

## The Versatile Avocado

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:

- Utilize avocados in the preparation of breakfast, lunch and dinner items
- Utilize avocados in beverages, soups, salads and sandwiches
- Utilize avocados in global cuisine recipes
- Discuss and analyze the added value avocados have in the use of various recipes and applications
- Discuss the utilization of avocados in nutritional applications in both general dining and the healthcare industry
- Create menus using avocados while meeting customer expectations and demands based on various segments of the dining market
- Cost out recipes using avocados and value-added menu pricing

### I. Enhancing the Menu with Added Flavor

1 Hour

- A)** Review most popular menu items for breakfast, lunch and dinner
- B)** Review definition of various dining segments; casual, upscale casual, fine dining, chain, private dining, health care, retirement, etc.
- C)** Discuss how avocados can be main streamed into various menu items
- D)** Discuss use of avocados in global cuisine recipes to include the most popular types: Mediterranean, Asian, Latin American
- E)** Review avocado recipes and how they can be made into value added items. How can they be modified and incorporated into popular or international items?
- F)** Set up costing for menu items and menu price according to value added scenarios

### II. Working with Avocados

2 1/2 Hours

- A)** Each group prepares one each breakfast, lunch and dinner item utilizing format discussed in earlier section and using avocado recipes handed out
- B)** Each group prepares one global cuisine recipe using avocado recipes
- C)** Each group develops a menu consisting of an appetizer, soup, entrée, starch, vegetable and dessert using avocados in each section of the menu
- D)** Each group picks one item from the menu and develops their own recipe

- E)** Each group utilizes pureed or mashed avocado as enhancer in beverage, dressing, rubs, sauce or stuffing

### III. Tasting and Evaluation

30 Minutes

- A)** Food is evaluated and critiqued
- B)** Menus are reviewed and critiqued

### IV. Clean Up and Closure

45 Minutes

### Ingredients Needed

Fresh California Avocados (under ripe, ripe and over ripe)  
Lemons  
Limes  
Flour  
Eggs  
Bread crumbs  
Béchamel sauce  
Kosher salt  
Black and white pepper  
Other spices

Mixed greens  
Cucumbers  
Tomatoes  
Peppers  
Olive oil  
Salad oil  
Vinegars (balsamic, red, champagne)  
Parmesan cheese  
Hot sauce  
International ingredients  
Fresh herbs

### Equipment Needed

Half-sheet pans  
Sauté pans, sauce pots  
Oven, range  
Deep fryer  
Mixing bowls  
Plates  
Platters  
Ice cream scoops  
Whips, pairing and chef knives, tongs  
Gloves  
Rolling pin  
Pizza wheel  
2-ounce ladles

Forks, knife  
Oven, range  
Mixing bowls  
Sieve  
Muffin pans  
Food processor  
Whips, pairing and chef knives, tongs  
Zester  
Non-stick griddle  
Rubber spatula  
8" cake pan  
Sifter  
Gloves