Lab Session I

Maximizing the Avocado Yield

Lab session developed by Michael Carmel CEC, CCE, M.Ad. Ed. – Department Head of Trident Technical Institute Culinary Institute of Charleston

Objectives: Upon completing this session, students will be able to:

- Distinguish between under ripe, breaking and overripe avocados
- Successfully peel all three types of avocados
- Avoid avocado discoloration by properly applying the correct technique
- Utilize various cutting techniques maximizing the use of the avocado
- Cook avocados in different types of pizzas, stuffed dough and international applications
- Utilize various types of coatings with various ripeness stages of avocados
- Calculate fruit to waste ratio and determine the as purchased (A.P.) cost versus net cost per avocado

Avocado Demonstration

30 Minutes

- A) Defining firm, under ripe (breaker), ripe (soft fruit) and overripe avocados
- B) Proper procedure in peeling
- **c)** Proper procedure in preserving color
- **D)** Proper cutting, slicing, dicing and chopping
- E) Fruit to waste calculations

II. Working with Avocados

1 Hour

- **A)** "Firm" or Under Ripe "Breaker" Hot applications, used in baking, roasting, grilling, deep frying and frying (chef demos baking avocado)
- **B)** Ripe Avocados Slices used in salads, appetizers "show plate" applications (chef demos salad application)
- c) Over Ripe Avocado Purees, pastes, stuffing, soups and drinks (chef demos stuffing)
- **D)** Breading Procedures A'L Francaise, A'Anglaise (Standard Breading Procedure), Orly or batter, croquettes
- E) Students taste various applications

III. Students Apply Avocado Usage

2 1/2 Hours

- A) Students break into groups of 3-4
- B) Each group cleans, acidizes avocados and prepares avocados for various preparations
- c) Students do yield test on seed to flesh ratio
- **D)** Each group prepares 1 flat bread pizza using under ripe avocado and 1 flat bread pizza using over ripe avocado (2 pizzas per group)
- E) Each group uses pizza dough and under ripe avocados to make stuffed pizza
- **F)** Each group prepares one compound and one simple salad using ripe avocados (individual and platter presentation)
- **G)** Each group makes a deep-fried application with under ripe avocado in the following manner:
 - 1) Batter (Orly style): Chop avocado, season, place in batter, scoop and deep fry
 - 2) Croquette: Puree avocado, season, add béchamel, bread using standard breading procedures (flour, eggs, bread crumbs)
 - 3) Francaise Style: Using under ripe avocado, season avocado, dredge in flour, then egg, fry in oil
 - 4) Anglaise Style: Using under ripe avocado, season avocado, flour, dip in eggs, then bread crumbs, deep fry
 - 5) Wrapped Avocado: wrap in wonton, spring roll, puff pastry or tortilla

IV. Tasting and Evaluation

20 Minutes

- A) Food is evaluated and critiqued
- B) Review of proper cooking procedures based on ripeness of avocado

V. Clean Up and Closure

40 Minutes

Ingredients Needed

Fresh California Avocados (under ripe, ripe

and overripe) Vinegars (balsamic, red, champagne)

Salad oil

Lemons Pizza dough
Limes Pizza sauce

Flour Parmesan cheese
Eggs Baking powder
Bread crumbs Cornmeal

Béchamel sauce

Kosher salt

Hot sauce

Black and white pepper Mozzarella cheese

Other spices Fresh herbs
Mixed greens Wonton wrappers
Cucumbers Spring roll wrappers
Tomatoes Flour tortillas

Peppers Puff pastry sheet Olive oil

Equipment Needed

Half-sheet pans Whips, pairing and chef knives, tongs

Oven Gloves
Deep fryer Rolling pin
Mixing bowls Pizza wheel
Plates 2-ounce ladles
Platters Forks, knives

Ice cream scoops