Enjoy The Best Of Seasonal Spring Flavors With California Avocados

(NAPSA)—The Golden State and its farmers have garnered a delicious reputation for the fresh fruits and crisp vegetables they produce locally. Springtime is when many of those products reach the peak of their seasons, including the heart-healthy superfood California avocados, which are only available now through late summer.

The benefits of eating in season are bountiful. By selecting foods that are grown in abundance and locally sourced, you’re getting produce that is freshly picked and at its best flavor, while also supporting local communities and minimizing the impact of long-distance transportation.

As part of the program, Chef Mike Pagnoni, executive chef and co-owner of Sacramento’s Hawks Provisions and Public House, created two dishes bursting with fresh flavors that consumers can create at home.

“As a California chef, I try to craft my favorite restaurants’ menus around what’s in season locally, as it ensures we’re using the freshest and best-tasting ingredients,” said Pagnoni. “Now that California avocados have arrived, I’ll be incorporating them into a number of dishes because their creamy texture truly elevates any recipe.”

California Avocado and Lemon Créme Fraiche Soup

Recipe created by Chef Mike Pagnoni of Hawks Provisions and Public House for the California Avocado Commission

Serves: 8
Prep time: 3 hours and 30 minutes
Cook time: 10 minutes
Total time: 3 hours and 40 minutes

Ingredients:
1 medium lemon
1 Tbsp. sea salt
1/4 tsp. chili flakes
1/4 tsp. coriander seed

Preserved Lemon Instructions:
1. Wash the lemon with hot water, peel the skin and juice the lemon into a small mixing bowl.
2. Mix the lemon juice with salt, chili flakes and coriander seed.

Preserved Lemon Yield: 1/2 cup

Instructions:
1. 1 cup English peas, shucked, plus extra for garnish
2. 4 ripe California Avocados, seeded, peeled and halved
3. 1 cup half-and-half
4. 1/4 cup extra virgin olive oil, divided
5. 1/4 tsp. sea salt, or to taste
6. 3 Tbsp. crème fraîche or sour cream

California Avocado and Roasted Beet Salad

California Avocado and Roasted Beet Salad
Recipe created by Chef Mike Pagnoni of Hawks Provisions and Public House for the California Avocado Commission

Serves: 4
Prep time: 15 minutes
Cook time: 20 minutes
Total time: 35 minutes

Ingredients:
6 fresh baby beets
1/2 cup extra virgin olive oil, divided
2 navar oranges
1/4 cup mixed olives (such as Kalamata, black, green and Picholine)
1 small clove garlic, peeled
3 ripe, fresh California Avocados, seeded, peeled and quartered

Instructions:
1. Preheat oven to 425 degrees F. Roast beets for 20–25 minutes, until fork tender. Remove the beets from the oven and slice into quarters. Peel and segment both oranges and reserve.
2. Zest 1 orange and set zest aside. Peel and segment both oranges and reserve.
3. To make Olive Tapenade: place olives, half the zest, 2 Tbsp. olive oil and garlic in a food processor and blend until mixture is finely chopped.
4. To serve, spoon Olive Tapenade evenly at the bottoms of each dish. Arrange beets, avocados and oranges on the tapenade, then top salad with remaining olive oil and zest.