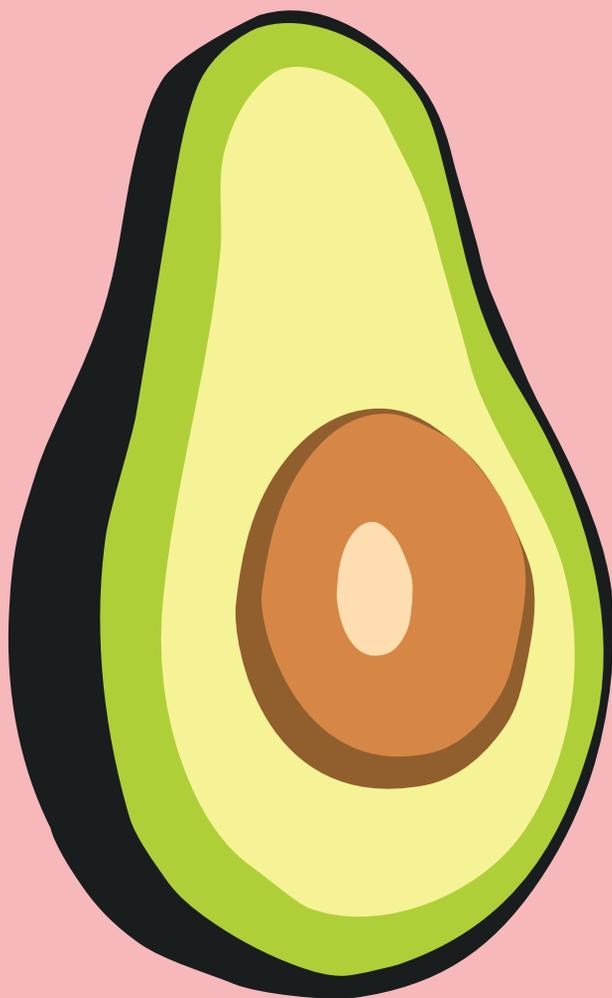


THE AVOCADO SHOW





PRETTY HEALTHY FOOD

"A DISH
SHOULD BE
FULL OF
FLAVOUR
AND ALSO
BEAUTIFULLY
PRESENTED"

The works of art we serve at The Avocado Show are so much more than just delicious avocado dishes served on beautiful plates. Every day we lavish them with endless amounts of love, time and attention, and are constantly developing new ideas.

Before we put one of our creations on the menu, it has to meet all of the requirements of our **Pretty Healthy Food** concept.

Pretty Healthy Food means that a dish should be full of flavour and also beautifully presented, that every dish should be nutritious, and that the experience should make you happy. This goes for the food served in the restaurant as well as for all of the tasty takeaway items eaten at home.

We consider every element – the tableware, the packaging, the cutlery, the forms, the colours, the patterns, the contrast, the experience, and so much more – to turn every dish into a real happening.

Our ideas come from far and wide, and we're surrounded by a fantastic team that is constantly coming up with innovative concepts. Professional chefs, enthusiastic fans, dedicated staff, and our own obsession with avocados make sure there's always a new challenge waiting to be seized.

One of our favourite food creators is Colette Dike of Fooddeco. Her presentation style, choice of colours, originality, and creativity are second to none, as also evidenced by her huge host of online fans.

We had the honour of working along with the Fooddeco team to put together a selection of beautiful and tasty dishes for this gorgeous book, many of them our own favourites. From classics to fancy fast food, and from sweet to savoury: it's all here.

We've paid special attention to all the various lifestyle choices, so there are options for vegans, flexitarians, vegetarians, pescatarians, and more! We love you all.

We hope you enjoy the recipes, take pleasure in preparing them and share what you make with your friends.

We look forward to seeing you soon in one of our locations!

