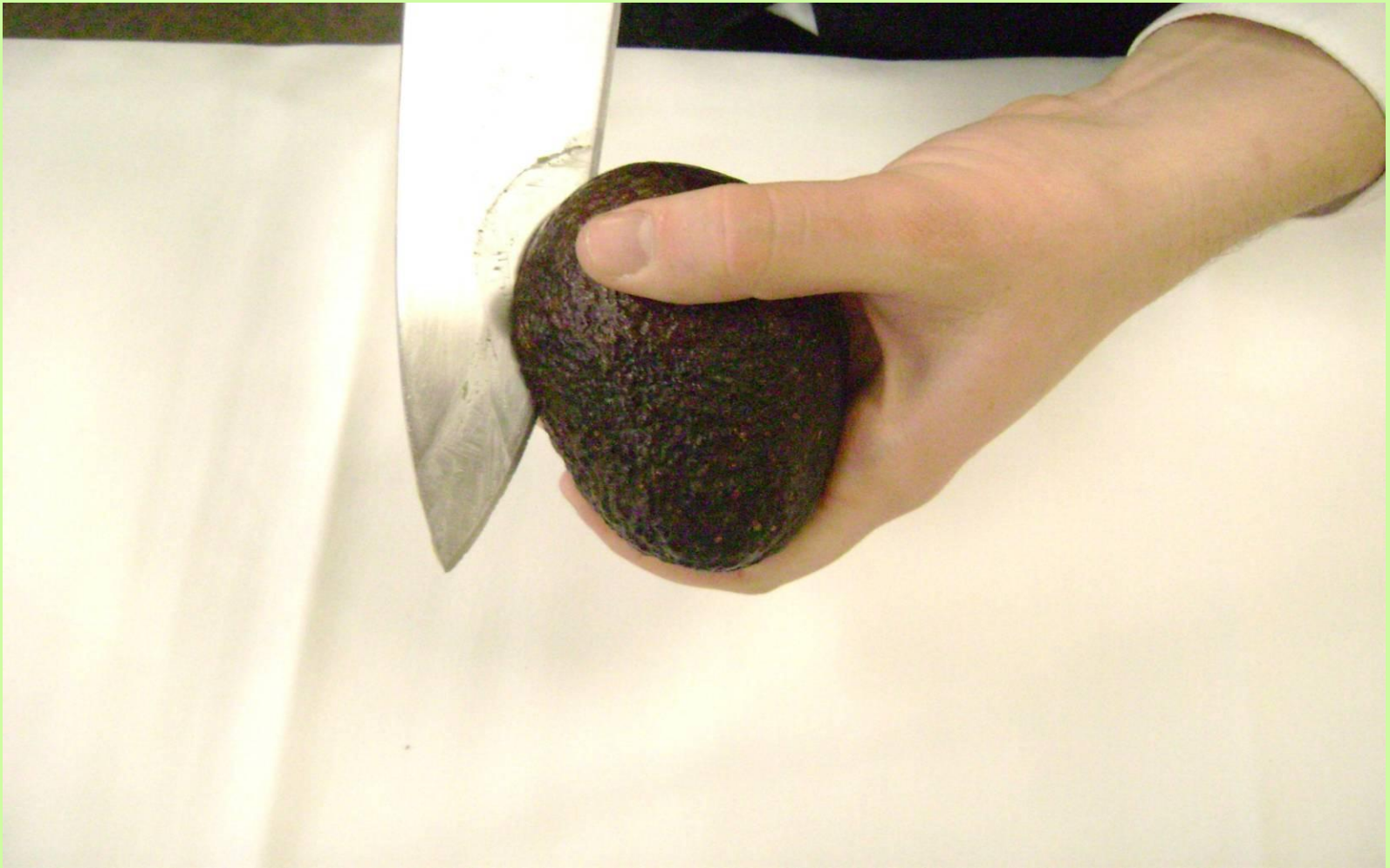
Opening an Avocado

Rotate the avocado



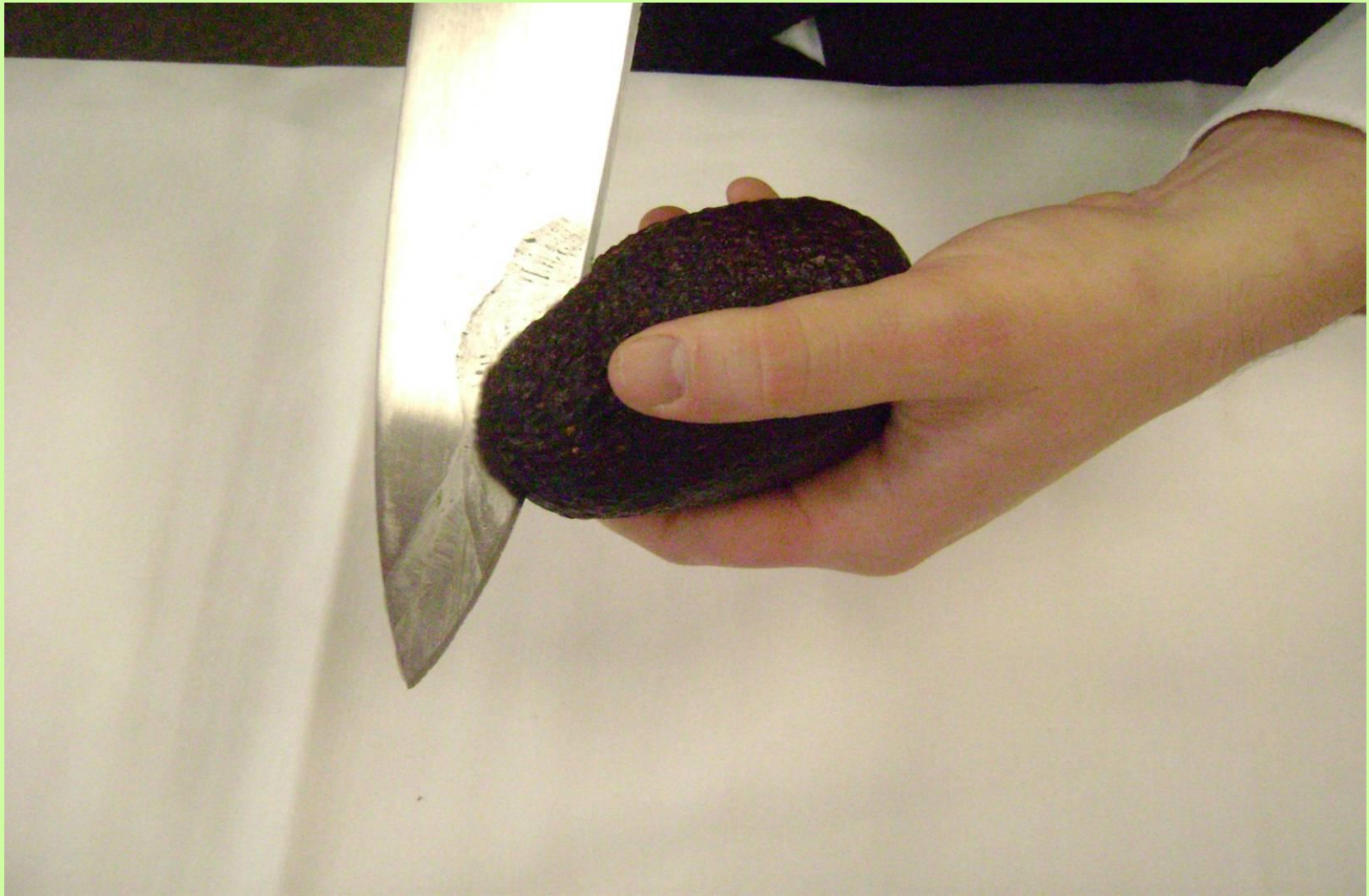
Opening an Avocado

Rotate the avocado



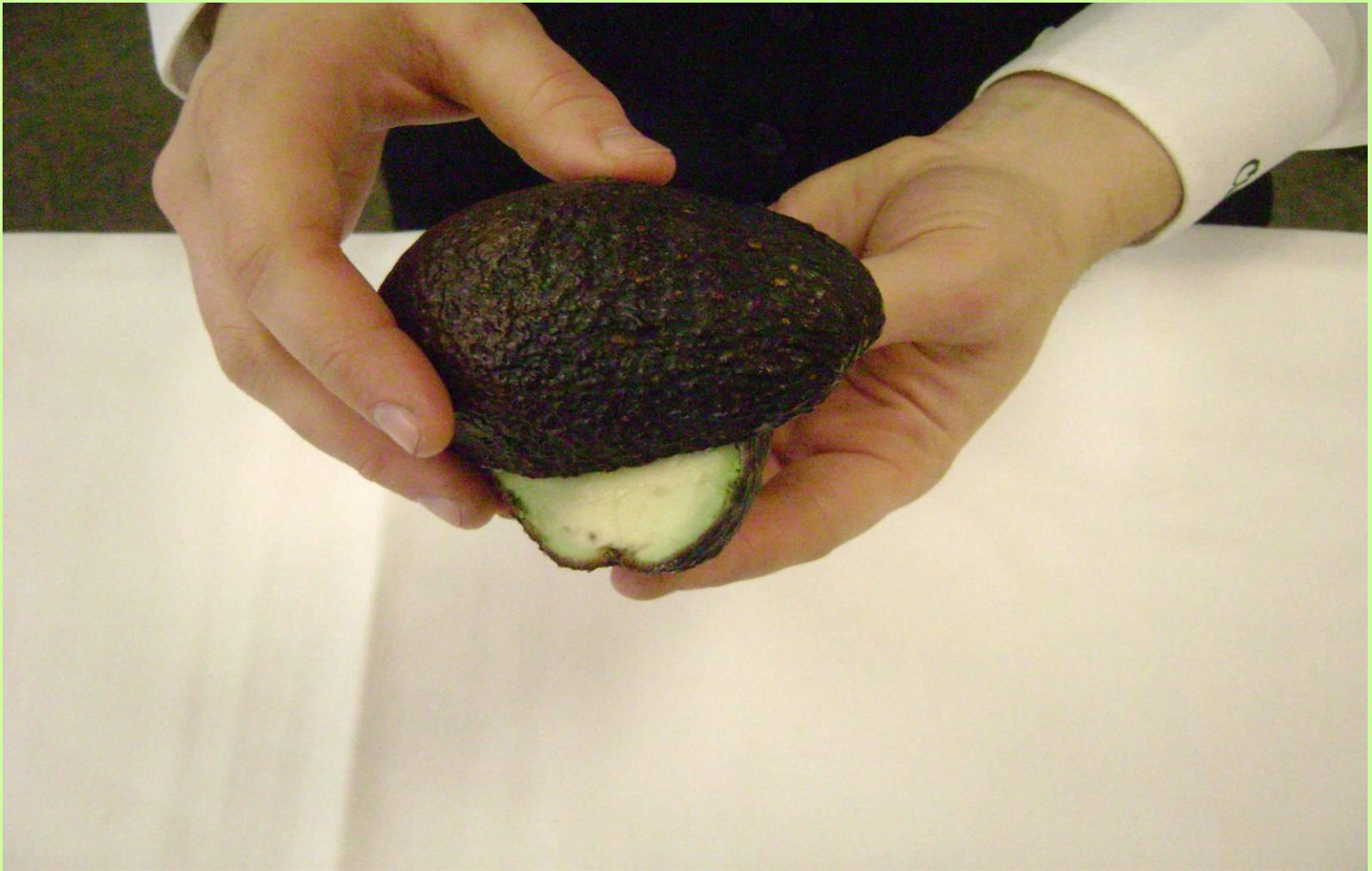
Opening an Avocado

Rotate the avocado



Opening an Avocado

Twist the avocado



Removing an Avocado Seed

Strike the avocado seed with the chef's knife and twist



Removing an Avocado Seed

Strike the avocado seed with the chef's knife and twist



Removing an Avocado Seed

Over the blunt side of the knife, pinch where the seed meets the blade.



