

AROUND THE WORLD...
CHILEAN HASS AVOCADOS



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Edited by
M. Peña & Asociados

Concept Art, Design and Production
M. Peña & Asociados

Photography
Pin Campaña

Recipes
Comité de Palta Hass de Chile A.G. y Chilean Avocados Importers Association (CAIA), Archives

Recipes Production in Chile
Pía Jarpa

Text Edition and Translations
Marianne Becker
Jolanta Polk

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The Chilean Hass Avocado Cook Book Collection



HASS AVOCADO COMMITTEE



The Hass Avocado Committee is an independent association that represents Chilean growers and exporters, and has been in operation since 1990. It represents approximately 75% of Chilean avocado exports. Its main mission is to promote the consumption of Hass avocados in Chile and the world, supervise the quality of the fruit that is shipped to world markets and defend association issues.

CHILEAN AVOCADO IMPORTERS ASSOCIATION



The Chilean Avocado Importers Association is composed of Chilean avocado importers, exporters, and producers. Headquartered in Washington, D.C., the Association's main objective is to conduct market development activities and promotions to increase the consumption of Chilean Hass Avocados in the United States. Established in 2002, CAIA operates under the guidelines of the Hass Avocado Promotion, Research and Information Order.

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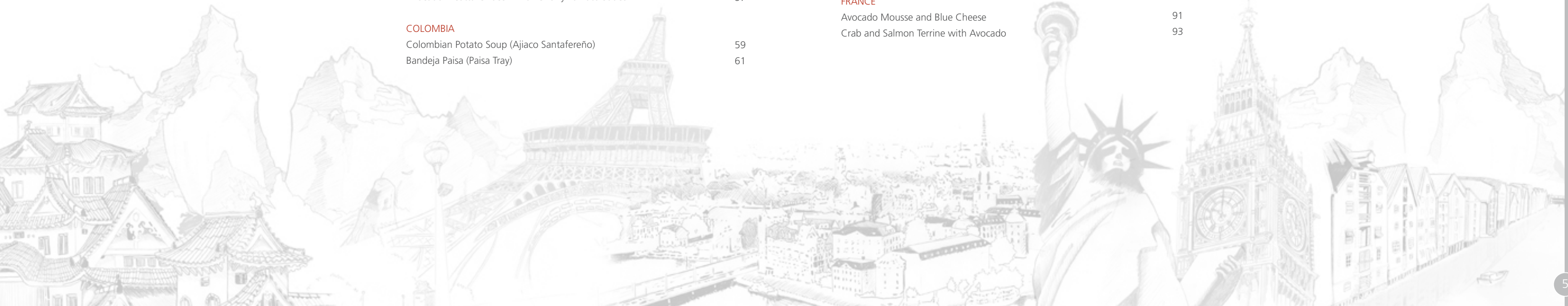
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AROUND THE WORLD... CHILEAN HASS AVOCADOS

The avocado is a noble fruit, famed for its rich flavor and smooth creamy texture. It is indeed a fruit, with a peel and a pit. The botanical name is *Persea Americana*, and it is related to other *Lauraceae* family members, bay laurel, camphor and cinnamon. The avocado is an ancient fruit more than 7,000 years old, and native to the New World. Over the centuries avocado groves moved from Central to South America; to Peru and then to Chile. The Peruvian province of Palta gave its name to the fruit, now known as palta throughout much of South America.

Avocados are grown in several countries, but do best in those areas with a Mediterranean climate, hot dry summers and rainy, cool but not frigid winters. Chile and California are the only regions with this particular climate, apart from those countries on the Mediterranean Sea, which accounts for the high quality of avocados from these locations. And, because Chile's avocado season is August through February, it is complementary to California's, guaranteeing a year 'round supply of Hass Avocados.

Hass Avocados are far and away the most popular avocado variety, accounting for the majority of all commercially produced avocados. Hass Avocados are a creamy green-gold fruit within a bumpy dark green skin which turns almost black when ripe. The first Hass trees avocados were planted in Chile in 1949. Since then the predominantly family-owned Chilean avocado groves and packing operations have expanded rapidly. Chile is one of the largest producers and exporters of avocados in the world.

Chilean Hass Avocados grow in the fertile soil of the foothills of the Andes and are watered by snow melt from the mountains. The water and fertilizer reach the trees through drip irrigation. Chile's avocado growing areas are in the Central Growing Region, also known as Region V, in the Quillota-La Cruz and La Ligua-Cabildo valleys, north of Santiago.

Chile, on the west coast of South America, has the distinction of being the longest and narrowest country in the world: 4,300 kilometers or about 2,600 miles long and only 180 kilometers or a little more than 100 miles wide. Because Chile's borders are deserts, mountains and the



Pacific Ocean it has very few agricultural pests. This means that Chilean growers do not have to use the amount of chemicals as growers in other regions do.

Avocado quality (flavor and texture) is judged by oil content, determined by the percent of dry matter left after a unique testing process. A higher percentage of dry matter equals higher oil content, which means more flavor. Chile has a voluntary maturity level of 23% dry matter.

Chilean growers pride themselves on their state-of-the-art good agricultural practices (GAP) at every step of growth, harvest, packing and shipping, to maintain their highest-in-the-industry standards. Chilean Hass avocados are global GAP approved, the highest standard in the world. Chilean growers are also industry leaders in using a far greater percentage of battery-operated equipment, such as tractors, harvesters, trucks and forklifts.

Avocados come from Chile to the U.S. and other countries in refrigerated vessels and containers, sailing mainly from the Chilean port of Valparaiso, on the Pacific coast, as from other ports on that ocean. Shipments to the US. arrive in ports on the East and West coast and also in the main ports of Europe. Each vessel carries the equivalent of 200 truckloads, but with greater fuel efficiency than fruit shipped by truck. Chilean avocado importers receive the fruit at the ports, ripen it and deliver it to supermarkets and distributors.

MAP OF DISTRIBUTION



1 U.S.A. 134.595 tons. / 296.728.137 lbs.

2 JAPAN 1.702 tons. / 3.752.229 lbs.

3 ARGENTINA 5.607 tons. / 12.361.192 lbs.

4 NETHERLANDS 29.566 tons. / 65.181.204 lbs.

5 SPAIN 10.997 tons. / 24.243.986 lbs.

6 UNITED KINGDOM 8.014 tons. / 17.667.664 lbs.

7 FRANCE 2.963 tons. / 6.532.230 lbs.

8 SWEDEN 445 tons. / 981.047 lbs.

9 OTHERS 552 tons. / 1.216.939 lbs.

CHILEAN HASS AVOCADOS

AVOCADOS AT THE TABLE

Hass Avocado's combination of rich flavor and buttery texture is a traditional part of many Latin American cuisines. It pairs pleasingly with hot and spicy preparations. Avocados now appear on menus and in homes the world around, adding taste and color to appetizers, sandwiches, soups, main dishes, salads, snacks and even desserts.

The creamy Chilean Hass Avocado has even become a favorite spread for sandwiches, toast and more, replacing high saturated fat spreads. Using avocado in dips instead of other typical dip ingredients can also help reduce calories, fat, saturated fat and sodium. Just have a look at the chart below.

	FRESH AVOCADOS	BUTTER SALTED	SOUR CREAM	CHEDDAR CHEESE	MAYONNAISE WITH SALT
Portion (1 ounce)	2 Tbsp. or 2-3 Thin Slice	2 Tbsp.	2 Tbsp.	1 Slice	2 Tbsp.
Calories	50	204	60	114	109
Total Fat (g.)	4-5	23	6	9,4	9,4
Sat Fat (g.)	0,5	14,6	3,7	6	1,4
Cholesterol (mg.)	0	61	13	30	7
Sodium (mg.)	0	164	15	176	199

Source: Avocado information: FDA. Other information: USDA.
Nutritional values are for the item listed only; not as consumed with other foods or ingredients.

MONOUNSATURATED FATS

Monounsaturated fats (MUFA's) are much written and talked about these days, and with good reason. According to the American Heart Association (AHA), "Monounsaturated fats can have a beneficial effect on your health... when eaten in moderation and when used to replace saturated fats or trans fats." AHA also states that "Monounsaturated fats can help lower bad cholesterol levels in your blood and are beneficial when consumed in moderation." They also provide nutrients to help develop and maintain your body's cells.

Avocados are virtually the only fruit source of monounsaturated fats. Fat is important in our diets for energy, and much, much more, including production of cell membranes, certain hormones, regulating blood pressure, heart rate, blood vessel constriction, blood clotting and the nervous system, as well as helping the body absorb fat-soluble vitamins: A, D, E and K.



HOW TO PICK AVOCADOS

Chilean Hass Avocados have dark green pebbly skin. Select those that are heavy for their size and have no bruises or soft spots. Ripe Hass Avocados will be very dark green – almost black. Cradle an avocado gently in the palm of your hand. Gently press the stem end. If it gives just slightly it is ready to use right away. Buy firm avocados for use in a few days or a week. Store at room temperature, on the counter or in a brown paper bag, checking daily. Adding an apple or banana to the bag will speed up the ripening process.

FIRM FRUIT

Bright green and firm to the touch. It will ripen in 5-7 days at room temperature.

BREAKING FRUIT

Dark green and beginning to soften. It will ripen in 2-5 days at room temperature.

RIPE FRUIT

Dark green/almost black and yields to gentle pressure at the stem end. Store in the cooler at 36°F-40°F for no more than 1 week.



FREEZING AVOCADOS

Scoop the fruit from ripe avocados into a sealable freezer bag or airtight freezer container. Add 1 teaspoon of lime or lemon juice for each avocado. Seal bag and mash with hands to blend or stir juice into avocado in container. Press all air out of bag, seal and freeze. If using freezer containers, press plastic wrap on surface of mashed avocado in freezer container. Cover and freeze. Use within a few months.

STORING AVOCADOS

Refrigerate ripe avocados for up to several days. Firm, not-yet-ripe avocados can wait in the refrigerator until you are ready to bring them out to ripen at room temperature.

If preparing avocados in advance, or to store cut avocados, try one of the following:

- Cover cut avocado tightly with plastic wrap, or mash avocado in bowl and press plastic wrap onto surface to keep air out. You can also brush the cut surface with lime or lemon juice before pressing on the plastic wrap.
- Put pitted and peeled avocado in sealable plastic bag with lemon or lime juice, mash. Squeeze out air, seal and refrigerate.
- If surfaces do discolor just trim off brown portion.

AVOCADOS AND BEAUTY

The oil and vitamins in Chilean Hass Avocados work both externally and internally. Exclusive and well known spas use avocados for facials and hair treatments and so can you. Of course if you have very sensitive skin or allergies you should test the avocado treatment on a small patch of skin before.