Ron & Julien

FOODDECO & COLETTE

**"OVER 40
DELICIOUS AND
BEAUTIFUL
DISHERS FOR
EVERY MOMENT
OF THE DAY"**

I never get tired of avocados. My love for avocados is actually a pregnancy craving that got out of hand. When I was pregnant with my first child, I made more and more things with avocado, and was always experimenting. I took it as a challenge to present avocados in ways that were new, original, and above all, easy. This started with the avocado ribbons and the avocado burger bun, followed by sushicado, the avocado garden, and others. The photos of these creations became instant internet sensations, and a number of them are now served at The Avocado Show and other restaurants. So special!

Because the avocado is so incredibly versatile, I've got ideas to spare. I hope these recipes will inspire you to work with this remarkable fruit. For you and your sweetheart, for your children, for your family and friends, for anyone you choose: avocado fits well into any part of any meal, no matter what time of day. I even spread avocado on my bread instead of butter. Delicious!

I want to encourage people to make food that is tasty and healthy, and also food that looks beautiful without too much effort. That's why this book contains recipes and tips & tricks for making your homemade dishes that little bit more exciting and attractive. And seriously: you can do it!

I also don't want to burden you with a long list of ingredients that your local supermarket might not carry. Things shouldn't be too complicated. Another important consideration is 'no waste': use everything to the greatest extent possible. For example, I also make use of broccoli stems, as you can see on page 66. And it doesn't end there: don't just use the gherkins or pickled onions from the jar, but make sure you save the liquid. It's a shame to throw it away because you can put this to good use for flavouring another dish..

In short: this book contains over 40 delicious and beautiful dishes for every moment of the day, with lots of (styling) tips and how-to's. Together with The Avocado Show, we've compiled our avocado creations, ideas, and experiences. A process that has resulted in this wonderful pink book.

So enjoy this amazing fruit! There's a reason it's known as 'green gold'.

Love,
xoxo

Colette
a.k.a Fooddeco



THE MENU

The avocado's versatility means it's possible to dream up something delicious for every moment of the day. We've divided all of the goodness into seven categories.



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TOAST & EGGS

Try to name a more iconic duo. We'll wait...

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AVOCADO GARDENS

I'm always looking for new ways to present a dish that are both attractive and easy to achieve. These avocado gardens are an excellent example of this. Simplicity itself – you serve avocado halves (with the pit and peel removed), use the hollow that held the pit to hold a tasty sauce or your choice of hummus, and decorate the top of the avocado half. An instant eye-catcher without too much effort.

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BOWLS & SALADS



Avocado gives every salad more flair. Its velvety richness turns even the simplest salad into one that is sumptuous and substantial, as well as being nourishing. Avocados also make the perfect 'bowl', like the poke bowls on page 50.

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FANCY FAST FOOD



Following the success of the avocado burger and the delicious – and healthier – avocado chips (fries), other versions of familiar fast food dishes based on avocado were bound to emerge. The deliciously rich and creamy flavour of avocado makes it an excellent substitute for 'greasy' snacks. We just can't get enough of the avo nuggets (see page 68), the avocado frites sauce (see page 70), and the avo satay skewers (see page 76).





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CLASSICS

You're probably familiar with classic dishes – especially French ones – including steak tartare and hollandaise sauce (try to make this in 60 seconds flat – check it out on page 88). There are also many wonderful classic Italian dishes, including gnocchi (see page 98). Good news for all avocado aficionados out there: avocados can be combined very well with some of these classics – classics with a twist.

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SNACK- BAR



The most famous dip ever could well be guacamole. The basis for guacamole is mashed avocado flavoured with various ingredients, from chilli flakes to crème fraîche. Everyone makes this dip in their own way. On page 112, you'll find my personal favourite: a spicy guacamole with feta. In addition to guacamole, you can make lots of other tasty snacks with avocado. For example, there's the hummus-inspired avocado spread on page 106, and avocado bites with berbere – an Ethiopian spice mixture – which is always a hit at parties (see page 104).

