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CELEBRATE THE ALL-AMERICAN HOLIDAY WITH CALIFORNIA AVOCADOS

*Chef Charlie Kleinman Shares His Favorite Summer Recipes
For the Perfect July 4th Barbeque*

IRVINE, Calif. (June 16, 2015) – The 4th of July gives the country a chance to celebrate its independence with fireworks and great food. To help summer hosts and grill masters amp up their holiday barbeque spread, the California Avocado Commission has partnered with grilling aficionado chef Charlie Kleinman to create mouthwatering recipes featuring California-grown avocados.

As Executive Chef of Wexler's in San Francisco, Kleinman has always taken a uniquely Californian approach to barbecue and Southern cuisine.

“For me, California avocados are synonymous with summer,” said Kleinman. “They are the perfect ingredient to make any food stand out. I love adding them to sandwiches and slaws, or making them the star of the salad. Whatever you’re cooking, your barbeque isn’t complete until you add California avocados.”

Chef Kleinman’s Pulled Pork Sandwich with California Avocado is a classic pork sandwich that gets a creamy and delicious boost with avocado slaw. For a starter, try his Cornmeal Crusted Fried California Avocados and Tomato Bacon Salad – the fried avocado is crispy, creamy, delicious, and perfectly paired with fresh tomatoes and bacon.

For these and other California summer recipes perfect for July 4th, check out CaliforniaAvocado.com.

Pulled Pork Sandwich with California Avocado Slaw

Recipe created by Chef Charlie Kleinman of Wexler's in San Francisco for the California Avocado Commission

Serves: 8

Prep time: 20 minutes

Cook time: 2 hours, 35 minutes

Total time: 2 hours, 55 minutes

California Avocado Slaw



Ingredients

- 1 head green cabbage, thinly sliced
- 1 small red onion, thinly sliced
- 2 ripe, Fresh California Avocados, seeded, peeled and cut in 1/2-inch cubes
- 1 ripe, Fresh California Avocado, seeded and peeled
- 2 tsp. salt
- 1/4 tsp. ground black pepper
- 1/2 cup champagne vinegar
- 1/4 cup olive oil
- 1/2 tsp. cayenne pepper
- 1/2 tsp. sugar

Instructions

1. In large mixing bowl, fold together the cabbage, onion and avocado cubes.
2. In a food processor or blender, combine the remaining avocado, salt, pepper, vinegar, oil, cayenne and sugar. Blend until smooth.
3. Combine the avocado puree with the cabbage mixture. Mix well; cover and refrigerate for an hour.

Pulled Pork Sandwich with California Avocado Slaw

Ingredients

- 2 lbs. boneless pork butt
- 1/8 lb. smoked bacon
- 1 cup BBQ sauce
- 2 cups low sodium chicken broth
- 1 Tbsp. kosher salt
- 1/2 tsp. ground black pepper
- 2 Tbsp. apple cider vinegar
- 8 whole grain sandwich buns
- California Avocado Slaw (see make-ahead recipe above)

Instructions

1. Preheat oven to 350 degrees F.
2. Cut pork into 3-inch cubes.
3. Place the pork in a heavy bottom pot (or a Dutch oven) and add the bacon, BBQ sauce, chicken broth, salt and pepper.
4. Over medium heat, stir as the liquid comes up to a simmer.
5. Cover and cook in the oven for 2-2 1/2 hours, until pork is falling apart.
6. Using two forks, shred the meat and stir in vinegar.
7. Place even amounts of pulled pork on the bottom of each sandwich bun and top with California Avocado Slaw.

Nutrition Information Per Serving: Calories 520; Total Fat 25 g (Sat 5 g, Trans 0 g, Poly 3 g, Mono 14 g); Cholesterol 70 mg; Sodium 1680 mg; Potassium 1150 mg; Total Carbohydrates 43 g; Dietary Fiber 9 g; Total Sugars 16 g; Protein 32 g; Vitamin A 132 IU; Vitamin C 69 mg; Calcium 152 mg; Iron 3.6 mg; Vitamin D 25 IU; Folate 107 mcg; Omega 3 Fatty Acid 0.2 g

% Daily Value*: Vitamin A 2%; Vitamin C 110%; Calcium 15%; Iron 20%

Cornmeal Crusted Fried California Avocados and Tomato Bacon Salad

Recipe created by Chef Charlie Kleinman of [Wexler's](#) in San Francisco for the California Avocado Commission

Serves: 4

Prep time: 10 minutes

Cook time: 15 minutes

Total time: 25 minutes

Cornmeal Crusted Fried California Avocados

Ingredients

- 2 ripe, Fresh California Avocados, seeded, peeled and halved
- 1/2 cup vegetable oil
- 1/2 cup all-purpose flour
- 1 egg, beaten with 1 Tbsp. water
- 1/2 cup cornmeal
- 1/2 Tbsp. kosher salt

Instructions

1. Cut each avocado half into three pieces.
2. Put oil in sauté pan and keep on medium to low heat.
3. Place the flour, egg and cornmeal into three separate bowls.
4. Add 1/2 tsp. salt into each bowl and stir to combine.
5. Dip a slice of avocado first in flour, then egg wash and then cornmeal, making sure each time that the avocado is completely covered. Repeat with all avocado slices until all are breaded.
6. Gently place avocado slices in pan. Oil should sizzle when avocados are put in.
7. Cook for 2 to 3 minutes per side, until the crust is golden brown and crunchy.
8. Drain on a paper towel. Serve warm.

Cornmeal Crusted Fried California Avocados and Tomato Bacon Salad

Ingredients

- 1/4 lb. bacon cut into small pieces
- 1 Tbsp. soy sauce
- 1/2 Tbsp. molasses
- 1/4 cup olive oil
- 1/4 tsp. ground black pepper
- 2 ripe tomatoes, cut into 1-inch cubes
- 2 cups arugula
- Cornmeal Crusted Fried California Avocados (see make-ahead recipe above)



Instructions

1. In a sauté pan on low heat cook bacon until crispy. Remove from pan and let drain on a paper towel. Set aside.
2. Combine soy sauce, molasses, olive oil and black pepper and whisk to create vinaigrette.
3. In a separate bowl, combine tomato, arugula and crispy bacon.
4. Add the vinaigrette and mix well.
5. Spread the salad in a shallow platter. Top with warm Cornmeal Crusted Fried California Avocados.

Nutrition Information Per Serving: Calories 500; Total Fat 41 g (Sat 4.5 g, Trans 0 g, Poly 10 g, Mono 24 g); Cholesterol 45 mg; Sodium 750 mg; Potassium 460 mg; Total Carbohydrates 30 g; Dietary Fiber 7 g; Total Sugars 0 g; Protein 6 g; Vitamin A 210 IU; Vitamin C 7 mg; Calcium 21 mg; Iron 1.9 mg; Vitamin D 10 IU; Folate 104 mcg; Omega 3 Fatty Acid 1.7 g

% Daily Value*:

Vitamin A 4%; Vitamin C 10%; Calcium 2%; Iron 10%

**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.

As with all fruits and vegetables, wash avocados before cutting. Check out our tips for [how to choose and use California Avocados](#).

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