

## 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

### I. 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 won ton, 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)  
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)  
Pizza dough  
Pizza sauce  
Parmesan cheese  
Baking powder  
Cornmeal  
Beer  
Hot sauce  
Mozzarella cheese  
Fresh herbs  
Wonton wrappers  
Spring roll wrappers  
Flour tortillas  
Puff pastry sheet

## Equipment Needed

Half-sheet pans  
Oven  
Deep fryer  
Mixing bowls  
Plates  
Platters  
Ice cream scoops

Whips, pairing and chef knives, tongs  
Gloves  
Rolling pin  
Pizza wheel  
2-ounce ladles  
Forks, knives