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SWEETS

In Europe it's still not common to use avocado in sweet dishes. In Brazil, on the other hand, they often do! Avocado is a wonderful alternative for cream and butter, so it's extremely well-suited for making vegan desserts. And avocado is ideal for people with a cow's milk allergy or lactose intolerance. In addition, it's also much healthier to incorporate a little fruit into your dessert instead of just dairy products and sugar. This chapter contains four different recipes – what do you think of these sweet variations on avocado?

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HOW TO





THE TRUFFLE TREASURE

Toast with avocado, chicken thighs, Parmesan cheese, and 60-second homemade truffle mayo

Truffle combines beautifully with avocado, which is why this recipe also explains how to make a quick and easy truffle mayonnaise. Further along, you'll find another recipe that uses truffle mayonnaise: **crispy gnocchi with an avocado truffle bombs** (see page 98).

Heat a large non-stick frying pan and add a little olive oil. Fry the chicken thigh fillets over high heat until golden brown and slightly crisp. Toast the slices of sourdough bread in a toaster. In the meantime, make the truffle mayonnaise.

For the truffle mayonnaise, pour the sunflower oil into a tall, narrow measuring jug (the one that came with your hand blender). Add all the ingredients for the mayonnaise, except for the egg yolk and the truffle tapenade. Separate the egg, and gently place the yolk in the jug with the oil mixture. Jiggle the jug slightly so that the egg yolk is right in the middle on the bottom. Carefully place the hand blender over the egg yolk (don't break the yolk!) and switch it on. Very slowly (read: extremely slowly!) and in a single movement, pull up the hand blender until you've reached the surface of the emulsion. And voila: there's your mayonnaise!

Put the mayonnaise into a bowl and add the truffle tapenade. Use a little more tapenade if you're a big truffle fan.

For the avocado fans, cut the avocado in half lengthwise, and remove the pit and the peel. Place both avocado halves (which you've rubbed with sushi vinegar) on your cutting board with the rounded side up, and cut them – crosswise – into thin slices. Gently press down on both halves to create a fan (allow the slices to overlap somewhat). When you're ready for them, use a flat (metal) spatula to transfer your fans.

Spread the truffle mayonnaise onto the hot toast. Use two forks to pull the chicken thigh fillets into shreds. Place the chicken on top of the truffle mayonnaise, sprinkle with the Parmesan cheese, and finish with the avocado fan, cress, pepper and salt.

When making the mayonnaise, it's absolutely essential that you do this in one single movement – if you stop, or move the hand blender back and forth, your mayonnaise will separate.

INGREDIENTS

4 chicken thigh fillets (± 300 g)
olive oil
2 thick slices of sourdough bread
1 avocado
sushi vinegar
2 tbsp truffle mayonnaise, homemade or your favourite shop-bought kind
30 g Parmesan cheese, grated
cress
pepper and salt, to taste

FOR THE 60-SECOND HOMEMADE TRUFFLE MAYO

250 ml sunflower oil
20 ml lemon juice (the juice of around ½ a lemon)
½ tsp white wine vinegar
1 tsp balsamic syrup
pepper and salt to taste
1 egg, at room temperature (you'll only need the yolk)
1 or 2 tbsp truffle tapenade

you will need: a hand blender

THE GARDEN OF VEGAN

Avocado filled with lime & coriander (cilantro) hummus, gremolata, spices, sesame, edible flowers, and cress

Coriander: you either love it or you hate it! With coriander, you usually use both the leaves and the stems. For this hummus, you mainly use the stems; the leaves are perfect for decorating your garden. A classic hummus uses lemon juice, but for this coriander hummus, I use lime. It gives a delicious freshness to this garden!

For the hummus, process the chickpeas and the grated garlic in a food processor for a couple of minutes. Add the rest of the hummus ingredients – except for the salt – to the chickpea mixture, and process until well blended and smooth. Taste, and add salt if necessary.

In a small bowl, mix the ingredients for the gremolata. Taste, and season with pepper and salt.