- Avocado Facial – Halve, pit and peel a soft-ripe Chilean Hass Avocado and mash in a bowl or in a sealable plastic bag with 2 to 3 tablespoons honey. Wash your face, spread on the avocado mixture, lick your fingers and relax for 15 minutes. Then remove the avocado mask by rinsing off with warm water.
- Avocado Hair Treatment – Halve, pit and peel a soft-ripe Chilean Hass Avocado and mash in a bowl (or in a sealable plastic bag) with ½ cup olive, almond or avocado oil. Work into hair with fingers or a brush, getting avocado mixture all the way to the ends. Let stand 30 minutes, then rinse, shampoo and condition as usual.



NUTRITION FACTS

Serving size 1/5 medium (30 g. / 1 oz.)

Serving Per Container 5

Amount Per Serving

Calories 50

Calories from Fat 35

%Daily Value*

Total Fat 4.5 g.

7%

Saturated Fat 0.5 g.

3%

Trans Fat 0 g.

Polyunsaturated Fat 0.5 g.

Monounsaturated Fat 4 g.

Cholesterol 0 mg.

0%

Sodium 0 mg.

0%

Potassium 140 mg.

4%

Total Carbohydrate 3 g.

1%

Dietary Fiber 1g.

4%

Sugar 0 g.

Protein 1 g.

Vitamin A 0%

● Vitamin C 4%

Calcium 0%

● Iron 2%

Vitamin E 4%

● Thiamin 2%

Riboflavin 4%

● Niacin 4%

Vitamin B6 4%

● Folate 8%

Pantothenic Acid 4%

● Phosphorus 2%

Magnesium 2%

● Zinc 2%

Copper 2%

● Manganese 2%

Percent Daily Values are based on a 2,000

calorie diet. Your daily value may be higher or lower depending on your calories needs:

	Calories	2.000	2.500
Total Fat	Less than	65 g.	80 g.
Sat Fat	Less than	20 g.	25 g.
Cholesterol	Less than	300 mg.	300 mg.
Sodium	Less than	2.400 mg.	2.400 mg.
Total Carbohydrate		300 g.	375 g.
Dietary Fiber		25 g.	30 g.

Calories per gram: Fat 9. Carbohydrate 4, Protein 4.

NUTRITION FACTS

Avocados are nutrient dense. Nutrient dense foods are those that provide substantial amounts of vitamins, minerals and other nutrients with relatively few calories. One serving (1/5 of an avocado or 1 ounce) has 50 calories and contributes nearly 20 vitamins and minerals. Avocados are nutrient boosters, enabling the body to absorb more fat-soluble nutrients, such as alpha- and beta-carotene, as well as lutein, from foods eaten along with the avocado. An ounce of avocado contains 81 micrograms of lutein (a carotenoid). Lutein is a natural antioxidant which may help maintain eye health as we get older.

Avocados are cholesterol and sodium free, and more than 50% of their fat content comes from monounsaturated fats, the good fats. Because of their polyunsaturated and monounsaturated fat content, avocados are a healthy substitution for foods rich in saturated fat. When used in place of other fats, avocados can be a satisfying addition to a calorie controlled diet. Avocados can help consumers meet the dietary guidelines of the American Heart Association, which recommend limiting saturated fat intake to less than 7% of total calories, trans fats intake to less than 1% and cholesterol intake to less than 300 mg. per day.

A serving (1-ounce or 1/5 avocado) contains only 0.5 grams saturated fat, no cholesterol and no trans fats. Avocados also contain beta-sitosterol, a natural plant sterol which may help maintain healthy cholesterol levels. A 3-ounce serving of avocado provides 76 milligrams of beta-sitosterol. One serving of Chilean Hass Avocado (1/5 of an avocado) provides 4.5 grams of fat. Of that, 3 grams are monounsaturated fatty acids, 0.5 saturated fat, 0.5 polyunsaturated fat and with 0 grams of trans fat. Current US dietary guidelines recommend “keep total fat intake between 20 to 35% of calories, with most fats coming from sources of polyunsaturated and monounsaturated fatty acids.”



PREPARING AVOCADOS



Rinse and dry the avocado. With a sharp chef's knife, cut the avocado in half, working around the pit.



Twist the avocado to separate the halves.



Using a spoon, gently loosen the pit and lift it out.



Run the spoon around the edge between the peel and the flesh to loosen, and then lift the avocado half from the peel.



Cut slices or dice, as needed. Brush or sprinkle the avocado with lemon or lime juice to prevent darkening or use immediately in recipes.



Or, turn each avocado half outside down on a cutting board and cut slices through the peel.



Loosen peel at one end of each slice and lift off.

EASY AVOCADO SPREAD

A Chilean Hass Avocado, mashed with a little lemon or lime juice and some salt, can make a terrific spread for sandwiches and appetizers, or to top burgers or hot dogs. Follow the steps below for a variation that kids can do. In addition, this version is portable, too. Just tuck the plastic bag in the cooler to tote to tailgate events, games or parties.



With a sharp chef's knife, cut in half, working around the pit.



Twist avocado to separate halves.



Using a spoon, scoop avocado flesh into zip top plastic bag. Add a squeeze of lemon juice and salt, if desired.



Seal bag and mash with hands until avocado is spreadable.



Cut tip off one corner of plastic bag.



Using bag as you would a pastry bag, pipe avocado spread onto slices of French bread, crackers, chips or slices of fresh vegetables.

**For portable spread (for tailgating or outdoor events) be sure to get all air out of bag before sealing. Keep in cooler until ready to pipe.*



TORRES DEL PAINE, NATIONAL PARK. CHILE

THE AMERICAS

RECIPES

WITH CHILEAN HASS AVOCADOS



Avocado, Shrimp and Grapefruit Tower

SERVES 2

INGREDIENTS

- 1 cup of grapefruit juice
- ½ cup of sugar
- 1 tablespoon of merkén*
- Fresh black pepper and salt
- 2 firm Chilean Hass avocados, chopped lengthways
- 10 shrimps, cooked, skinned and deveined
- 1 grapefruit cut into segments

PREPARATION

1. In a small pan, heat the grapefruit juice, sugar and merkén over a medium heat. Cook for 10 minutes or until the sugar dissolves and the liquid is half evaporated. Cool and set aside.
2. Place slices of avocados on 2 plates. Add shrimps and grapefruit segments forming layers. Sprinkle grapefruit syrup and season with fresh salt and pepper.

*Note: Merkén is a unique smoked chili pepper mix originally from the Mapuche Indian population of Chile.

To make your own merkén, blend 1 teaspoon dried oregano leaves, 1 teaspoon cayenne pepper, ½ teaspoon paprika and ½ teaspoon ground coriander seeds.



Avocado and Scallop Mousse

SERVES 4

INGREDIENTS

- 2 Chilean Hass avocados, sprinkled with lemon juice
- 7 oz. (200 g.) light cream cheese
- 1.5 oz. (40 g.) light mayonnaise
- 1 tablespoon of ketchup
- 0.2 oz. (6 g.) or 3 sheets of unflavored gelatin
- 4 celery stalks, chopped into small squares
- ½ cup of scallops without shell, chopped and sauteed
- Juice of 1 lemon
- Salt and pepper
- 2 egg whites
- Scallops with shells sauteed to garnish and slices of avocado

PREPARATION

1. In a food processor, blend avocados, cream cheese, light mayonnaise and ketchup into an even paste.
2. Soak gelatin in water and heat in a double boiler and add to avocado mixture. Add celery stalks, lemon juice and scallops to the mixture and season with salt and pepper.
3. Beat egg whites until thick and add softly to the mixture.
4. Place into cups and refrigerate until it curdles.
5. Garnish with scallops and slices of avocado.



Avocado Stuffed with Chicken and Chives

SERVES 6

INGREDIENTS

- 1 chicken breast (with bones)
- 1 celery stalk chopped into squares
- 1 tbsp. chives, finely chopped
- 1 tbsp. Dijon mustard
- 1 tbsp. cream
- 1 plain yogurt
- 2.5 oz. (70 g.) cream cheese
- Salt
- 3 large Chilean Hass avocados

PREPARATION

1. Bring 3 liters of water to boil on high heat. Once boiling, add chicken breast and cook for 35 minutes or until ready. Allow to cool.
2. Cut chicken breast into 1 cm. thick cubes and set aside. In a bowl, mix celery, chives, mustard, cream, yogurt, cream cheese. Add chicken and season with salt.
3. Peel, halve and pit avocados gently so the inside is not damaged. Stuff each avocado with the chicken paste.



Hass Caesar Salad

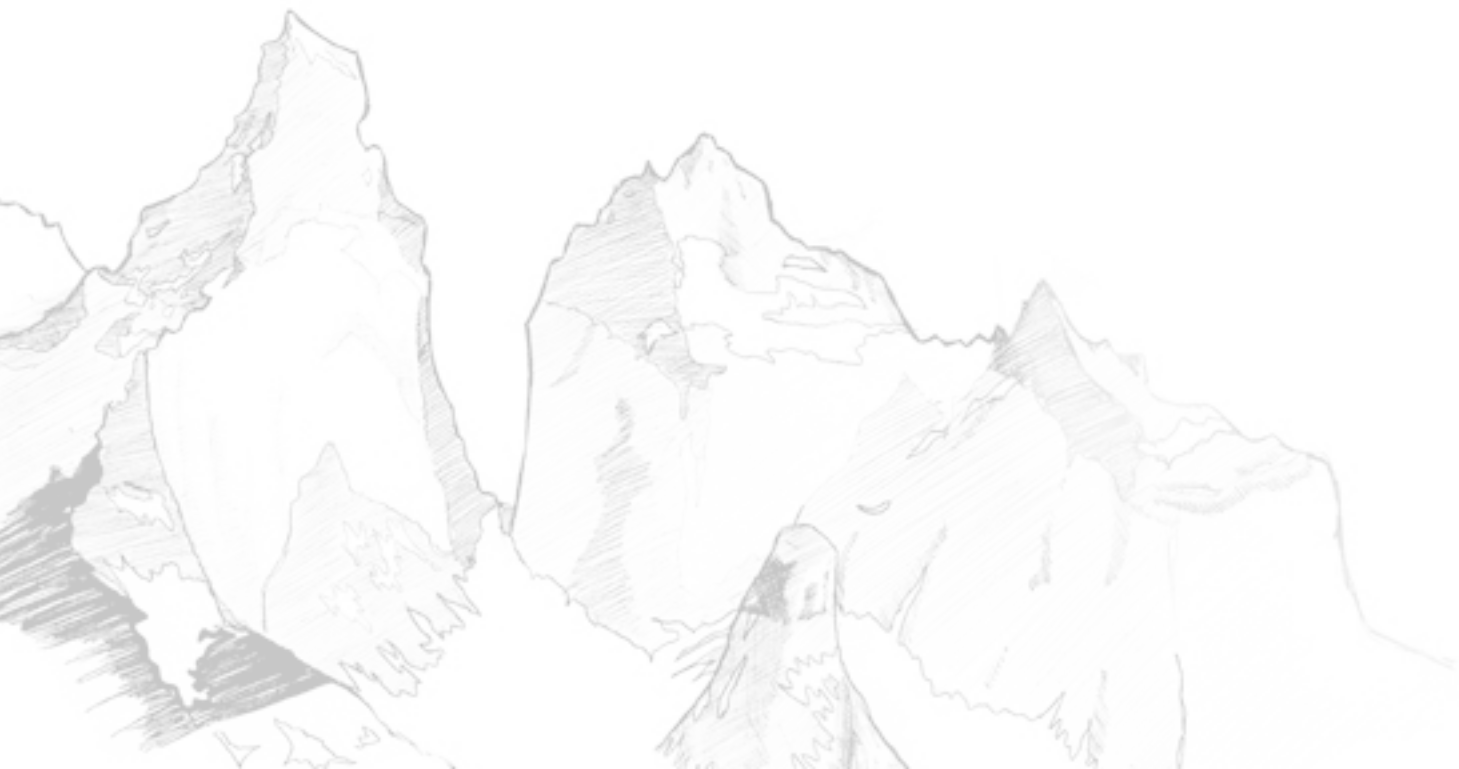
SERVES 2

INGREDIENTS

- Assorted lettuce
- 1 boneless chicken breast, cooked
- ½ cup olive oil
- 1 clove garlic, chopped
- 3 egg yolks
- 1 Chilean Hass avocado, sliced
- Parmesan cheese
- Salt and pepper to taste
- Bread croutons

