



Recipe Corner

by Dorothy Johnson

There is no season for California avocados, as the winter and summer varieties come close upon each other. The most familiar winter avocado is the green fuerte, the leading summer avocado is the pebbled dark Hass that shades from a deep hunter's green or purple to black. Regardless of the variety, the quality of the fruit is the same. Mild, nutty flavor; smooth texture; golden-green color inside.

Avocados must be used when fully ripe. But, you may buy several and ripen them as needed—right in your fruit bowl, where they will look decorative. You may hurry the ripening a little by putting the avocados in a brown paper bag or by wrapping them in foil. This forces ripening by confining and concentrating the juices that the fruit exhales. Once ripened, avocados may be held in the refrigerator (never the freezer) until needed. To prevent darkening after being cut, brush surfaces of avocados with lemon or lime juice. Store unused, cut avocado in air tight wrap. Replace the seed when storing an unused half shell. After you have enjoyed the avocados yourselves, you can use the seeds to grow avocado plants.

AVOCADO APPETIZERS WITH SALMON

- 2 avocados peeled and quartered
- 8 slices nova scotia smoked salmon
- 8 lime wedges
- 8 cocktail onions

Wrap salmon around avocado quarters. Secure with tooth picks. Garnish with lime and onions. 8 servings.

AVOCADO WITH WATERCRESS SHRIMP OR CRAB MEAT

- 2 avocados, peeled and quartered
- 1/2 cup mayonnaise
- 1 tsp. lemon juice
- 2 tbsp. chopped watercress
- Romaine

1 lb. small shrimp, cooked, shelled and cleaned or 1 can (7 3/4 oz) crabmeat, drained and boned

Blend and chill for dressing: mayonnaise, lemon juice, and watercress. Arrange avocado quarters on romaine with shrimp in center of each. Serve with dressing. 8 servings.

AVOCADO WITH PROSCIUTTO

- 2 avocados, peeled and quartered
- 8 thin slices prosciutto or Smith field ham
- 8 peminto-stuffed olives
- 8 lime or lemon wedges

Fold ham slices in half length wise and wrap around avocado quarters. Secure with tooth picks; garnish with olives. Serve with lime. 8 servings.

AVOCADO WITH SALAMI AND MUSTARD DIP

- 1 avocado, cubed
- 1/4 pound salami or other cold meat, cubed
- Mustard dip

Place a cube of avocado on each cocktail pick. Makes about 16 appetizers, Mustard Dip. (Makes 1/2 cup) Blend and chill: 1/2 cup sour cream or mayonnaise with 1 1/2 tsp. spicy mustard.

ON THE HALF-SHELL

The opened avocado makes a perfect small golden cup from which to serve any number of chilled or hot fillings. Avocados on the half-shell may be served at any point in the meal - as appetizer, salad, dessert or as a meal themselves.

In mexican style: Sprinkle avocado halves liberally with salt, a dash of lime juice and tequila to taste. To eat in the lime honored Mexican way: a little tequila, a lick of the salt from the back of the hand, a squeeze of

the lime . . . then the avocado. With torilla or two this is a mexican meal.

WITH GREEN SAUCE (SALSA VERDE)

- 1/2 cup each: finely chopped green pepper, parsley
- 2 tbsp. finely chopped celery
- 1 tbsp. each: finely chopped scallions, peminto, drained capers
- 1 tsp. finely chopped anchovy filets
- 1/2 tsp. salt
- 1/8 tsp. each: pepper, basil
- 1/2 cup olive or salad oil

Combine and chill all ingredients. Spoon into avocado halves.

COTTAGE CHEESE AND TOMATOES

- 2 lbs. creamed cottage cheese
- 2 medium tomatoes, diced
- 1/2 cup chopped green pepper
- Dash dill weed
- 3 or 4 avocados, halved and peeled
- Salad greens
- 1/2 cup chopped dry roasted peanuts or toasted almonds

Blend and chill: Cottage cheese, tomatoes, green pepper and dill weed. Arrange half-shells on salad greens and mound cheese mixture on top. Sprinkle with nuts.

GUACAMOLE

- 2 avocados, mashed or pureed
- 1/4 cup sour cream
- 2 tbsp. minced onion
- 2 tsp. salt
- 1 tsp. chili powder
- 1 clove garlic, crushed
- Dash tabasco
- 4 tsp. lemon juice
- 2 medium tomatoes, peeled and chopped

Combine all ingredients. Cover and chill. Makes about 3 cups.

