

PANDEMIC PANTRY RECIPES ~ AUGUST 22, 2020
HOMAGE TO THE AVOCADO

Chocolate Avocado Ice Cream (makes 1 pint)

13.5 oz can full fat coconut milk
1 medium avocado, peeled and pitted
½ cup unsweetened dark cocoa powder
½ cup high quality maple syrup
¼ cup cold water
1 Tablespoon good quality vanilla extract
Pinch of Kosher salt
Optional: Pinch of Cayenne Pepper, Cinnamon, Chopped Nuts etc.

Combine all of the ingredients in a blender or food processor. Pulse until the mixture is smooth and creamy like a batter. Follow the directions on your ice cream maker. This takes about 20 minutes to freeze. You're welcome!

Roasted Sweet Potatoes with Poached Eggs, Avocado Mash, and Chimichirri Sauce (serves 2)

2 sweet potatoes
Olive oil
Salt & pepper

Chimichirri

1 cup chopped parsley
1 cup chopped cilantro
1/3 cup finely minced red onion
8 cloves finely minced garlic
½ of a jalapeno pepper, seeded
½ teaspoon kosher salt
½ cup extra virgin olive oil
3 Tablespoons red wine vinegar

Avocado Mash

1 avocado
Juice of ½ lime
Drizzle of extra virgin olive oil
Salt & pepper to taste

2 fresh eggs (optional)
A handful of fresh greens (optional)

It is nice to make the chimichirri a day or so ahead to let the flavors mature. Finely chop up parsley. Cilantro, onion, garlic. Jalapeno and add them to a bowl. Add remaining ingredients. Cover and allow to sit for at least 30 minutes.

Place sweet potatoes in a pot of cold, salted water. Bring up to a boil and cook for 15 minutes. While this is happening, preheat a 450 degree oven. Drain potatoes. Place on a sheet pan and with the flat end of a chef's knife, press down on the potato to break the skin. Rub with olive oil and salt and pepper. Roast in the oven for 15 to 20 minutes until skins become brown and charred.

While the potatoes are boiling and roasting make the avocado mash by smashing avocado with your hand or a fork, adding the remaining ingredients, and setting aside.

If you are poaching eggs, do so at this time. 3 minutes make a lovely, runny yolk.

Assemble the Dish

Place the potatoes on plates, add a scoop of the avocado mash, a poached egg, and a drizzle of chimichirri over all. Add greens if desired. Indulge.

Avocado Boats (serves 8 as an appetizer or 4 as a main course)

5 medium ripe avocados
½ cup mayonnaise (you may need a little more)
Juice of 1 – 2 lemons
10 ounces lump crab meat (you can substitute lobster, sea legs, or tuna)
2 tablespoons minced chives
4 tablespoons fresh cilantro, chopped
1 serrano pepper, seeded and minced
2 tablespoons capers
¼ teaspoon black pepper
1 cup shredded pepper jack cheese
½ teaspoon paprika
Lemon Wedges to garnish

Preheat broiler. Peel and pit avocados. Place one peeled and pitted avocado in a bowl and mash it well. Add the mayo and lemon juice and mix well. Stir in the crab, cilantro, chives, capers, and pepper. Spoon the crab salad into the avocado halves that have been placed on a broiling pan. Top with grated cheese, sprinkle with paprika. Broil until the cheese is melted and lightly browned. Garnish with extra cilantro, chives, and serve with lemon wedges.

Black Bean Avocado Salad (serve with blackened flank steak, lamb, chicken, or fish)

1 (15 ounce) can black beans, drained and rinsed
15 ounces freshly poached corn or frozen corn
1 medium tomato, diced
1 medium avocado, peeled, pitted, diced
½ small red onion, diced
½ cup finely chopped cilantro
1 medium jalapeno pepper, seeds and ribs removed, and finely diced
Juice of 2 limes
4 small cloves of garlic, minced
1 tablespoon olive oil
½ teaspoon ground cumin
¼ teaspoon kosher salt

¼ teaspoon freshly ground black pepper

Toss all of this goodness into a bowl, mix well, and enjoy.

BONUS RECIPE

Blackened Rub in the Manner of Paul Prudhomme

1 Tablespoon paprika
2 ½ teaspoon kosher salt
1 teaspoon onion powder
1 teaspoon granulated garlic powder
1 teaspoon cayenne pepper
¾ teaspoon white pepper
¾ teaspoon black pepper
½ teaspoon dried thyme leaves
½ teaspoon dried oregano leaves

Mixed all together. This rub is delicious on fish, chicken, steak, lamb, or pork