PREPARATION

1. Tear off lettuce leaves, keep in cold water until use. Cut chicken breast into strips and set aside.
2. In a blender, add egg yolks and garlic. Add oil until the mayonnaise is formed.
3. Mix lettuce with mayonnaise, add strips of chicken and pieces of avocado.
4. Add plenty of grated parmesan cheese in slices. Season with salt and pepper. Add bread croutons and serve.



Fettuccine with Avocado and Nuts

SERVES 4

INGREDIENTS

- 14 oz. (400 g.) fettuccine nests, cooked
- 2 tablespoons of finely chopped chives
- 4 tablespoons of finely chopped red pepper
- 3 ripe Chilean Hass avocados
- ½ cup of olive oil
- 200 cc. cream
- 3.5 oz. (100 g.) nuts of your choice
- Salt and pepper to taste
- 3.5 oz. (100 g.) parmesan cheese grated or sliced

PREPARATION

1. In a bowl, mix fettuccine with chopped chives and red pepper.
2. Peel 2 avocados. Mash with a fork and drizzle oil on top.
3. Cut one avocado into small dices. Set aside.
4. Add into the mashed avocado mixture, peeled and chopped nuts, cream and avocado slices. Season and simmer.
5. Pour sauce on top of fettuccine and serve warm. Add grated parmesan cheese.



Chicken Tea Sandwiches

with Avocado

SERVES 4

INGREDIENTS

- 2 chicken breasts with skin and bones
- 2 large Chilean Hass avocados, halved, pitted, peeled
- Salt and pepper
- $\frac{3}{4}$ cup plain yogurt
- 2 tablespoons mayonnaise
- 1 teaspoon mustard
- 8, 5x5-inch slices country white bread

PREPARATION

1. Bring 5 cups water to boil over medium fire and add chicken breasts. Reduce heat and simmer until chicken is cooked through, about 20 minutes. Transfer chicken to bowl and cool (set aside broth for another use).
2. Mash avocados with a fork and add salt to taste. Set aside.
3. Shred chicken breasts, discarding bones and skin. Stir in yogurt, mayonnaise, and mustard until it forms into a thick paste. Season chicken mixture with salt and pepper.
4. Place one slice of bread on 4 plates; spread chicken salad equally on each. Spread mashed avocado evenly over. Cover with one slice of bread and press gently. Halve sandwiches diagonally and serve.



The Chacarero

SERVES 4

INGREDIENTS

- 1 garlic clove, finely chopped
- 1 tablespoon olive oil
- ¼ teaspoon paprika
- ½ teaspoon ground cumin
- ¼ teaspoon dried oregano leaves, crushed
- 12 ounces beef chuck or top round, sliced thin
- 1 teaspoon merkén or cayenne pepper
- ½ teaspoon salt
- 1 cup green beans, thinly sliced and cooked
- 2 jalapeño peppers, seeded and thinly sliced
- 2 ripe Chilean Hass avocados
- 4 hamburger buns

PREPARATION

1. In a medium bowl, combine garlic, olive oil, paprika, cumin and oregano. Add beef slices and marinate. Set aside for 30 minutes. (Refrigerate if marinating longer.)
2. In large skillet or on griddle over high heat, cook slices until just done.
3. Cut avocados in half, remove the pit and peel. Mash with merkén and salt in a small bowl.
4. Toast the hamburger buns, then spread with avocado mixture. Top with beef slices, green beans and some pepper slices. Cover with top of bun and serve at once.



Hass Avocado and Blue Cheese Cold Soup

SERVES 6

INGREDIENTS

- 4 large Chilean Hass avocados
- 2 cups milk
- $\frac{3}{4}$ cup (200 cc.) cream
- Juice of 1 lemon
- 2 tablespoons of chopped scallions
- 3 oz. (90 g.) blue cheese
- Salt and black pepper

PREPARATION

1. Peel avocados, remove pits and mash. Put through a sieve and set aside.
2. Run the avocado purée, milk, cream, lemon juice, scallions and blue cheese through a blender. Season with salt and pepper. Pour into single cups and sprinkle with chopped scallions and blue cheese.



Avocado Wreath

SERVES 24

INGREDIENTS

- 5 Chilean Hass avocados
- 1/4 cup lemon juice
- Salt and pepper to taste
- 1/2 red bell pepper chopped and crackers to accompany

PREPARATION

1. Cut avocados in half, remove the pits and peel. Put flesh into a large zip top plastic bag. Squeeze to press air out and seal. Mash bag with hands until avocados are smooth but with a few chunks. With scissors, snip just the corner off, of one end of the bag. Pipe avocado mixture into a wreath shape on a large serving plate. Garnish with chopped red bell pepper. Serve with crackers.



Avocado Holiday Frittata

SERVES 6

INGREDIENTS

- 1 tablespoon olive oil
- ½ cup onion, chopped
- 1 cup turkey, cooked and diced
- ½ cup green beans and broccoli, cooked and diced
- ½ cup red bell pepper, chopped
- 8 eggs
- ½ cup non-fat milk
- ½ teaspoon salt and pepper
- 1 Chilean Hass avocado
- ½ cup cheddar or mozzarella cheese, shredded thickly

PREPARATION

1. Preheat oven to 400 degrees F.
2. Heat olive oil in a 10-inch skillet over medium to high heat. Add onion and cook until tender, about 5 minutes. Stir in turkey, vegetables and red bell pepper, stirring until heated through. In medium a bowl, beat eggs with milk, salt and pepper. Pour into skillet and stir into the turkey mixture. Continue to cook until mixture is set at edges.
3. Meanwhile, cut avocado in half, remove the pit and peel. Cut into slices or chunks. Sprinkle with cheese.
4. Transfer skillet to the oven and cook for approximately 5 minutes or until a knife inserted just off-center comes out clean. Cut in wedges to serve.



Cobb Scramble

SERVES 4

INGREDIENTS

- 1 Chilean Hass avocado
- 6 eggs
- ½ cup turkey or chicken, chopped
- 2 slices bacon, crisp and crumbled
- ¼ cup blue cheese
- ¼ cup green onions, chopped
- 4 teaspoon olive oil

PREPARATION

1. Rinse avocado, cut in half, and remove the pit. Spoon out flesh and cut into chunks.
2. Beat eggs in a bowl. Stir in avocado, turkey, bacon, blue cheese and green onions.
3. Heat a non-stick skillet sprayed with olive oil or pan coating. Add egg-avocado mixture and scramble, stirring occasionally, until eggs are set but still moist. Top with avocado chunks.



Avocado Fish Tacos

SERVES 4

INGREDIENTS

- 2 Chilean Hass avocados
- 2 tablespoons lemon juice
- Pepper
- Approx. ¼ cup oil for frying
- 2 cups cabbage (green or red), shredded or finely sliced
- 4 tablespoons oil
- 4 tablespoons lemon juice
- 1 tablespoon Dijon mustard
- 2 tablespoons poppy seeds
- 1 pound firm white fish, such as cod or halibut, cut into 2-inch chunks
- ¼ cup flour
- ½ teaspoon salt and pepper
- 4 (8-inch) flour or corn tortillas
- Coriander and lemon slices to serve

PREPARATION

1. Cut avocados in half, remove pit, and peel. Cut in chunks and sprinkle with lemon juice. Set aside.
2. In a bowl mix oil, lemon juice and mustard. Add cabbage and poppy seeds. Season with salt and pepper. Set aside.
3. Mix flour, salt and pepper in a deep plate with a fork. Dredge fish chunks in the mixture. Heat oil in large skillet over medium to high heat. Add fish chunks and cook until nicely browned on all sides.
4. Divide cabbage mixture between tortillas. Top with fish chunks, avocados and garnish with coriander and lemon slices.



