

Fabulous Fruit

Savoring The Height Of Summer With California Avocados

(NAPS)—Summer means something different to everyone. Some look forward to cooling off on a hot day at the beach. Others enjoy the slower pace and time to cook at home. For California avocados, the sunny season symbolizes how delicious each moment can be, thanks to the bountiful availability of the fruit at their season's peak.

The California Avocado Commission (CAC) partnered with Chef Mike Fagnoni, Co-Owner and Executive Chef at Hawks Provisions and Public House in Sacramento, CA to develop an undeniable summertime recipe. In doing so, Chef Mike combined one of New England's iconic and classic creations, along with the Golden State's favorite, heart-healthy superfood to create the ultimate California Avocado and Lobster Roll.

"I always prioritize the freshest and most local ingredients," said Chef Mike Fagnoni. "By marrying sweet, Maine lobster with creamy California avocados and grassy dill, I was able to create an easy but unforgettably delicious dish that can be served at any occasion."

To fully take advantage of the summer's produce offerings, be sure to include California avocados in all your seasonal dishes. Thanks to its "nutrient boosting" qualities, California avocados helps increase the absorption of fat-soluble nutrients like vitamins A, D, K and E.

California Avocado and Lobster Roll

Prep time: 25 minutes

Cook time: 20 minutes

Total time: 45 minutes

Serves: 4

Ingredients:

- ¾ ripe, Fresh California Avocado, seeded and peeled
- 10 oz. cooked Maine lobster meat, chopped into large chunks
- ½ cup Lobster Dressing (see make-ahead recipe below)
- 2 Tbsp. butter
- 4 brioche rolls, tops split, sides trimmed and toasted
- 8 fresh dill pluches (the frilly part of the leaves without stems)

Instructions:

1. Cut eight thin slices of avocado, then dice the remaining avocado into ¾-inch pieces and set aside.

2. Place the lobster meat into a large mixing bowl and add the diced avocado and Lobster Dressing. Mix to coat, being careful not to crush the diced avocados.



A tasty, toasty avocado and lobster roll makes for a meal that seems like sunshine.

3. To toast brioche rolls, place a medium sized pan over medium heat. Add butter and place the buns cut side down, cook until lightly browned and crispy. Turn the buns over and repeat on the other side.

4. Once toasted, spoon the lobster mixture into the bun, and garnish with avocado slices and dill pluches.

Lobster Dressing

Yields: ½ cup

Ingredients:

- 1 tsp. Dijon mustard
- 1 pasteurized egg yolks
- ½ clove garlic
- 2½ tsp. lemon juice
- ¼ ripe, Fresh California Avocado, seeded and peeled
- 1½ Tbsp. avocado oil
- ½ tsp. fresh dill, washed and stemmed
- ¼ cup celery, finely diced
- ⅛ tsp. salt, or to taste

Lobster Dressing Instructions:

1. Place Dijon mustard, egg yolk, garlic, lemon juice and avocado in a food processor or blender, then puree ingredients together.

2. Slowly stream in avocado oil to create a smooth, creamy mixture.

3. Remove dressing from food processor and stir in fresh dill and celery. Season with salt and set aside until assembly.

**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).