

Cooking Corner

The Trendiest Avocado Techniques For California Avocado Month

(NAPS)—Some trends never go out of style, and avocado toast is one that has defined the last decade. Kicking off the month of June, in celebration of California Avocado Month, the California Avocado Commission (CAC) has teamed up with award-winning chefs from California, Arizona and Colorado to predict the avocado trends that will leave a lasting impact—along with unique recipes everyone can recreate right at home for a memorable meal.

California Avocado Month marks the peak of California avocado season, when the delicious fresh fruit will be at its highest availability.

Energized by the versatility and dynamic flavors of California avocados, the chefs tapped into their individual expertise, regions and styles to predict the avocado trends that will have staying power:

- Inside-out avocado toast—Chef Brad Cecchi of Canon in Sacramento
- Cold smoked avocado—Chef Jordan Kahn of Vespertine in Los Angeles
- Grilled avocados—Chef Caroline Glover of Annette in Denver
- Combining balanced but contrasting flavor profiles—Chef Charleen Badman of FnB Restaurant in Scottsdale

The talented group of chefs are introducing a new repertoire of avocado-focused dishes to those spending more time in the kitchen. For an unseen twist on an all-time favorite, Chef Brad Cecchi turns the avocado toast inside out. “Avocado toast will always be a staple dish, but we really wanted to showcase the shape and texture of the California avocado in its entirety, keeping both avocado halves perfectly intact and stuffing them with breadcrumbs and your favorite toppings,” said Cecchi. Based in Sacramento, Cecchi has a passion for Northern California growers and arti-



Deviled California Avocados

sans, making California avocados a consistent pick for his seasonal fare.

Looking beyond the June celebration, fresh California avocados can last for up to a month when preserved properly in the freezer. The fruit is a nutrition powerhouse and a delicious inclusion for any culinary creation, as California avocados are a heart-healthy superfood and provide nearly 20 vitamins, minerals and naturally good fats to one's diet.

Deviled California Avocados

Prep time: 30 minutes Cook time: 15 minutes Total time: 45 minutes Serves: 4

Ingredients:

- 2 slices sourdough bread
- 4 tsp. extra virgin olive oil, divided
- 2 cloves garlic, peeled
- 4 hardboiled eggs, de-shelled
- 2 Tbsp. parsley, chopped
- 2 Tbsp. chives, minced
- 1 lemon, zested and juiced
- 1 tsp. kosher salt, divided
- 1 tsp. coarse black pepper, divided
- 2 ripe, Fresh California Avocados, peeled, seeded and halved
- 4 Tbsp. pepitas or pumpkin seeds, toasted and chopped
- 2 tsp. nutritional yeast
- 1 tsp. smoked paprika
- 10 leaves watercress or arugula

Instructions:

1. Preheat oven to 300 degrees F and brush sourdough bread with 2 tsp. olive oil.

2. Once oven is heated, toast bread until crunchy, about 15 minutes.

3. While bread is still warm, rub 1 garlic clove on toasted bread and let cool.

4. Once cool, add toasted bread to a food processor or smash in a plastic bag with a rolling pin, to create breadcrumbs. Set aside until ready to assemble.

5. For egg salad, separate the hard-boiled egg yolks from the hardboiled egg whites, and chop each coarsely.

6. In a large mixing bowl, add hard-boiled egg yolks and whites, parsley, chives, 2 tsp. olive oil, ¼ tsp. of lemon zest, ½ tsp. of lemon juice, ½ tsp. salt, ½ tsp. pepper and mix well.

7. Season avocado halves with ½ tsp. of lemon juice and remaining salt and pepper.

8. Divide the egg salad between each avocado half, filling them where the seed once was.

9. Top stuffed avocados by sprinkling with breadcrumbs, chopped pepitas, nutritional yeast, smoked paprika, and finish with leaves of watercress or arugula.

***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.*

At-home chefs and California avocado fans can find these avocado trends, corresponding recipes, preservation tips and more at CaliforniaAvocado.com, and follow along on Facebook at [Facebook.com/CaliforniaAvocados](https://www.facebook.com/CaliforniaAvocados), and on Twitter and Instagram at [@ca_avocados](https://www.instagram.com/ca_avocados).