



Fabulous Fruit



This Spring Welcomes A Robust California Avocado Season

(NAPS)—When it's springtime in California, vibrant colors and dynamic flavors start to emerge thanks to the abundance of fresh and local produce, including fresh California avocados, that become ready for harvest.

This year, the California Avocado Commission (CAC) expects a robust season and encourages consumers everywhere to take advantage of the heart-healthy superfood that can help elevate any meal on any occasion. James Beard Award winner, Chef Charleen Badman of FnB Restaurant, joins CAC in celebrating the season kickoff by developing a one-of-a-kind dish and sharing the recipe with at-home chefs.

When spending childhood summers with her family in San Diego, Chef Badman enjoyed several homemade meals featuring fresh California avocados, grown in her grandparents' backyard. "At an early age, I learned the importance of eating what you grow," said Chef Badman. "This has always reinforced my commitment to ingredients such as fresh California avocados that are grown close to home and harvested at their peak for consistent taste and texture."

Here's her suggestion:

Savory Tart of California Avocado

Recipe created by Chef Charleen Badman of FnB Restaurant for the California Avocado Commission



Savory Tart of California Avocado

Serves: 4

Prep time: 10 minutes

Cook time: 14 minutes

Total time: 24 minutes

Ingredients:

- 1 frozen puff pastry sheet
- 4 Tbsp. honey
- 1 tsp. green Yuzu Koshu or tamarind paste
- 2 tsp. white wine vinegar
- 1 Ruby Red grapefruit, peeled
- 2 ripe, fresh California avocados, seeded and peeled
- ¼ tsp. salt, or to taste
- ¼ tsp. pepper, or to taste
- 1½ tsp. bee pollen for garnish (optional)
- Sprigs of mint, lavender or marjoram for garnish (optional)

Instructions:

Thaw the puff pastry in the refrigerator or on the counter overnight until pliable. Preheat oven to 400 degrees F.

Once the puff pastry is thawed, unfold or unroll it, removing any packaging papers or liners. Cut and shape puff pastry into four 2x4-inch rectangles. Place the rectangles between two layers of parchment paper and two half-sheet trays, with one on top as a weight. Place the pastries in the pre-heated oven, and bake until brown and crisp, about 12 minutes. An additional 2 minutes with the top sheet tray and parchment paper removed may be needed to finish even browning and crisping. Set aside and let the pastries cool.

While pastries are cooling, create Yuzu Koshu-honey sauce by heating honey, Yuzu Koshu (or tamarind paste) and white wine vinegar until warm. Set aside and cool before using. Using a sharp knife, cut between the grapefruit's membranes to release the segments. Be sure to remove all of the white pith. Set aside.

In a mixing bowl, use a fork to mash the avocado with salt and pepper to taste. Evenly spread mashed avocado onto cooled pastry sheets. Top with grapefruit segments, then Yuzu Koshu-honey sauce. Sprinkle with bee pollen and garnish with herb of choice.

****Large avocados are recommended for this recipe. A large avocado averages about 8 ounces. If using smaller or larger size avocados adjust the quantity**

For more California avocado recipes, visit the California Avocado Commission at www.CaliforniaAvocado.com.