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THE 2020 CALIFORNIA AVOCADO SEASON ANTICIPATES GREAT VOLUME AND DYNAMIC FLAVORS

*Chef Charleen Badman Helps Welcome a Robust California Avocado Season
With a Unique Recipe Featuring Bright and Balanced Ingredients*

IRVINE, Calif. (March 11, 2020) – The California Avocado Commission (CAC) is proud to announce that the upcoming season brings bountiful and delicious fruit. Available now through late summer, consumers are encouraged to take advantage of fresh and local California avocados to help elevate every meal for any occasion.

James Beard award-winner, Chef Charleen Badman of [FnB Restaurant](#), joins CAC in celebrating the season kickoff by developing a one-of-a-kind dish, serving it at the recent 2020 James Beard Foundation Taste America® Gala in San Francisco, and sharing the recipe with at-home chefs everywhere.

After spending childhood summers with her family in San Diego, Chef Badman enjoyed several homemade meals featuring heart-healthy California avocados, grown in her grandparents' backyard.

“At an early age, I learned the importance of eating what you grow,” said Chef Badman. “This has always reinforced my commitment to ingredients like fresh, California avocados, that are grown close to home and harvested at their peak for consistent taste and texture.”

Chef Badman's interest and talent for balancing charismatic flavors is especially highlighted in her unique Savory Tart of California Avocado. Juxtaposing the bright and acidic grapefruit, the avocado's creamy texture and the subtle heat of yuzu kosho honey creates a composed taste with every bite.

Not only are they delicious, one-third of a medium avocado (50 g) has 80 calories and contributes nearly 20 vitamins and minerals, making it a nutrient-dense choice. Additionally, California avocados act as a “nutrient booster” by helping increase the absorption of fat-soluble nutrients like vitamins A, D, K and E.

California avocado enthusiasts can access seasonal recipes like this and more at CaliforniaAvocado.com, and follow along on Facebook at [Facebook.com/CaliforniaAvocados](https://www.facebook.com/CaliforniaAvocados), and on Twitter and Instagram at [@ca_avocados](https://www.instagram.com/ca_avocados).

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Savory Tart of California Avocado

Recipe created by Chef Charleen Badman of [FnB Restaurant](#) for the California Avocado Commission

Serves: 4

Prep time: 10 minutes

Cook time: 14 minutes

Total time: 24 minutes

Ingredients:

- 1 frozen puff pastry sheet
- 4 Tbsp. honey
- 1 tsp. green Yuzu Kosho or tamarind paste
- 2 tsp. white wine vinegar
- 1 Ruby Red Grapefruit, peeled
- 2 ripe, Fresh California Avocados, seeded and peeled
- 1/4 tsp. salt, or to taste
- 1/4 tsp. pepper, or to taste
- 1 ½ tsp. bee pollen for garnish (optional)
- Sprigs of mint, lavender or marjoram for garnish (optional)

Instructions:

1. Thaw the puff pastry in the refrigerator or on the counter overnight until pliable.
2. Pre-heat oven to 400 degrees F.
3. Once the puff pastry is thawed, unfold or unroll it, removing any packaging papers or liners.
4. Cut and shape puff pastry into four 2x4-inch rectangles.
5. Place the rectangles between two layers of parchment paper and two half sheet trays, with one on top as a weight.
6. Place the pastries in the pre-heated oven, and bake until brown and crisp, about 12 minutes. An additional 2 minutes with the top sheet tray and parchment paper removed may be needed to finish even browning and crisping. Set aside and let the pastries cool.
7. While pastries are cooling, create Yuzu Kosho-honey sauce by heating honey, Yuzu Kosho (or tamarind paste) and white wine vinegar until warm. Set aside and cool before using.
8. Using a sharp knife, cut between the grapefruit's membranes to release the segments. Be sure to remove all of the white pith. Set aside.
9. In a mixing bowl, use a fork to mash the avocado with salt and pepper to taste.
10. Spread evenly mashed avocado onto cooled pastry sheets. Top with grapefruit segments, then Yuzu Kosho-honey sauce. Sprinkle with bee pollen and garnish with herb of choice.

**Large avocados are recommended for these recipes. A large avocado averages about 8 ounces. If using smaller or larger size avocados adjust the quantity accordingly.



About the California Avocado Commission

Created in 1978, the California Avocado Commission strives to enhance the premium positioning of California avocados through advertising, promotion and public relations, and engages in related industry activities. California avocados are cultivated with uncompromising dedication to quality and freshness, by more than 3,500 growers in the Golden State. The California Avocado Commission serves as the official information source for California avocados and the California avocado industry. Visit CaliforniaAvocado.com, or join us on [Facebook](https://www.facebook.com/CALIFORNIAAVOCADOS) at [Facebook.com/CALIFORNIAAVOCADOS](https://www.facebook.com/CALIFORNIAAVOCADOS) and [@CA_Avocados](https://twitter.com/CA_Avocados) on [Pinterest](https://www.pinterest.com/californiaavocados/) and [Instagram](https://www.instagram.com/californiaavocados/) for updates.

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