

# THE Avocado

The West Indies fruit that captivated  
Southern Spain

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## Prologue

Málaga and Granada coasts are world widely known by its tourism of sun and beaches by the names of the Costa del Sol and the Costa Tropical, but it is also an economic geographical location for another important area, fundamental pillar of the Málaga's gross domestic product: the agriculture that develops at the shelter of its sun, hours of sunlight and its pleasant temperatures, generator of ideal conditions for cereal, olive trees, vines, citric fruits and tropical fruits.

Today, as it was done in previous centuries with the sugar cane (caña du), the vine, cotton and subsequently with the strawberry, there are more and more farmers that favour this privileged area, at the peninsulas southern south because of tropical farming; forging trade in more than 2.300 associates, specially avocado and mango, bringing life to tons of selected fruits, sweet ambassador of the quality of these tropical lands on the table of 25 countries.

This progressive development of the sector is evident in the growth of TROPS, a society of associative regime, since 1979 a group of five seasoned farmers decided to unite to bring their products to the international market. At first it was the strawberry; the mid-80s, avocado and finally late in the 90s, the mango. The latter two, avocado and mango, are the wealth of TROPS, which accounts for 45% of the market share of the Iberian Peninsula, including growers from Valencia to the Portuguese Algarve, professionals who have demonstrated that excellence in work guarantees results.

This excellence is achieved not only in the field, looking at the ground, trees or choosing the optimal time to harvest their fruit. Excellence, also, is the fruit of an intensive R & D; of a management model channelled for best results, culminating in a continuous growth of the institution itself and all its economic and social environment; a business strategy that assures fruit production throughout the year; the establishment of contracts with major distributors; in addition to being covered by quality standards that certify the excellence of its fruits, present in major events and international trade fairs dedicated to the fruit and vegetable industry. This is the secret and success of TROPS growth.



**José Lorca Fernández**  
Presidente de TROPS



We must look ahead and TROPS are ambitious but at the same time, fully aware of the responsibility that comes with being the most important company in Europe in its sector. The last campaign 14/15 turnover of 71.5 million euros -a 77.6% more than the previous year, and placed in different national and international 28 million kilos of avocado and mango markets.

TROPS farmers receive the best advice from the most competent technicians and agronomist engineers to get the most out of their land engineers; they have continuous training in aspects essential to the daily lives of their crops, and are constantly updating all technological innovations that can be applied to their professional activity.

In addition to farmers, TROPS has a staff of 183 employees with an average age of 35 years, living the philosophy of the organization and enjoy a stable and conciliatory working environment. Workers, specialists in their different professional sectors, with a common goal: that the fruit arrives in optimum condition to the final consumer.

This great professional, economic and human family, has recently added a new value, perhaps the most important to take a quantum leap and qualitative and quantitative in the activity of the company: its modern and innovative facilities of El Trapiche (Velez-Malaga); a building of 15,000 m<sup>2</sup> and an investment of 17 million euros, from the outset, has amply justified its importance in terms of turnover, production and storage.

In this desire for growth and improvement, in June 2015 a new ancillary facility including a gas station where two associates and visitors can refuel at competitive prices were inaugurated; a gourmet shop of mostly local and regional products, in addition to those made by TROPS; a restaurant, an auditorium and spaces where partners can meet or receive the necessary training to improve the performance of their farms and their product quality.

Fruits TROPS, aware of the scale it has achieved, maintains an active policy of Corporate Social Responsibility; and it maintains in close cooperation with the universities of Malaga, Cordoba and Jaen; cooperates with important foundations and research centres of the Higher Council for Scientific Research, or participate in associations and groups them industry professionals.

One of the main bets of TROPS is the sport and the values that bind it. A slogan of a major club in the province of Malaga prays sport is life, and fruit is also life. Our main backer is Ruben Ruzafa, athlete internationally recognized that captures a huge track record, which includes the world champion of mountain bike in 2006, world champion cross triathlon three times, and as many World Championship XTerra. This athlete, of Axarquía adoption, is the image of vitality TROPS Fruit and takes our brand and our philosophy successfully to all corners of the world to all



who travel to compete. But we also support local sport, supporting different competitions where needed so that a healthy way of life and the mangos and avocados of our trees in our country grow equally. But our commitment does not end here; we work every day to make our society become aware of the importance of eating fruit within a healthy diet. Therefore, through our distribution channels, we offer different possibilities so that tasting a mango or an avocado becomes an appetizing experience of flavour. With the same idea in our web, we offer dozens of recipes that our fruits are able to surprise and grow in recognition and notoriety they really deserve within and outside our borders.

TROPS supports and promotes our cuisine, actively participating in various forums, fairs, show-cooking's, etc. throughout the national territory with leading figures of gastronomy; in this line it has edited books with recipes of Dani Garcia or Cooking Schools, in their eagerness to train. Here is the *raison d'être* of this book you have in your hands, now with chefs from Gastroarte and invited friends, who, in addition to a magnificent cookbook with exclusive creations of these prestigious chefs, brings cultural and historical aspects, its nutritional values, not to mention some of the most common or traditional creations of this fruit that arrived from the West Indies to stay.

TROPS, summarizing, is more than a society of an associative regime, it is a philosophy of work, life, and commitment to a profitable economic model that rewards excellence and perfection and the effort of this food and agriculture family, which captives consumers in dozens of countries, from these coasts of Málaga and Granada that open to the world with tropical crops as the main flag.