Avocado, Asiago & Prosciutto Pizza

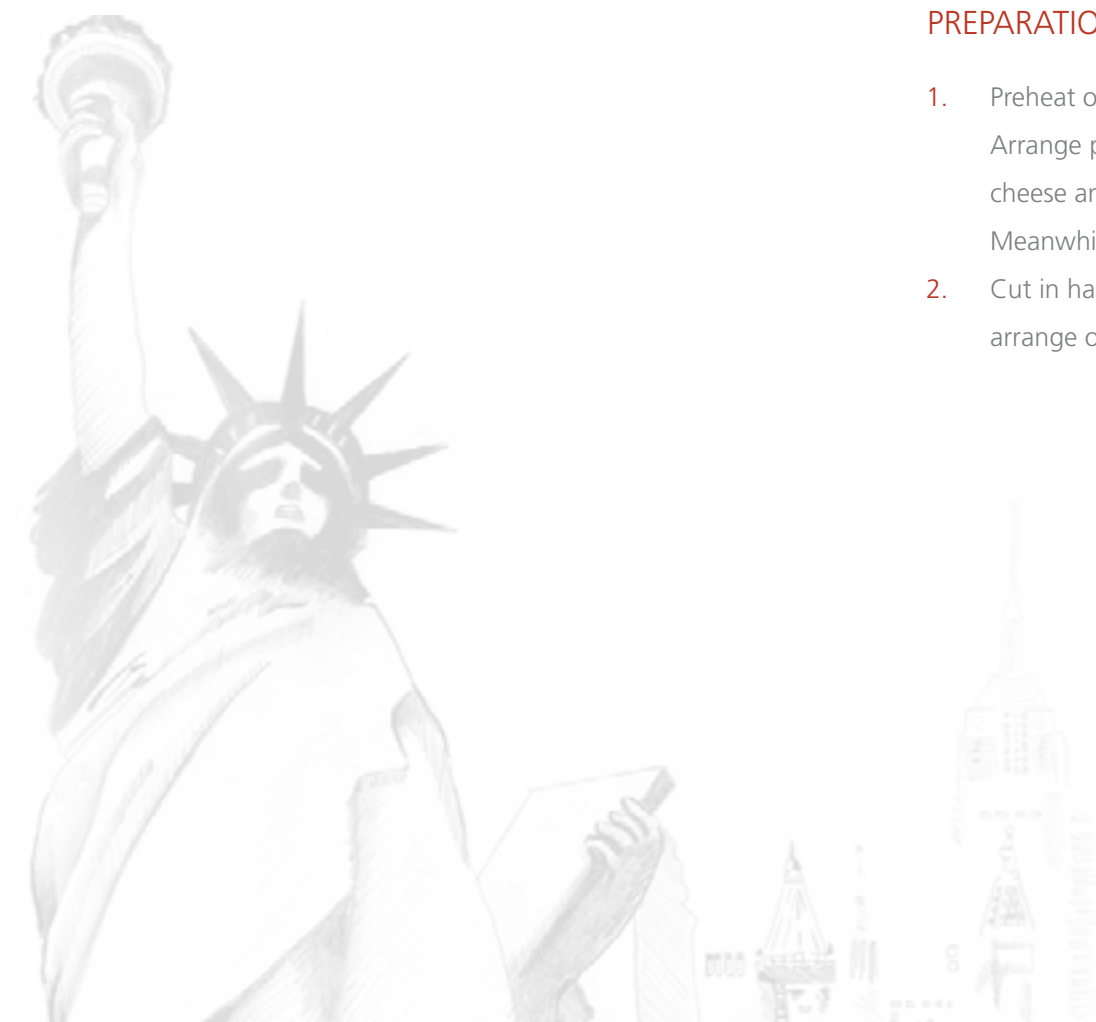
SERVES 6

INGREDIENTS

- 1 (10-ounce) thin or whole wheat pizza crust or seasoned flat bread crust
- 1½ to 2 ounces prosciutto, thinly sliced
- 3 ounces Asiago cheese or any hard cheese, crumbled
- 2 tablespoons fresh basil or Italian parsley, chopped
- 2 Chilean Hass avocados
- Red pepper flakes

PREPARATION

1. Preheat oven to 425° F. Place pizza crust on baking sheet. Arrange prosciutto slices evenly over crust. Sprinkle with Asiago cheese and basil. Bake until lightly browned, about 10 minutes. Meanwhile, rinse avocados.
2. Cut in half. Spoon out pit. Remove peel. Cut into slices and arrange over top of pizza. Sprinkle with red pepper flakes.



The All-American Avo-Dog

SERVES 8

INGREDIENTS

- 8 hot dogs
- 8 hot dog buns, split
- 2 large Chilean Hass avocados
- Juice of ½ lemon
- Salt and pepper
- 2 medium tomatoes, cut into small dices
- Raw onion sliced thinly (optional)

PREPARATION

1. Prepare grill. Over high heat, grill hot dogs until lightly browned. Place buns, cut side down, on cooler part of grill until lightly toasted for about 3 minutes.
2. Split avocados into two, pit, peel and crush. Gently mix mashed avocado and lemon juice in a medium-sized bowl. Season with salt to taste.
3. To serve, place one hot dog in each toasted bun. Evenly divide diced tomatoes over hot dogs and top with avocado mixture. Sprinkle with optional thinly sliced onion and serve.



Avocado Cheeseburger

SERVES 6

INGREDIENTS

- 1 onion, divided; ½ grated, ½ thinly sliced (optional)
- 2¾ pounds ground beef
- 1 tablespoon barbecue sauce
- Salt and pepper
- ¼ cup of olive oil
- 6 slices cheddar cheese
- 6 hamburger buns, split
- 2 large tomatoes, sliced thickly
- 6 large lettuce leaves
- 2 medium Chilean Hass avocados, thickly sliced
- ⅔ cup mayonnaise

PREPARATION

1. Preheat oven to medium temperature. Mix ground beef, grated onion and barbecue sauce in a bowl. Season with salt and pepper. Shape mixture with your hands into six ¾-inch-thick patties. Set aside.
2. Heat oil in large skillet over high heat; cook hamburgers until brown on bottom, about 4 minutes. Turn over; lay slice of cheese on top. Cook until burgers reach desired state, or 4 minutes for medium.
3. Toast buns on rack in oven for 4 minutes or until crunchy.
4. Place burgers on roll bottoms. Top each with sliced tomato, sliced onion (optional), lettuce leaf and several avocado slices. Spread mayonnaise on cut side of bun tops; place on burgers and serve.



Creamy Avocado Dressing

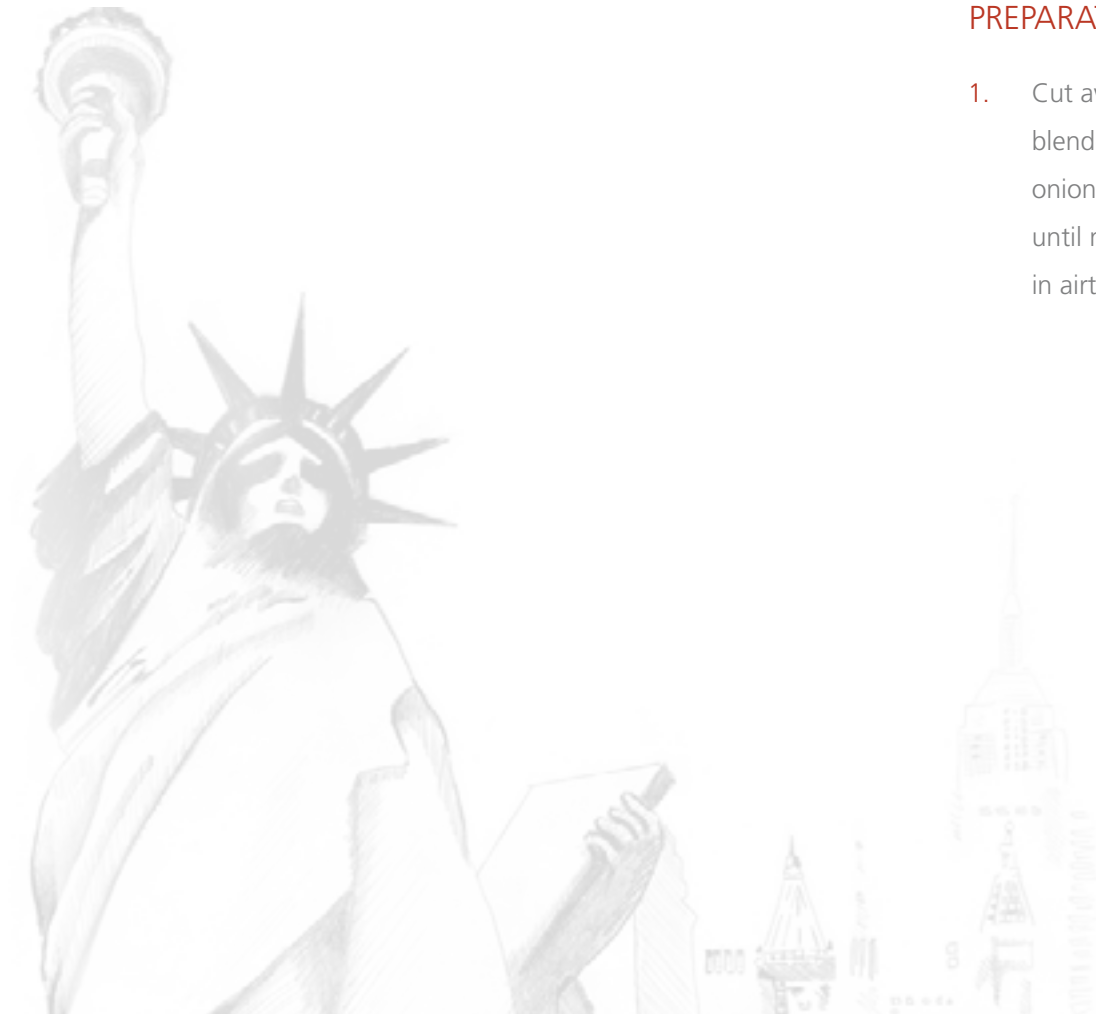
SERVES 1 CUP

INGREDIENTS

- 1 Chilean Hass avocado
- $\frac{3}{4}$ cup cream
- 2 green onions, chopped
- 2 tablespoons fresh basil leaves or pesto
- 2 tablespoons rice vinegar
- $\frac{1}{4}$ teaspoon salt

PREPARATION

1. Cut avocado in half, remove the pit, and peel. Scoop into blender or food processor bowl. Add the cream, green onions, basil leaves and rice vinegar. Blend for about 30 seconds, until mixture is smooth. Season with salt. Dressing can be stored in airtight container for up to 3 days.



