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) Mixed greens
Lemons Cucumbers
Limes Tomatoes
Flour Peppers
Eggs Olive oil
Eggs Salad oil
Bread crumbs Vinegars (balsamic, red, champagne)
Béchamel sauce Parmesan cheese
Kosher salt Hot sauce
Black and white pepper International ingredients
Other spices Fresh herbs

Equipment Needed

Half-sheet pans Forks, knife
Sauté pans, sauce pots Oven, range
Oven, range Mixing bowls
Deep fryer Sieve
Mixing bowls Muffin pans
Plates Food processor
Platters Whips, pairing and chef knives, tongs
Ice cream scoops Zester
Whips, pairing and chef knives, tongs Non-stick griddle
Gloves Rubber spatula
Rolling pin 8" cake pan
Pizza wheel Sifter
2-ounce ladles Gloves