Explore the Tastes and Sounds of the Golden State
With California Avocados

(NAPSA)—Summer in California is synonymous with sunny beach days, alfresco dining and of course, great music.

To celebrate the peak of California avocado season, the California Avocado Commission (CAC) has developed the first ever California Avocado Summer Soundtrack Cookbook to celebrate two locally grown and distinctly California elements—its music and regional musical sounds and California avocados.

CAC has enlisted the expertise of Chef Phillip Frankland Lee of Scratch Restaurant and several local food and lifestyle tastemakers to create imaginative ways to use fresh, heart-healthy California avocados. From appetizers to entrées, desserts to beverages, each recipe showcases the fruit's incredible culinary versatility, inspired by the unique sounds of the California music scene.

California cuisine is a smorgasbord of various flavors, cultures and culinary delights, in which the California avocado fits seamlessly. Chef Lee highlights this with his Seafood Ceviche with California Avocado Mousse and Pickled Onions, inspired by the 90's punk music scene of Orange County.

"I’m always excited when California avocados are in season because I know they will be fresh and of exceptional quality," said Chef Lee. "I am constantly inspired to find new ways to feature this delicious fruit."

**Seafood Ceviche with California Avocado Mousse and Pickled Onions**

*Recipe created by Chef Phillip Frankland Lee of Scratch* & Kitchen for the California Avocado Commission

**Serves 4**

**Total time:** 4 hours  
**Cook time:** 30 minutes

**Ingredients:**
- 2 large tomatoes, diced  
- ⅓ cup white wine  
- 1 cup water  
- 1 cup sugar  
- 2 Tbsp. extra virgin olive oil  
- ½ lb. raw medium-sized shrimp, peeled and deveined  
- 1 cup sake  
- ½ cup lime juice  
- ⅓ cup pineapple juice  
- ½ lb. halibut, diced  
- 4 ripe fresh California Avocados, peeled and seeded  
- ⅓ cup sugar  
- ⅓ cup water  
- ⅓ cup rice wine vinegar  
- ⅓ cup lemon juice  
- Salt, to taste  

**Instructions:**

1. Heat a small sauté pan on low and simmer the tomatoes with white wine, stirring occasionally for 30 minutes or until the mixture is thick.
2. In a small saucepan, combine water and sugar until dissolved. Add the shrimp and halibut in the mixture and refrigerate for about 4 hours.
3. Combine the avocados, sugar, water, vinegar and lemon juice in a blender until puréed to form the California Avocado Mousse. Add salt to taste and blend again.
4. On a plate or shallow bowl, generously spread the mousse, completely coating the bottom.
5. Scoop the ceviche from the container, draining and discarding excess liquid, and carefully place on top of the mousse.
6. Top the dish with Pickled Onions and serve immediately.

**Pickled Onions**

*Recipe created by Chef Phillip Frankland Lee of Scratch & Kitchen for the California Avocado Commission

**Serves 4**

**Total time:** 4 hours  
**Cook time:** 30 minutes

**Ingredients:**
- 1 red onion, peeled and shaved  
- 1 tsp. salt  
- ½ cup sugar  
- ½ cup lemon juice  

**Instructions:**

1. Heat large sauté pan on low and add onions and salt.
2. When the onions become translucent, add sugar and lemon juice and mix to combine.
3. Cook for an additional 2-3 minutes until onions become bright pink.
4. Remove onions from pan, transfer to a tray to cool.

Download the California Avocado Summer Soundtrack Cookbook, including recipes from Chef Phillip Lee and many others at CaliforniaAvocado.com/blog.