Brown Rice Chicken and Avocado Salad

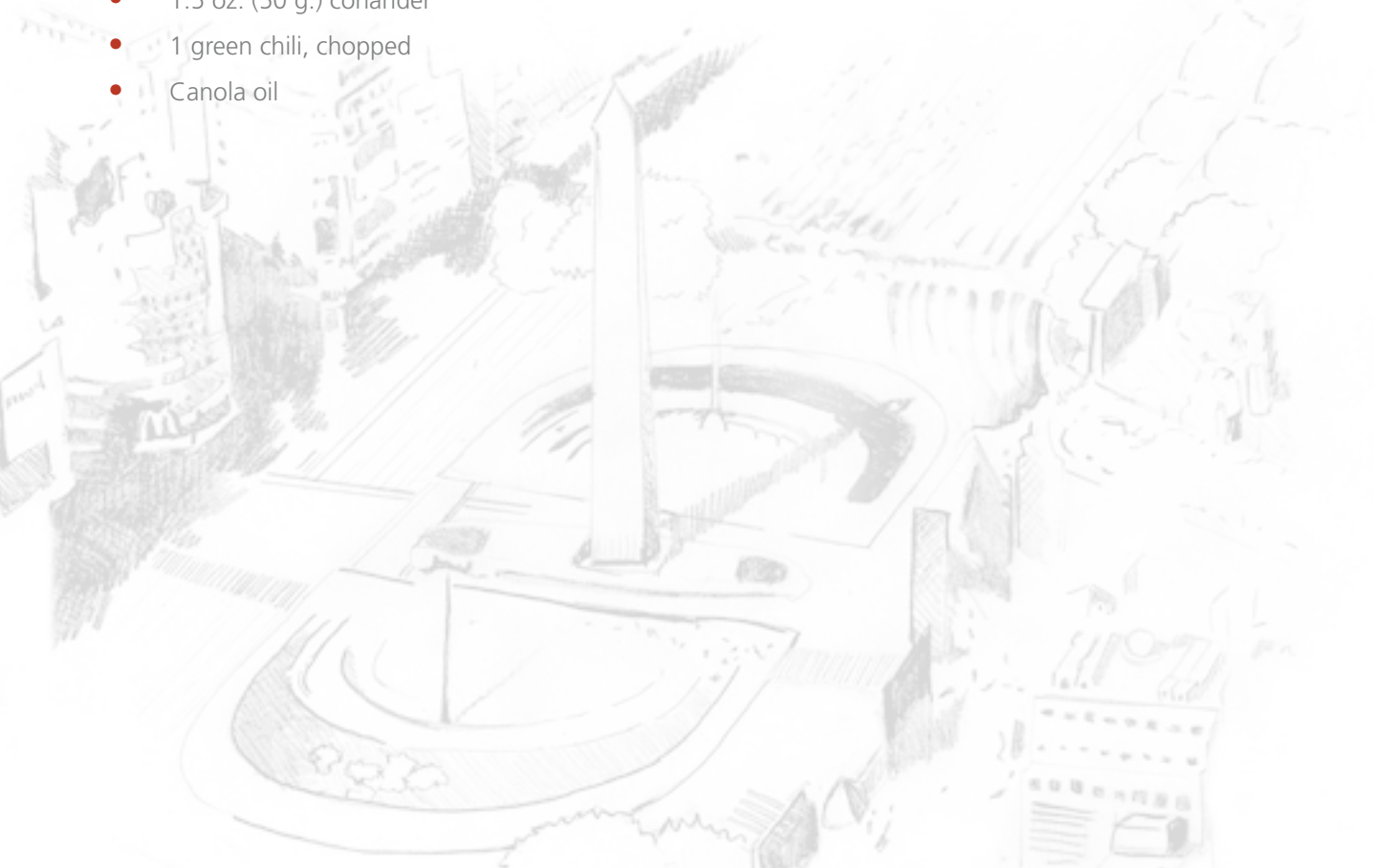
SERVES 7

INGREDIENTS

- ¼ cup of olive oil
- 2 chicken breasts without bones
- Salt and pepper
- Juice from 3 lemons
- 4 Chilean Hass avocados
- 3 cups brown rice
- 7 oz. (200 g.) cherry tomatoes, halved
- 2 corns cobs
- 1 purple onion
- 1.5 oz. (50 g.) coriander
- 1 green chili, chopped
- Canola oil

PREPARATION

1. In a pan, add oil over medium heat. Cook chicken breasts for 5-6- minutes per side or until cooked and golden. Season with salt and pepper and spray with 1/3 of lemon juice. Set aside.
2. Cut Hass avocados into squares and spray them with the rest of the lemon juice so they do not turn dark.
3. Mix rice into a bowl with diced chicken breasts, avocados, tomatoes, corn and onion.
4. Blend mixture with lemon juice, oil, chili, coriander, salt and pepper to emulsify. Season salad and serve.



Avocado-Ricotta Gnocchi with Cherry Tomato Sauce

SERVES 4-6

INGREDIENTS

For the gnocchi:

- 1 15-ounce whole milk ricotta cheese
- 1 large Chilean Hass avocado, halved, pitted, peeled, mashed
- 4 tablespoons grated parmesan cheese, plus additional for serving
- 1 tablespoon butter at room temperature
- ½ teaspoon grated nutmeg
- 2 scant cups all-purpose flour, plus additional for dredging

For sauce:

- 3 ½ ounces sun-dried tomatoes soaked in hot water for 30 minutes
- 5 tablespoons butter
- 2 tablespoons olive oil
- ¼ cup white wine
- ½ pound (about 8 ounces) cherry tomatoes, halved
- ¾ cup whole milk
- ½ cup cream
- 2 tablespoons fresh thyme leaves
- 1 ½ tablespoons fresh sage

PREPARATION

1. In a large bowl mix ricotta, avocado, parmesan cheese, butter, grated nutmeg, salt and pepper. Stir in flour until dough is cohesive but moist.
2. Using hands sprinkled with flour, shape gnocchi into small ovals. Drop into dish of flour, tossing to coat.
3. Melt butter and oil in large non-stick skillet over medium heat. Add wine and reduce briefly, about 3 minutes. Drain sun-dried tomatoes and chop into thick pieces. Add to skillet with cherry tomatoes; sauté over medium-high heat for about 4 minutes. Add milk, cream, thyme and sage. Season with salt and pepper. Simmer sauce for about 10 minutes, stirring occasionally.
4. Bring salted water to boil in large pot. Slowly add gnocchi and cook for about 5 minutes until they are tender and rise to the surface. Using slotted spoon, transfer to plates. Top gnocchi with tomato sauce and serve, sprinkle grated parmesan cheese on top.



Colombian Potato Soup

SERVES 6

INGREDIENTS

- 2 chicken breasts without skin and bones
- 4 large potatoes, peeled
- A bunch of guasca leaves (or aromatic herbs, parsley, rosemary, thyme)
- 4 soufflé potatoes, unpeeled in squares
- 2 corncobs
- Salt
- 1 jar of capers
- 2 Chilean Hass avocados
- ½ cup cream
- White rice
- Parsley to garnish

PREPARATION

1. Bring chicken to boil in a large pot the chicken broth over a medium heat and add chicken and large potatoes. Season with salt and half of the herbs (guasca).
2. Once boiled and when soup starts to thicken, add soufflé potatoes, corncobs and remaining guasca. Add the capers and garnish with avocado, cream and white rice.



Bandeja Paisa

SERVES 6- 8

INGREDIENTS

Preparation of beans:

- 3 cups of black beans
- 2 plantains
- 1 grated carrot
- 1 chopped onion
- 3 slices fried bacon
- 2 tbsp. tomato sauce
- 2 tbsp. oil
- 1 liter of vegetable broth
- 1½ cup tomato and onion sauce
- Salt, pepper and cumin to taste

Preparation of meat:

- 3 medium tomatoes chopped
- 2 stalks of green onion chopped
- 1 tbsp. coriander chopped
- 2 cloves garlic chopped
- 6 tbsp. oil
- 36 oz. (1k) of pork flesh in small pieces
- Salt and seasoning to taste
- Avocado, rice, chitterlings, sausage, pork ribs, fried egg and fried plantain to garnish

PREPARATION

1. Prepare beans. The night before, soak beans covered in water. Drain before cooking. The next day, in a pressure cooker, add beans, plantains, carrot, onion, fried bacon, oil and tomato sauce. Cover with the broth and cook for 50-55 minutes over medium heat from the moment its starts to bubble. When the pressure cooker is ready, reduce heat for 30 minutes. Then add the onion and tomato sauce and season to taste with salt, pepper and cumin.
2. Prepare the meat. Blend tomatoes, onion, coriander and garlic. Add 2 tablespoons of oil and season. Slice the pork flesh in to small chunks and season with previously prepared sauce. Add this mixture and the pork flesh into a bowl. Leave to marinate in the refrigerator for 1 hour.
3. In a pot, pour in the rest of the oil and heat over medium fire. Add pork flesh with the marinated mixture and cook for 30 minutes on medium heat or until the meat is firm and dry. Move to a food processor until small pieces of pork flesh. Season with salt and pepper.
4. To serve, place the beans on a plate and pieces of pork and serve with avocado, rice, chitterlings, pork ribs, sausage, fried egg and fried plantain.





CHUNGARÁ LAKE, CHILE



EUROPE RECIPES

WITH CHILEAN HASS AVOCADOS



Winter Guacamole

2 CUPS

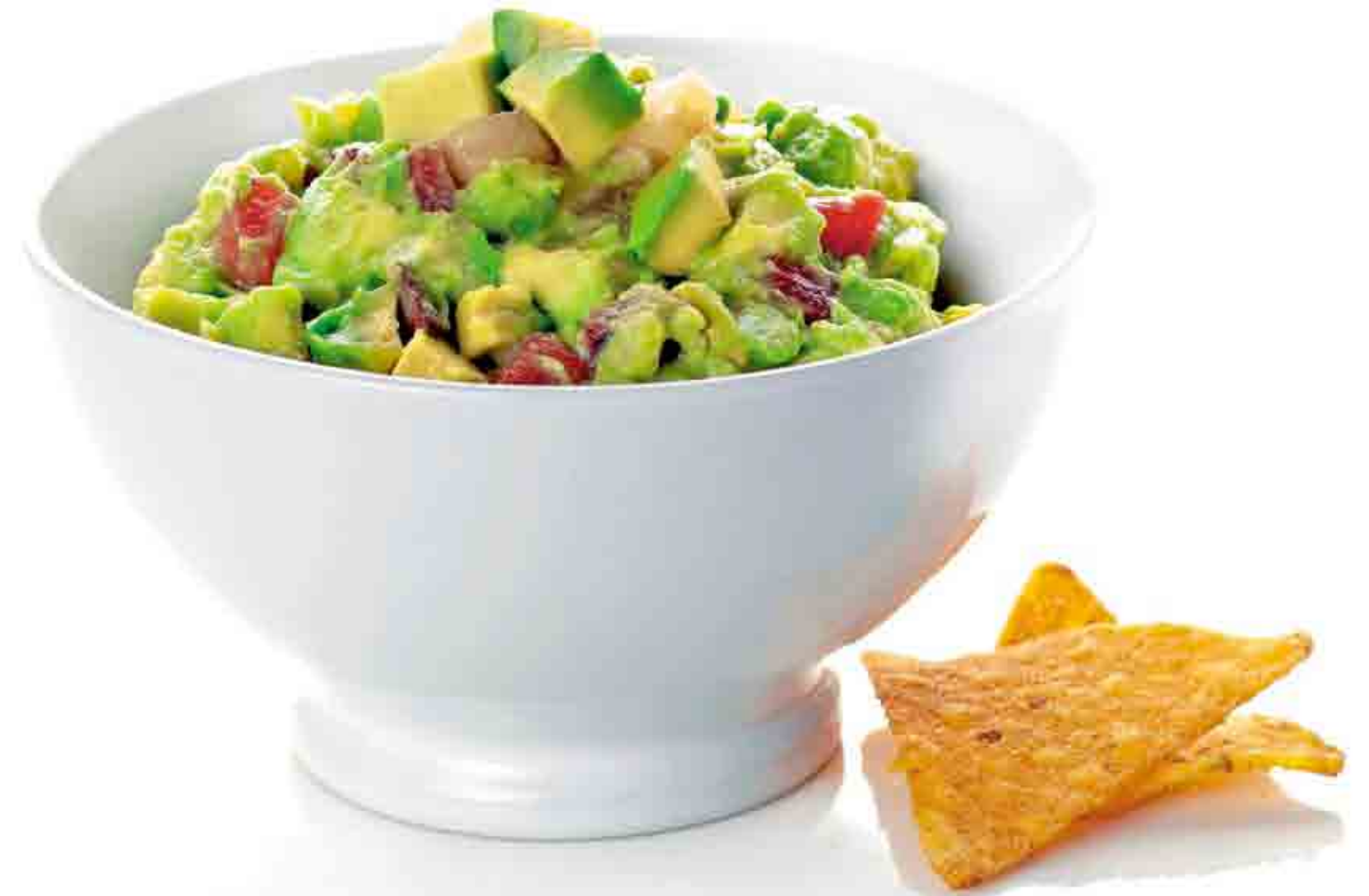


INGREDIENTS

- 1 small onion, finely chopped
- 2 green chilis, finely chopped (serranos if you can get them)
- The flesh of 5-6 Chilean Hass avocados
- 2 ripe plums, stones removed and finely diced
- A handful of black seedless grapes, halved
- Lemon juice

PREPARATION

1. The easiest way to make guacamole is in a large, heavy pestle and mortar or, in Mexico, a molcajete.
2. Put the chilis and onion into the bottom of the pestle and crush to a paste with a couple of teaspoons of salt. Stir in the avocado flesh, plums and half the grapes. Season to taste with the lemon juice. Serve at room temperature decorated with the remaining grapes, with tortilla chips or pork scratchings.