WITH GREEN CHILI PEPPERS

- 4 avocados, mashed or pureed
- 1/2 cup finely chopped green chili peppers
- 1/4 cup minced onion
- 1 tsp. salt
- 1/4 cup lemon juice

Combine all ingredients. Cover and chill. Makes 3 cups.

SANDWICHES

A most popular sandwich in California is avocado and bacon, with three different versions.

AVOCADO AND BACON OPEN FACE

- 2 avocados, sliced and seasoned with salt and pepper
- 1/3 cup mayonnaise
- 8 slices of whole wheat toast
- 1 lb. bacon, halved and cooked crisp

Blend mayonnaise with lemon juice to spread on toast. Top with avocado and bacon. Makes 8.

THE CALIFORNIA CLUB

- 4 avocados, sliced
- 1 cup mayonnaise
- 1/4 cup chili sauce
- 24 slices white toast
- Lettuce
- 2 large tomatoes, sliced 8 slices
- Cooked turkey
- 1 lb. bacon cooked crisp
- Salt
- Pepper

Peminto-stuffed olives
Blend mayonnaise and chili sauce; spread on toast. Assemble 8 double decker sandwiches with avocado and remaining ingredients. Add salt and pepper to taste. Quarter sandwiches;

Avocado

secure with cocktail picks and garnish with olives. Make 8 sandwiches.

WITH CURRIED CHICKEN

- 1/4 cup butter (1/2 stick)
- 1/2 cup chopped pared apple
- 1/4 cup chopped onion
- 1 clove garlic, crushed
- 1 tsp. curry powder
- 1/4 cup flour
- 1 cup light cream
- 1 cup chicken bouillon
- 1 tsp. salt
- 1/8 tsp. pepper
- 2 cups cooked chicken, cut up
- 3 or 4 avocados, halved and peeled
- 3 to 4 cups cooked rice

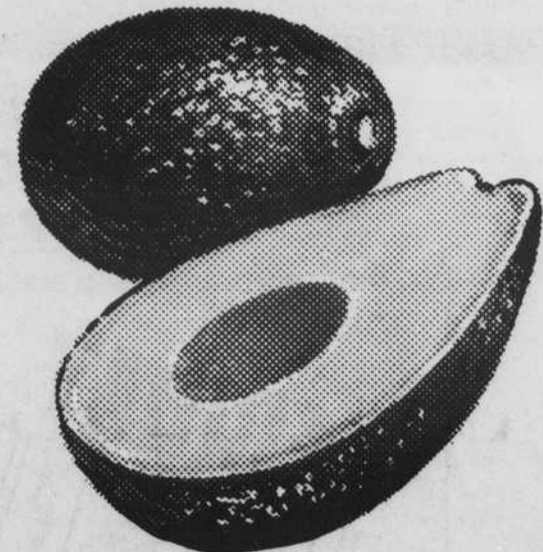
Condiments

In saucepan; saute apples, onion, garlic and curry powder in the butter until onion is crisp-tender. Stir in flour. Gradually add cream and bouillon; cook and stir until sauce boils 1 minute. Add salt, pepper and chicken. Cook over low heat 10 minutes. Arrange avocado halves on rice in heat proof serving dish. Heat in 350 degree (moderate) oven about 5 minutes. Spoon curried chicken Euphrates berad and choice of these condiments; chopped egg, crumbled bacon, sweet mixed pickles, coconut, raisins, chutney, Bombay duck, preserved ginger, chopped peanuts. 6 or 8 servings.

WITH CHILI CON CARNE

- 3 medium onions, coarsely chopped
- 4 cloves garlic
- 3 tbsp. bacon fat or butter
- 3 lbs. round of beef, diced
- 1 lb. lean pork diced
- 1/3 cup chili powder
- 1 can (1lb. 12 oz.) pear shaped tomatoes
- 3 bay leaves
- 2 bay leaves 1 bsp. each
- Salt
- Oregano
- Brown sugar
- White vinegar
- 2 cups peminto
- Stuffed olives
- 3 or 4 avocados, halved and peeled

In large saucepan, cook onions, garlic in bacon fat or butter until golden brown. Remove onions and discard garlic. Brown meat in same pan over high heat. Stir in onions, chili powder and flour. Add tomatoes, bay leaves, salt, oregano, sugar, and vinegar; bring to a boil. Cover and simmer 2 hours, stirring occasionally. Discard bay leaves. Stir in olives; cook 30 minutes longer. Serve over avocado halves. 8 servings.



AVOCADOS