Slicing an Avocado *Tableside*

- Slice the avocado



Slicing an Avocado *Tableside*

- Slice the avocado
- Scoop out the meat – spoon



Slicing an Avocado *Tableside*

Using Utensils:

- Slice the avocado
- Scoop out the meat
- **Arrange the avocado –
fork &
spoon**



Guacamole Action Station

Sanitation

- *Do Not Touch ready-to-eat food with bare hands!*
- *Gloves- unappetizing false sense of sanitation*

Guacamole – Action Station

Avocados

Wooden Bowl

Diced Tomatoes

Large Spoon

Diced Red Onion

Chef Knife

Diced Cilantro

Dinner Fork

Lemons or Limes

***Spoons for
ingredients***

Guacamole Action Station

Avocados

Diced Tomatoes

Diced Red Onion

Diced Cilantro

Lemons or limes

Wooden Bowl

Large Spoon

Chef Knife

Dinner Fork

Spoons for ingredients



Guacamole Action Station

- ***Open and core the avocado as before.***

Guacamole Action Station

💧 *Open and core the avocado as before.*

💧 ***Dice the avocado rather than slice, and mash in bowl.***



Guacamole Action Station

- 👉 *Open and core the avocado as before.*
- 👉 *Dice the avocado rather than slice, and mash in bowl.*
- 👉 ***Add all ingredients in bowl and mix.***



Guacamole Tableside

◆ ***Catching lemon or lime seeds***



Self-Service Guacamole

- ◆ ***Always have the bowl close to the guests' edge of the table for ease of service.***
- ◆ ***Provide clean serving utensils.***
- ◆ ***Prepare additional portion while guests consume first batch.***

Tableside Avocado Caesar

Large Wooden Bowl, Forks, Spoons

Cleaned Romaine in Damp Serviette

Cleaned Garlic Cloves

Lemon

Anchovies

Grated Parmigiano-Reggiano

Egg (Coddled or Raw)

Croutons

Olive Oil

Salt & Pepper (fresh ground)

Avocados

Plate to serve it on

Tableside Avocado Caesar

- ◆ *With a fork, take the garlic cloves and mash them into the inside of the wooden bowl*
- ◆ *Add anchovies and mash into small pieces*
- ◆ *Add egg yolk(s), olive oil, lemon juice, salt & pepper and whip with fork-emulsify with the garlic and anchovies*

Tableside Avocado Caesar

With a fork, take the garlic cloves and mash them into the inside of the bowl.

Add anchovies and mash into small pieces

Add egg yolk (s), olive oil, lemon juice , salt & pepper and whip with fork-emulsify

💧 *Add Romaine leaves and a little Parmigiano-Reggiano and toss (slicing the greens is an alternative)*

💧 *Place salad on plate(s)*

💧 *Open, core and slice avocado(s)*

Tableside Avocado Caesar

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◆ *Add Romaine leaves and a little Parmigiano-Reggiano and toss (slicing the greens is an alternative)*

◆ *Place salad on plate(s)*

◆ *Open, core and slice avocado(s)*

◆ ***Add Avocados to salad***

◆ ***Sprinkle Parmigiano-Reggiano and croutons on salad and serve***

Review

- 💧 ***Sanitation is always an issue***
- 💧 ***Tableside/action stations are entertainment***
- 💧 ***Mise en place is essential for a good show***
- 💧 **More recipes on
www.AvocadoCentral.com**
- 💧 ***Smile!***