Avocado Cheese on Toast

SERVES 2

INGREDIENTS

- 2 thick slices of granary bread
- 1 medium ripe Chilean Hass avocado
- 1 cup of grated cheddar cheese
- Salt and pepper, to taste

PREPARATION

1. Preheat oven. Toast bread on one side.
2. Remove the skin and stone from the avocado. Mash the avocado flesh together with salt and pepper; combine with the cheese.
3. Turn on oven grill. Turn the bread over and spread mixture thickly. Place on the oven's grill and toast until cheese starts to brown.



Lamb Chops with Pea Mint and Avocado Salad

SERVES 4

INGREDIENTS

For the lamb chops:

- 8 lamb chops
- Juice and zest of a lemon
- 3 garlic cloves, crushed
- ½ cup olive oil
- Salt and pepper
- 10.5 oz. (300 g.) fresh peas, podded
- 0.5 oz. (15 g.) Parmesan, finely grated
- 1-2 tablespoons mint leaves, chopped
- 2.6 oz. (75 g.) rocket
- 1 tablespoon rosemary leaves, finely chopped
- 2 Chilean Hass avocados cut into bite-size pieces

Yogurt and Mint Dressing:

- 300 ml thick yogurt
- 3 spring onions finely sliced
- 1 tablespoon extra virgin olive oil
- Salt and pepper
- A pinch of sugar (optional)
- Butter

PREPARATION

1. Prepare the lamb by putting it in a dish or a plastic bag with the lemon juice, olive oil, garlic, a couple of stems of mint and salt and pepper. Set aside for half an hour.
2. Add peas to a bowl and season with a splash of olive oil, grated parmesan cheese, lemon zest and a spoon of chopped mint, rosemary, salt and pepper.
3. Squeeze a bit of lemon juice over each avocado piece and add to the pea mixture. Toss the rocket through the pea mixture and add little more olive oil if needed.
4. Make the yogurt dressing by mixing all the remaining ingredients together. Set aside.
5. Heat a grill on its highest setting and dab each chop with a tiny piece of butter. Grill for 3-4 minutes aside for pink or longer until cooked to your liking. To serve, place the pea and avocado salad on the plates, top with the cutlets and spoon over the yogurt and mint dressing.



Avocado Gazpacho with Prawns

SERVES 8

INGREDIENTS

- 4 Chilean Hass avocados
- 2 cups of vegetable broth
- ½ chili or hot sauce
- 1 purple onion
- Lemon juice
- Salt and pepper
- Olive oil
- 10 big prawns
- 2 red bell pepper, seedless and chopped

PREPARATION

1. Place in food processor the fresh Chilean Hass avocados, vegetable broth, chopped chili and onion, with a bit of lemon juice, salt and a trickle of olive oil. Blend until smooth. Season with salt and pepper. Reserve.
2. Cook the prawns in a frying pan, season to taste with salt and pepper. Finalize the cooking with a trickle of lemon juice. Serve cold soup in glasses, topping with red bell pepper cubes and a prawn.



Spanish Tapa of Avocado with Andalusian Octopus

SERVES 6

INGREDIENTS

- 1/3 cup extra virgin olive oil
- Juice of 1 lemon
- 1 tablespoon chili powder
- 1 tablespoon mustard
- 1/2 cup green olives, chopped
- 2 large hearts of palm, chopped
- 3 artichoke hearts, chopped
- 1/2 teaspoon capers
- Salt and pepper
- 1 pound cooked octopus, chopped into small pieces
- 1/4 bunch fresh basil leaves, chopped
- 3 medium Chilean Hass avocados, halved, pitted, peeled

PREPARATION

1. In a bowl whisk olive oil, lemon juice, chili powder and mustard. Set aside.
2. In another bowl, mix olives, hearts of palm, artichoke hearts and capers.
3. Add mustard dressing into olive mixture; season with salt and pepper. Add octopus and chopped basil.
4. Stuff avocados with octopus mixture and serve.



Avocado and Parma Ham Skewers

SERVES 12

INGREDIENTS

- ¼ cup of soy sauce
- 3 Chilean Hass avocados
- 1 can of anchovies
- 7 oz. (200 g.) Parma ham
- 7 oz. (200 g.) Emmental cheese
- Soy sauce

PREPARATION

1. Leave 12 skewers to moisten in water and soy sauce for 10 minutes.
2. Cut Chilean Hass avocados, cheese and Parma ham into 0.8 inch (2 cm.) cubes.
3. Arrange avocado skewers with avocado slices, alternating ingredients, e.g. Parma ham, anchovies and Emmental cheese. Serve skewers on a platter, with soy sauce.



Salmon Stuffed with Avocado and Chili Marmalade

SERVES 6

INGREDIENTS

- 100 ml. cream
- 3 sheets gelatin
- 3 Chilean Hass avocados
- Salt and pepper
- Juice from 1 lemon
- 21 oz. (600 g.) fresh salmon
- 1 tbsp. chopped coriander
- 1 tsp. grated ginger
- 3.5 oz. (100 g.) butter

For the chili marmalade

- 7 oz. (200 g.) Boskop apple sliced thinly
- 3.5 oz. (100 g.) brown sugar
- 1 teaspoon white balsamic vinegar (or white apple vinegar)
- 1 fresh chopped chili

PREPARATION

1. In a pan put cream to simmer without letting it boil. Soak gelatin in cold water.
2. Mash avocado with a fork. Add salt, pepper and lemon juice.
3. Add gelatin into warm cream. Season with salt and pepper. Let set. Combine mixture with mashed avocado.
4. Slice salmon from the center to the right and to the left, creating a pocket. Rub inside pocket with salt, pepper and grated ginger.
5. Stuff with the avocado paste and close. Add salt and pepper to surface of salmon. Sprinkle with pieces of butter.
6. Place into preheated oven for 30 minutes on a medium-low heat.

Chili Marmalade

1. Mix apples in a pot with sugar, white balsamic vinegar and chili for 12 minutes over medium heat.
2. Simmer on low heat mixture until paste thickens.
3. Slice salmon into bite-size pieces, mix with chili marmalade and arrange over lettuce leaves.



Potato and Avocado Salad with Bacon Dressing

SERVES 6-8

INGREDIENTS

- 2.5 lb. potatoes, cooked and diced
- 6 slices of bacon, chopped finely
- 2 teaspoons oil
- $\frac{3}{4}$ cup chopped onion
- 2 tablespoons flour
- 1 tablespoon sugar or honey
- Salt
- 1 teaspoon celery seeds
- $\frac{1}{3}$ cup white vinegar
- 1 pinch ground black pepper
- 4 Chilean Hass avocados, cut into small dices
- 2 tablespoons chopped chives (optional)

PREPARATION

1. Heat a pan over medium heat and cook bacon until crispy. Remove from pan and set aside. In the same pan heat oil over medium fire and cook onions until beginning to brown. Sprinkle flour over the onions and stir to form a roux (flour/fat paste for thickening sauces). Let it cook for 1 minute; then add the sweetener, salt and celery seeds. Add water gradually, stirring constantly so that no lumps form. Add vinegar and bring sauce to a boil for 6-7 minutes or until vinegar evaporates. Add pepper.
2. Add potatoes and crumbled bacon to pan. Stir and heat for 1-2 minutes or until potatoes are heated through. Transfer to a bowl and let it marinate until lukewarm. Mix with avocados and sprinkle chives on top to serve.