Cut the avocado in half lengthwise, and remove the pit and the peel. Cut a small piece off the rounded side of both avocado halves so your avocado garden will be more stable on the plate.

Rub the avocado halves with sushi vinegar or lime juice. Fill both halves with hummus, and sprinkle the top rims of the avocado halves with sea salt to taste. Distribute the gremolata over the hummus, and top with cress and edible flowers. Decorate the tops of both halves with smoked paprika powder, black sesame seeds, and chilli flakes.

INGREDIENTS

1 avocado
sushi vinegar or lime juice
sea salt, to taste
cress
edible flowers
smoked paprika powder
black sesame seeds
chilli flakes

FOR THE LIME & CORIANDER HUMMUS

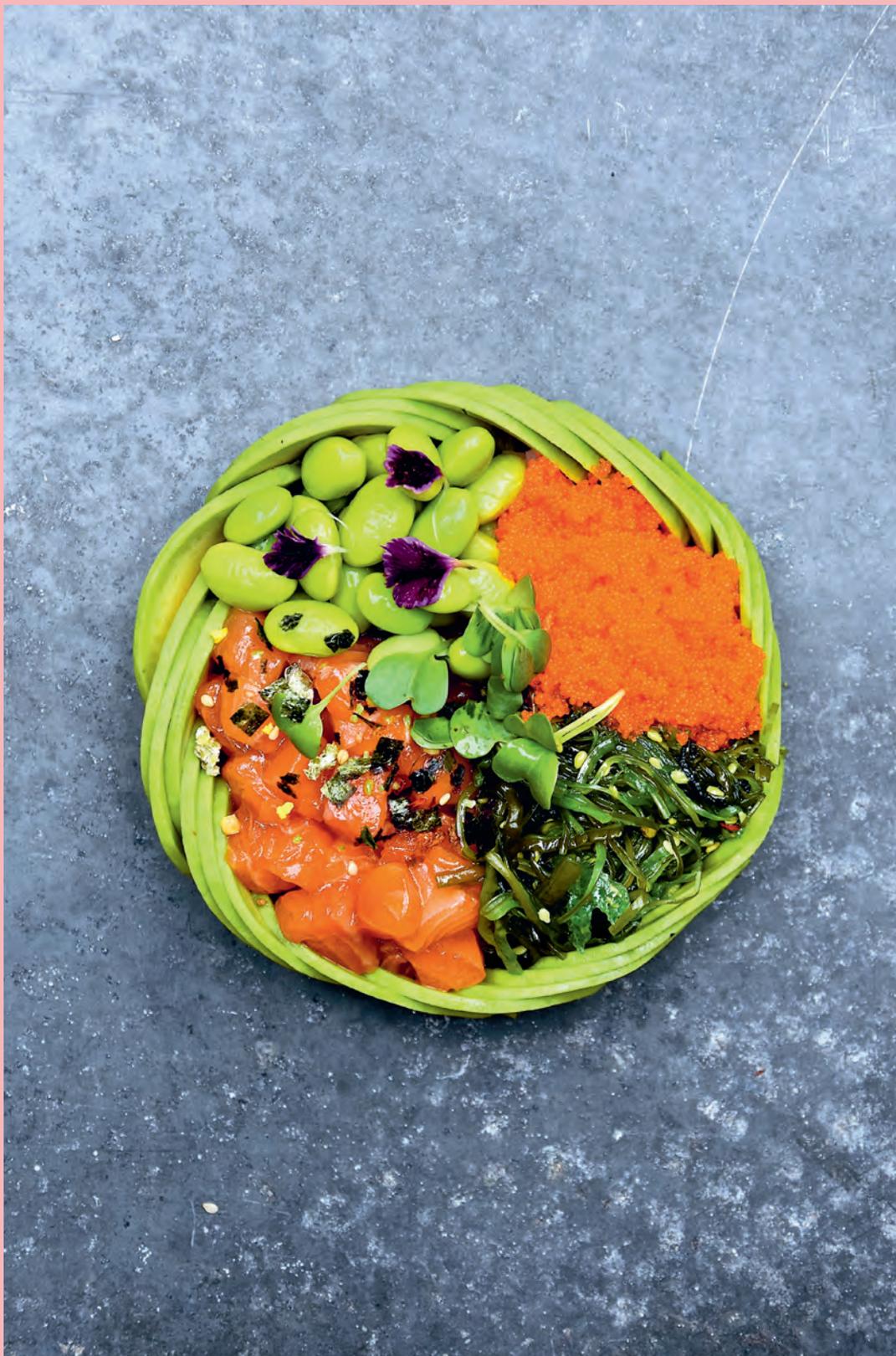
200 g (drained weight)
cooked chickpeas, drained
½ a small garlic clove,
grated
juice and zest of 1 un-
sprayed lime
1 small bunch of coriander
(cilantro), leaves and stems
2 generous tbsp tahini
salt, to taste

