

## **The California Avocado Association is Issuing in Folder Form the Following Suggestions for Preparing the Avocado for the Table:**

A person of ingenuity can, in addition to what is here printed, find many delicious ways of serving the avocado.

There are many varieties of avocados, and they vary very considerable in flavor and texture. Be careful to buy good-quality fruit, free from fiber and not too ripe. Learn to identify good varieties. The fruit can be purchased hard and ripened at home, the same as the Bartlett pear.

The avocado is highly nutritious and very easily digested. It is ready for eating when it yields to the slight pressure of the thumb. The flesh is about the consistency of well-made butter, if the fruit is ripe. An unripe avocado is of small charm to the palate, but a ripe one lives long in the memory of delicious flavors.

In preparing the fruit, especially in combining it with other ingredients, it is well to remember that the flavor of the avocado is so fine and delicate that it may be easily hidden. (A good rule to keep in mind: One-half avocado meat, one-half other ingredients.) Following are a few recipes:

### **HOR D'OEUVRE**

**Avocado Served in Skin.** Cut the fruit in half. Carefully remove the seed. Serve a half to each person with any of the following dressings, as personal taste directs: 1. Lemon or lime juice. 2. Salt. 3. Sugar. 4. Tomato catsup. 5. Mayonnaise. 6. French dressing.

**Avocado on Toast.** Remove the flesh with a spoon and mash with a fork. Spread thickly on a small square of hot toast. Add a little salt and pepper. This is one of the nicest ways of serving avocado.

**Avocado with Caviar.** Prepare as the above recipes direct. Spread a small quantity of caviar on top of each piece. This is a very delicious appetizer.

**Avocado Cocktail.** Cut the fruit into dice. Place in small cocktail glasses, cover with a good cocktail sauce. Tomato catsup with lemon juice and salt and pepper is excellent. Serve very cold, or packed in ice.

### **SALADS**

**Celery and Nuts.** Fill seed cavity of a half fruit with chopped celery and nuts mixed with a small quantity of mayonnaise.

**Apple and Celery.** Take equal parts of chopped celery and apple. Heap in a lettuce loaf, cover thickly with avocado meat well beaten with a little mayonnaise. Lemon juice may be used if preferred.

**Combination Salad.** Make a good combination salad of green vegetables: peas, beans, tomatoes, cucumbers, celery, hard boiled egg, lettuce. Mix with one-half as

much avocado meat. Season with French dressing.

**Avocado on the Half-Shell.** This is only practicable with the thick-skinned variety. Divide fruit in half, carefully remove meat, add yolk of a hard-boiled egg and one tablespoon of French dressing for each fruit. Press through a sieve and pile back in the shell of the avocado. Garnish with boiled whites, finely chopped with parsley.

**Cuban Salad.** In the cavity of a small fruit place three stuffed olives, add lime or lemon juice. A teaspoon of sugar dissolved in the lime or lemon juice is very nice.

**If you care for Onions.** Cut the flesh of the avocado in cubes, mix with chopped onions, lime or lemon juice and salt. A finely chopped boiled egg sprinkled on top makes it very pretty.

**Aspic Jelly made with Avocado.** One-half box gelatine, one-half cup cold water one cup boiling water, two cups mashed avocado, juice of half a lemon salt, cayenne. Soak gelatine in cold water one-half hour. Dissolve in boiling water. Strain and add avocado meat which has been flavored with salt, cayenne and lemon juice. Place on ice to harden. Serve with mayonnaise.

**With Bananas and Apple.** Take one chopped apple, one sliced banana and three medium-sized avocados. Mix in a bowl with either French dressing or mayonnaise. Serve on lettuce leaf.

**Sandwiches.** A good hostess appreciates the value of an original and delicious sandwich. With rye bread—Mash the flesh of three large or six small avocados, season with lemon juice, salt and pepper. Spread between very thin slices of rye bread. A lettuce leaf may be used in the sandwich if desired. This makes about twenty sandwiches.

**With Chili Pepper.** Chop the fruit with chili pepper. Season carefully and spread between buttered bread, with or without lettuce leaf. The above recipe can be used with nuts or olives in place of the pepper or onions.

**An Original and Delicious Dessert is:** Avocado and chopped dates beaten in whipped cream slightly sweetened.

**Avocado Ice Cream.** Yolks of five eggs, one quart milk, green Maraschino cherries, two cups sugar, four medium-sized avocados, almond or vanilla extracts. Make a boiled custard with the milk, egg and one cup sugar, flavor with almond extract. When the custard is cool add the fruit and freeze. Serve with green Maraschino cherries on top or each dish.

**Avocado with Sea Foods.** A most appetizing form of serving the avocado is to mix equal parts of cold salmon or lobster with the diced fruit, and serve with mayonnaise.

**In Soups.** The avocado is used extensively in the tropics in all kinds of meat soups. Cut in small cubes and add to the soup just before serving.

**For Invalids.** The avocado is recommended by physicians as a most desirable form of food for invalids. It is highly nutritious, containing as high as 25 per cent of fat in the best varieties, according to Government statistics, and yet is very easily digested, so that the most delicate person can eat it freely.

The California Ahuacate Association is willing to give any information in its possession to assist producers and users of the fruit. Address 917 Union Oil Bldg., Los Angeles.