Avocado and Tomato Salad

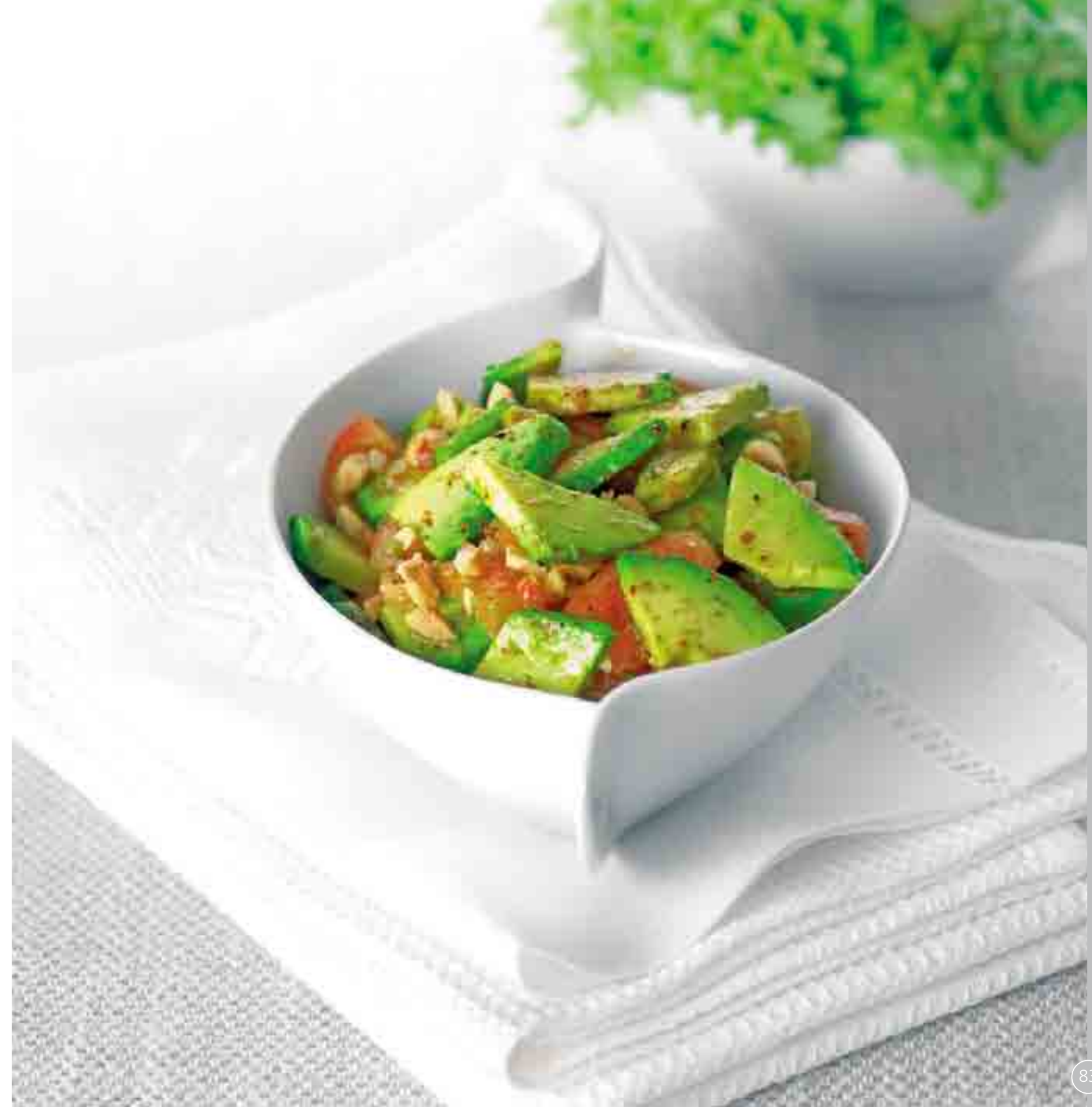
SERVES 2-4

INGREDIENTS

- 2 Chilean Hass avocados
- 6 ripe tomatoes
- Juice from 1 lemon
- 2 tablespoons olive oil
- 1 tablespoon honey
- 1 clove of garlic, finely chopped
- Powder chili to taste
- Salt and pepper
- 2 tablespoons chopped hazelnuts

PREPARATION

1. Cut the avocado and tomatoes into small pieces. Add into a bowl and set aside.
2. In another bowl, mix olive oil, lemon juice, honey, garlic and chili. Pour over the salad. Season with salt and pepper and sprinkle hazelnuts on top. Serve immediately.



Avocado Pie

4 SERVES

INGREDIENTS

Cake base layer:

- 10 oz. (300 g.) semi-sweet biscuits (or short bread)
- 4 oz. (125 g.) butter

Avocado cream:

- 3 ripe Chilean Hass avocados, in pieces
- 1 lemon
- 2 lime fruits
- 1 can of condensed milk

PREPARATION

1. Prepare the cake base layer. Crush the biscuit in a food processor and add the butter, blending until it mixes with the crumbs.
2. Pour mixture into individual molds and press with fingers until an even layer is formed. Set aside.
3. Prepare the avocado cream. Add avocado chunks with lemon juice and grated lemons into a blender. Pour in condensed milk and blend until mixture turns into an even green cream.
4. Cover base layer with the cream and refrigerate cake for at least 2 hours.
5. Decorate with grated lemon.



Gravlax with Mustard Sauce and Avocado

SERVES 8

INGREDIENTS

- 80 g. (scant ½ cup) sugar
- 4 tablespoons iodized coarse salt, pounded in a mortar
- 1 tablespoon coarsely ground white pepper
- 1 kg. (2.2 lb.) salmon fillet with skin and without bones (ideally a middle piece)
- 4 tablespoons fresh dill, finely chopped
- 2 Chilean Hass avocados, thinly sliced
- Salt and pepper

Head waiter sauce

- 1 tablespoon mild mustard
- 1 tablespoon Dijon mustard
- 1 tablespoon sugar
- 2 tablespoons apple vinegar
- 100 ml. (6¾ tbsp.) oil

PREPARATION

1. Mix sugar, salt and pepper and massage into the fillet on both sides.
2. Chop the dill and spread it on the meat side. Put the salmon in a plastic bag or ziplock and seal. Put the bag on a plate and leave at room temperature for about 2 hours to let the mixture melt. Place in the fridge and leave for 24 hours, turning it 3-4 times.
3. Take out the fish, dry it and scrape off the dill and seasoning.
4. Slice salmon into strips and set aside.
5. Mix the mustard, sugar and vinegar. Drizzle in oil while mixing swiftly. Mix in the chopped dill.
6. To serve, on each plate add strips of gravlax. Sprinkle with mustard sauce and thinly sliced avocado.



Avocado with Salmonroe

SERVES 25

INGREDIENTS

- 400 g. can corn kernels
- 100 g. plain flour
- 3 eggs
- Salt and pepper
- 2 small ripe Chilean Hass avocados, sliced into chunks
- 1 tablespoon fresh lemon juice
- 2-4 drops Tabasco sauce
- Olive oil spray
- 40 g. salmonroe
- ¼ cup fresh coriander leaves

PREPARATION

1. Set aside 40 g. (1/3 cup) of the corn. Blend the flour, eggs and remaining corn in a food processor until it forms into an even mixture. Season with salt and pepper. Transfer to a bowl and stir in the reserved corn.
2. In the same blender, add avocados, lemon juice and Tabasco sauce. Process for 1 minute or until smooth. Season with salt and pepper and refrigerate in an airtight container.
3. Spray a large non-stick frying pan with olive oil. Heat over medium-high heat. Place five tablespoon quantities of the batter into the pan, allowing room for spreading. Cook for 30 seconds each side or until golden. Repeat the process with the remaining mixture. Cover with absorbent paper.
4. To serve, spoon avocado mixture among the blinis. Top with salmon roe and coriander leaves.



Avocado Mousse and Blue Cheese

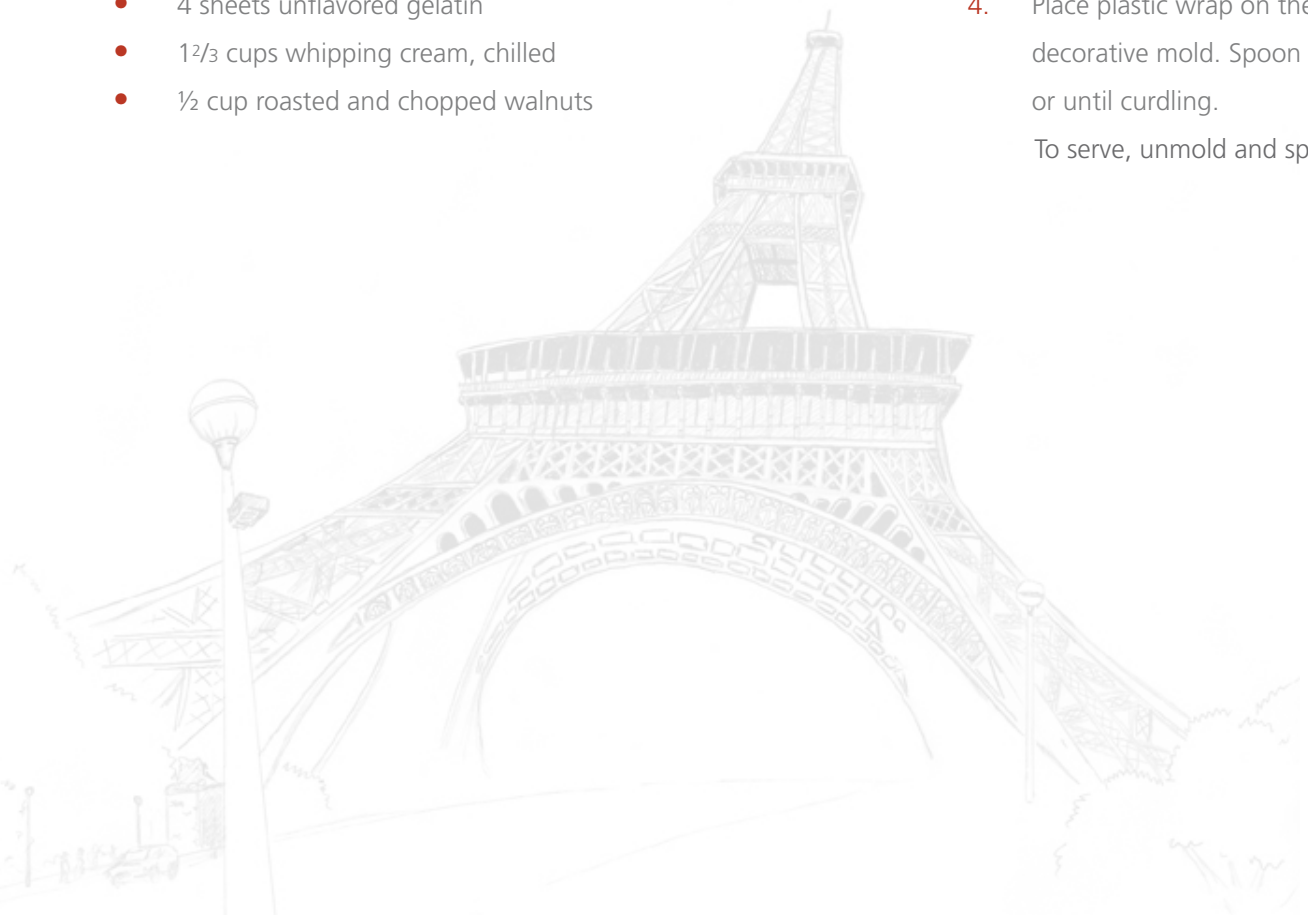
SERVES 8

INGREDIENTS

- 1/3 cup Roquefort cheese, crumbled
- 1/2 cup plain yogurt
- 6 medium Chilean Hass avocados, mashed
- 2 tablespoons mayonnaise
- 1 1/2 teaspoons mustard
- 1 teaspoon horseradish paste
- Juice of 1 lemon
- 4 tablespoons fresh chives, chopped
- Salt and pepper
- 4 sheets unflavored gelatin
- 1 2/3 cups whipping cream, chilled
- 1/2 cup roasted and chopped walnuts

PREPARATION

1. Mix yogurt and Roquefort cheese in a large bowl to blend. Stir in mashed avocado, mayonnaise, mustard, horseradish paste, lemon juice and 1/2 of chopped chives. Blend well and season with salt and pepper to taste.
2. Soak gelatin in 2 cups cold water. Once it softens, transfer to small pot and dissolve over low heat. Cover to keep warm.
3. In a large metal bowl, beat the chilled whipping cream until it thickens to peaks and is fluffy. Mix whipped cream into avocado mixture, then slowly whisk in gelatin mixture.
4. Place plastic wrap on the bottom of a medium-sized bowl or decorative mold. Spoon mixture in and chill for at least 4 hours or until curdling.
To serve, unmold and sprinkle with chives and chopped walnuts.