FOR THE GREMOLATA

zest of ½ an unsprayed lime
1 generous tbsp coriander
leaves and stems, finely
chopped
½ a small garlic clove,
grated
pepper and salt, to taste

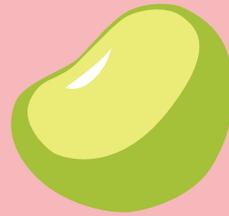
you will need: a food processor





THE AVO POKE SHOW

'Avocado bowl', sushi rice, raw salmon, wakame, edamame, tobiko roe & soy sauce



Cook the sushi rice according to the instructions on the packet. Mix all the ingredients for the salmon marinade, cut the salmon into small cubes and add them to the marinade. Mix well to make sure all the salmon is coated with the marinade.

Make an avocado crown (see page 138). Fill the avocado crown – this will be the 'bowl' – with sushi rice. Press the rice firmly with the back of a (wet) spoon.

On top of this, arrange the following ingredients, divided into four quarters: fill one quarter with salmon, one quarter with edamame soybeans, one quarter with tobiko fish roe, and one quarter with wakame salad. Sprinkle the furikake over the salmon, and arrange the flowers on top of the edamame. Place the cress in the middle of the poke bowl, and serve with soy sauce on the side.

- FURIKAKE -

FURIKAKE IS A DRY JAPANESE SEASONING THAT INCLUDES HORSERADISH, BONITO FLAKES, SESAME SEEDS, SEAWEED, AND DRIED VEGETABLES

INGREDIENTS

50 g sushi rice
± 50 g salmon, sashimi quality
½ an avocado
2 tbsp edamame soybeans
2 tbsp tobiko fish roe
2 tbsp wakame seaweed salad
1 tbsp furikake (see Tip)
edible flowers, in a contrasting colour
Daikon cress
soy sauce, to serve on the side

FOR THE SALMON MARINADE

½ tsp sushi vinegar
½ tsp soy sauce
1 tsp sesame oil
1 tsp olive oil
chilli flakes, to taste

THE AVOCADO SHOW





SERVES 2



THE AVONILLA SHAKE

Avocado-banana-vanilla milkshake
& a chocolate rim 'how-to'

This ice-cold creamy beverage is sublime on a hot summer day, but at our house it also often features as a breakfast item throughout the year.

Melt the chocolate in a bain-marie. Turn a glass (or jar) upside-down and spoon a generous amount of chocolate along the upper rim of the glass. Rotate the glass until you've coated the entire rim. Now turn the glass right side up, and the chocolate will run down the sides. Make sure you're close to the freezer. If you're happy with the chocolate pattern, put the glass in the freezer at once, and leave it there for at least 5 minutes. Repeat with the second glass.

Meanwhile, make the milkshake. Blend all the ingredients in a food processor until smooth. Pour the milkshake into the glasses (or jars), and add straws. Serve immediately.

