

## Avocado Recipes

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### AVOCADO CREAM SOUP

2 c. milk

1½ tbsp. butter

1½ tbsp. flour

½ c. avocado pulp

Salt to taste

Melt butter, add flour and salt and blend thoroughly. Add milk and, stirring constantly, cook until mixture thickens. Just before serving, add avocado pulp which has been prepared by mashing the flesh with a fork, and allow to come to boiling temperature, Serve immediately.

### AVOCADO CANAPE

½ c. avocado pulp

½ tsp. garlic

¼ c. mayonnaise

¼ tsp. salt

Cut garlic in small pieces, place in mixing bowl and add salt. Allow to stand for few minutes. Press with back of spoon to extract juice from garlic. Add avocado pulp which has been prepared by pressing flesh through sieve. Add mayonnaise and blend thoroughly. Spread on small circular pieces of toasted bread. Small salt wafers may be used in place of toasted bread.

\*Courtesy Pansy Claggett.

### AVOCADO COCKTAIL

Peel avocado, cut in halves and remove seed. Cut flesh in cubes and place in cocktail glasses. Cover with dressing made as follows:

To one-half cup mayonnaise, add three tablespoons cream, three tablespoons tomato catsup or chili sauce, one-half cup of celery cut in small pieces, one tablespoon green pepper chopped, a few drops of Tabasco sauce and salt to taste. Serve with lemon.

## **AVOCADO OMELET**

4 eggs

1 tbsp. butter

4 tbsp. milk or water

½ c. avocado pulp

¾ tsp. salt

Mix the eggs, milk, salt and avocado pulp and stir until blended. Melt butter in a hot frying pan, being careful not to scorch. Add the egg mixture and lower the heat. Shake the pan continually, occasionally lifting the mixture from the sides so that the uncooked mixture on top will run to the bottom. Remove from the heat while the egg is still partly uncoagulated. Fold and serve immediately.

## **AVOCADO SOUFFLE**

Melt 2 tbsp. butter, add 2 tbsp. flour and ¼ tsp. salt. Blend and add ½ c. milk. Bring to a boil, stirring constantly. Remove from fire and add 1 c. avocado pulp. Blend well and add gradually beaten yolks of three eggs. Beat mixture thoroughly and fold in the stiffly beaten whites of three eggs. Turn into a buttered baking dish, set in a pan of hot water, and bake in a slow oven, 300°F. until set in the center, about 1 hour. Serve immediately.

## **AVOCADO AND TOMATO SALAD**

¼ c. sugar

2 hard cooked eggs

¼ c. vinegar

½ c. sliced stuffed olives

1 c. water

1 c. diced avocado

1 small can tomato sauce

Salt to taste

1 package lemon jello

Combine sugar, vinegar, water, and tomato sauce, and bring to a boil. Remove from fire and add jello. Allow to cool and when slightly congealed, add eggs which have been chopped, the sliced olives, and diced avocado. Turn into molds and chill. Serve with mayonnaise.

## **AVOCADO CHEESE SALAD**

Cut avocado in two crosswise and remove seed. With a teaspoon, deepen cavity in each section and fill with a mixture of Philadelphia cream cheese. Press halves of fruit

together, wrap in oiled paper and chill for several hours. When ready to serve, peel and cut crosswise into thick slices. Place slice of avocado on a slice of tomato. Arrange on bed of lettuce and serve with French dressing.

### **AVOCADO GRAPEFRUIT SALAD**

Dissolve one package lime flavored gelatin in one cup boiling water and one cup grapefruit juice. Cool, and pour into mold which has been filled with equal portions of sliced avocado and grapefruit sections (sweetened). Chill. Serve with mayonnaise.

### **CALAVONNAISE**

- 1 c. Calavo pulp
- ¼ tsp. dry mustard
- 2 tbsp. lemon juice
- 1 egg yolk
- ½ tsp. salt

Add seasonings and lemon juice to well-beaten yolk. Combine with pulp which has been pressed through a sieve just before measuring. Beat well. If desired, just before serving, add a few drops of onion juice or one teaspoonful finely cut chives, celery, chopped pimiento or chopped pickle. Will safely keep two days in refrigerator. This recipe makes 18 tablespoons calavonnaise.

\* Courtesy Calavo Growers of California.

### **AVOCADO ICE**

- 1 orange
- 1 lemon
- 1 c. avocado cut in very small pieces
- 1 c. sugar
- 1 c. cold water
- 1 egg white
- 1-3 c. boiling water
- 1 tsp. gelatin

Put cold water and sugar into sauce pan, add grated rind of orange. Add gelatin dissolved in boiling water. Let simmer five minutes. Cool, and add fruit juice and avocado. Fold in stiffly beaten whites of eggs. Pour into freezing tray of automatic refrigerator and freeze. Stir occasionally while freezing to insure a uniform texture.