Crab and Salmon Terrine with Avocado

SERVES 10

INGREDIENTS

For the Terrine:

- ½ cup plain yogurt
- ½ cup extra virgin olive oil
- 4 tablespoons fresh chives, chopped
- 1 tablespoon mayonnaise
- 1 ½ teaspoons Dijon mustard
- 1 teaspoon lemon juice
- 10.5 oz. crabs, cooked and crumbled
- 4 sheets unflavored gelatin soaked in ¾ cup cold water
- 5 ½ ounces smoked salmon
- 1 pound hearts of palm, sliced lengthwise
- 2 large Chilean Hass avocados, thinly sliced

Sauce:

- ½ cup plain yogurt
- 1 ½ tablespoons Dijon mustard
- 1 tablespoon light corn syrup or honey
- 1 tablespoon mayonnaise
- Juice from 2 lemons
- Salt and pepper

PREPARATION

1. Prepare the terrine. In a medium bowl, mix yogurt, oil, ½ of chopped chives, mayonnaise, mustard and lemon juice. Add crabs and stir in gently.
2. Dissolve soaked gelatin in double boiler. Add half of the gelatin into crabmeat mixture. Cover remaining gelatin in pot to keep warm.
3. Lay ½ of smoked salmon slices on bottom of 9x5x3-inch loaf pan. Spoon half of crab mixture evenly into mold. Lay ½ of avocado slices over. Sprinkle with salt; brush with gelatin. Layer on ½ of hearts of palm slices; brush with gelatin. Spoon remaining crab mixture over and layer remaining avocado slices. Brush with gelatin. Layer remaining hearts of palm slices; brush with gelatin. Lay remaining smoked salmon over. Press gently and cover with plastic wrap. Refrigerate terrine for 3 hours or until firm.
4. Prepare the sauce. In a small bowl whisk together yogurt, mustard, corn syrup, mayonnaise, lemon juice and remaining chives. Season with salt and pepper. To serve, remove terrine from mold and cut into 1-inch slices. Drizzle sauce over top.





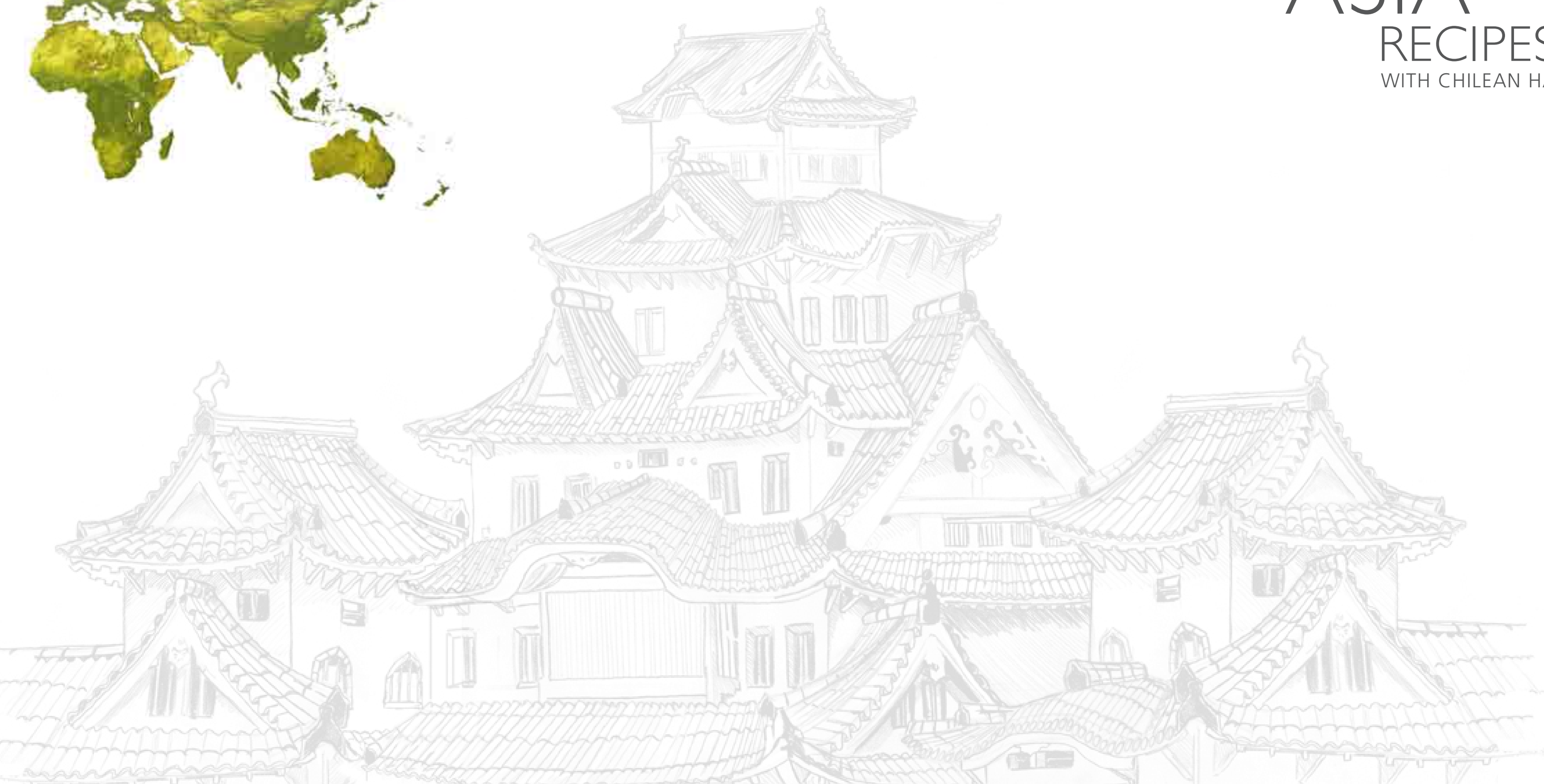
ANTARCTIC, CHILE



ASIA

RECIPES

WITH CHILEAN HASS AVOCADOS



Salmon, Cucumber and Avocado Sushi

2 ROLLS

INGREDIENTS

- 1 cup Japanese sushi rice
- 3 tablespoons rice vinegar
- 1 medium Chilean Hass avocado, sliced thinly, lengthwise
- 3 tablespoons wasabi paste
- ¼ pound sushi-grade salmon
- ¼ pound cucumber, peeled, thinly sliced

Soy sauce for dipping

- Sliced pickled ginger for serving
- 1 sushi mat
- 1 sheet plastic wrap, cut the width of the sushi mat

PREPARATION

1. Rinse rice several times, until water runs nearly clear. Drain.
2. In heavy pot, combine rice and 1¼ cups of water. Bring to boil; reduce heat to low and simmer, tightly covered, for 10 to 12 minutes. Remove from heat; let rice stand for 10 minutes. Stir in vinegar.
3. Place half of avocado strips onto plastic wrap from left to right. Set aside. Spread cooled rice onto sushi mat in ½ inch-thick layer. Dilute 1 tablespoon of wasabi paste in 1 tablespoon water; spread evenly over rice. Layer salmon, cucumber and remaining avocado horizontally across center of rice-covered mat. Roll mat up over filling and press gently. Remove and then lie roll across avocados on plastic wrap. Gently remove wrap and lightly press avocado into roll.
4. With a thin-blade knife, slice roll into 8 bite-size pieces. Serve with soy sauce, ginger and remaining wasabi.



Rice Paper Rolls with Avocado and Shrimp

SERVES 6

INGREDIENTS

- 12 uncooked jumbo shrimp, cooked, peeled and deveined
- 12 rice paper rounds
- ½ medium pineapple, cut into thin strips
- 1 large Chilean Hass avocado, thinly sliced
- 1 cup bean sprouts
- ¼ cup fresh basil leaves

Dipping Sauce:

- 4 tablespoons soy sauce
- 2 tablespoons lemon juice
- 2 tablespoons brown sugar
- 1 teaspoon grated ginger

PREPARATION

1. Dip rice papers briefly in boiling water to soften; arrange side by side on damp cloth.
2. Evenly arrange shrimp, pineapple strips, avocado slices, bean sprouts and basil leaves on the upper half of each rice paper round. Fold lower half up and sides in over filling to form rolls. Chill.
3. For dipping sauce, whisk soy sauce, lemon juice, brown sugar and ginger in small bowl. Serve rolls cold with dipping sauce.



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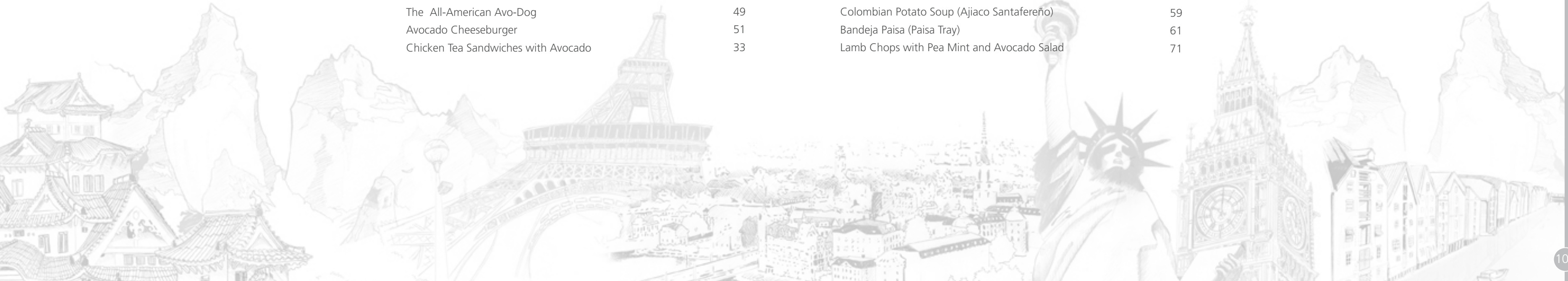
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AROUND THE WORLD... CHILEAN HASS AVOCADOS

The first Hass avocados were planted in Chile in 1949 in the fertile soil at the foothills of the Andes Mountains. Since then, these plantations have grown rapidly, permitting Chile to become one of the most important producers and exporters of this type of avocado in the world. Their irrigation system, coming from the melting mountain ice, the harvesting and the packaging processes have made it possible to obtain high quality fruit whose properties and delicious taste have already won over the culinary cultures of the most demanding cuisines in the world.

This book will acquaint you with 36 delicious recipes revealing the secrets that will permit you to prepare the tastiest dishes with the unique properties of the Chilean Hass Avocados