GLASS

I ALWAYS SERVE THIS IN
JARS, BUT YOU CAN ALSO
USE STURDY GLASSES

INGREDIENTS

- 1 frozen banana, sliced (put it in the freezer the night before)
- flesh of 1 avocado
- 100 ml (coconut) yoghurt
- 100 ml almond milk, unsweetened
- 1 tbsp honey
- 1 or 2 tsp vanilla essence (extract)

FOR THE CHOCOLATE RIM

- 50 g dark chocolate (70% cocoa solids)

you will need: a food processor



THE WAGYU WAGYME

Wagyu burger bun & classic burger sauce

INGREDIENTS

2 (Wagyu) burgers
2 slices of Cheddar or processed cheese
2 avocados
sushi vinegar
2 red onion slices (0.5 cm thick)
2 tomato slices (0.5 cm thick)
2 gherkin slices
watercress or lamb's lettuce
white sesame seeds

FOR THE BURGER SAUCE

1 small shallot, finely chopped
1 tbsp white wine vinegar
1 tbsp gherkins, finely chopped
2 tsp yellow mustard
4 tbsp mayonnaise
½ tsp mustard powder
½ tsp smoked paprika powder
1 tsp garlic powder
1 tsp onion powder
½ tsp turmeric (for colour)
pepper and salt, to taste

For the burger sauce, put the finely chopped shallot and the white wine vinegar into a small saucepan and simmer gently, stirring occasionally, until the vinegar has evaporated and the onions are soft. Mix this with the rest of the ingredients, and add pepper and salt to taste. Cover and put into the fridge so all the flavours have a chance to develop.

In the meantime, fry one side of the burgers until brown and crispy; flip the burgers and top with cheese. Now continue to fry the burgers until they're done just the way you like.

Make your avocado buns (see page 139 for instructions). Rub the avocado halves with sushi vinegar to keep them from discolouring. On the bottom halves of the buns (which you've filled with burger sauce), place the burgers, the slices of red onion, tomato, and gherkin, and watercress or lamb's lettuce. Top with the other avocado halves and sprinkle with some sesame seeds. If necessary, you can stabilise your burger by inserting a wooden skewer from the top to the bottom.





HOW TO... MAKE AN AVOCADO ROSE

An avocado rose brightens every plate. So how do you actually make an avocado rose? It only takes four steps! It's easier than you think, and with a little practice, you'll master it in no time.

1. Cut the avocado in half lengthwise, and remove the pit and the peel. See page 134 for tips.
2. Place one half of the avocado (which you've rubbed with sushi vinegar) on your cutting board with the rounded side up. Using a sharp knife, cut the avocado crosswise into very thin slices of around 2 mm.
3. Arrange the slices (overlapping them a bit) into a long row, and roll it up to form a rose.
4. Use the spatula to move the avocado rose from your cutting board to its final destination. In this book you'll find lots of different recipes that feature an avocado rose, from toast to guacamole and salads.

Would you like to save the other half of the avocado? Then don't remove the pit, and rub the flesh with sushi vinegar – this prevents it from turning brown.

YOU WILL NEED

cutting board
sharp knife
½ an avocado per rose
sushi vinegar
flat spatula

TOPPINGS

(water)cress, edible flowers,
chilli flakes (optional) to
taste (not pictured)



CREDITS

The tablespoons used in this book measure 15 ml, the teaspoons 5 ml.
Spoons are always levelled, unless stated otherwise.

Ovens work differently, always use the given temperature as a reliable indication, but adjust the cooking time and/or temperature if necessary.

**KOS
M•S MENDO**

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It's impossible to have missed that avocados are the most popular ingredient of the moment. The Avocado Show proves their favorite fruit is not just tasty, nutritious and healthy. Avocados actually are the ultimate ingredient for sweet and savoury – and very Instagrammable! – creativity.

When two friends in Amsterdam opened their first avocado restaurant, it instantly became world famous. Their very first cook book is a lovely collaboration with their favourite food developer & stylist Fooddeco, that shows you the most beautiful and delicious culinary creations and recipes, made with this #1 superfruit.