## The avocado, the fruit of Occidental India that captivated the South of Spain

The avocado (*Persea americana*) is a pear-shaped fruit with exocarpio or corklike shell and a rough feel, that depending on the variety, can be an olive, purple or black colour; the mesocarp or yellowish pulp is edible. It has one central bone of a good size. Its name is Castilianization by phonetic adaptation of the word in Nahuatl, *āwakatl* (ahuacatl), whose translation (DRAE) is testis, in clear reference to the way it hangs from the tree and therefore considered an aphrodisiac and so is read amongst many other examples in ***la Historia de las plantas de Nueva España*** (1512-1587): the fruits are warm, pleasant to the taste and nutritional quality not all bad, but greasy, wet and extraordinarily excites the sexual appetite and increases semen (1); belief that even today remains in many places. The avocado is the fruit of the avocado or avocado a species of the family of the original Lauraceae of Mesoamerica, especially from Mexico, Guatemala, Honduras, El Salvador and Costa Rica, to be released from Columbian era for South America, where it's known as "palta" and the jerezano and monk friar Antonio Vázquez de Espinosa (1570-1630) after his tour of the New Indies between 1608 and 1622 in his book published in 1628: (sic) *El Aguacate, in Peru called Palta, is great, fresh and leafy tree, older and more green leaves than that of an apple tree, the fruit is larger than a large pear Rei, there are many lots and makings (...) is very healthy and free, fruit usually eaten with salt or sugar, and desta luck has excellent taste, and has much sustenance.* (2) According to the author consulted the time believed that it started to be used as food varies; however, the date agreed by some archaeological remains date back to about 10,000 years or more in areas north of Colombia and southern Mexico, where it is still known for its abundance as the "butter of the poor".

What is perfectly studied is at least the three varieties consumed since pre-Columbian times that is mentioned by the Jesuit Bernabé



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Cobo and Peralta (1582-1657) in his *HistoriadelNuevoMundo* also Peruvian avocado, describing it as *Green meat and somewhat white coloured, buttery and very soft* specifies later: (sic) *There are three different types of Avocado: the second species is a large round avocados that is found in the province of Guatemala, which do not have as smooth a shell as the first and the third, very small avocados, which are the Mexican ones, which in size, colour and shape resemble figs: one is round and long and the shell is so subtle and delicate as plums.* <sup>(3)</sup>

This differentiation of Bernabé Cobo from the early seventeenth century, Louis Williams endorses it today: *There were at least three types of edible avocados known by the pre-Columbian villages of America. The largest of these is the small Mexican avocado (P.americana var. Drymifolia) (...) These fruits apparently were already consumed between 8,000 to 7,000 years B.C. (...) In addition to the Mexican avocados were two others, more important, selected and cultivated by earlier villages than the conquest of Mexico and Guatemala -the avocado "West Indies" (P.americana var. Americana) and avocado Guatemala (P. var. nubigena, guatemalensis).* <sup>(4)</sup>

Studies on the various existing varieties arose from hybridization, not having a genetic barrier to cross, *there are a lot of hybrids with mixed breed characteristics, which causes problems for placement in one race or another.* <sup>(5)</sup> These three varieties mentioned above may be the same as in the *Historiageneral de las cosas de Nueva España* Friar Bernardino Ribera (1499-1590), known as Bernardino de Sahagun, explains his work encyclopaedia, also called *CódiceFlorentino*, in 1588 the manuscript belonged to the Medicine family: *There are other trees called ahuacatl; (...) There are other avocados called tlacozalauácatl (which) are large, like those above. Women breast-feeding dare not eat, because they produce cameras to children who are lactating Other auacates that are called quilauácatl, (and) the fruit of these is called same; They are green on the outside, they are very good to eat and pretty.* <sup>(6)</sup> This Franciscan friar, who reached the Mexican lands in 1529, newly conquered by Cortes eight years ago, mentions not only the varieties; also the medicinal use made of them as remedies for various ailments that (the bone) <sup>(7)</sup> was even used as well as the leaves that even today are still used as dressing in many of their dishes, which provides a scent that resembles aniseed and a sweetness in the mouth.

in traditional preparations (mixiotes, pot carnitas or black mole among many

others), especially in the kitchen Poblana, Oaxacan or Chapaneca, or to wrap tamales and pieces of meat.

The first written reference where there is a mention of this fruit, but without giving any name, it from the cartographer and Seville conquistador Martín Fernández de Enciso (1470-1528) on his expedition to Uraba that collects in the work *Suma Geographia*, published in Seville in 1519, describing Jahro, the current Dibulla near Santa Marta (Colombia) the flora of the area: (sic) *Before reaching this Jahro Santa Marta is in the land depth of snowy mountains. Yaharo is good harbour and good ground and here to and inheritance of trees of many fruits to eat. And among others there is one that is similar to oranges and when it is forced (open) to eat it turns yellow: what is inside is like butter and is a wonderful flavour and leaves taste so good and so soft that it is wonderful.*<sup>(8)</sup> Although a name of the fruit is not mentioned, its description is a clear reference to avocado, whose first name is the pear of the Indies, as we read in the *el Sumario de la Natural Historia de las Indias* (1526) from the chronicler, military and colonizer Gonzalo Fernandez de Oviedo y Valdes (1478-1557) who is first to refer to this fruit which devotes a section also called Perales, by the similarity with European pear: *On land there are trees that are called pear trees, pear trees but they are not like those of Spain, but of no less esteem; They are before such fruit, which make much advantage pears here. Here are some large trees and broadleaf and something like the laurel, but is larger and greener. Check this tree a few pears weight of one pound, and very old, and some less (...) and the colour and detail is true pears, and the crust somewhat thicker but softer, and in the middle it has a nugget as grafted chestnut, peeled; but it is bitter, (...) is for eating, it fills you up, and a liquor or paste that is very similar to butter and very good delicacy and good taste.*<sup>(9)</sup>

Although it was Bernardino de Sahagun, as read above, who would call it auácatl phonetically as the Franciscan friars, Fray Toribio de Benavente, called by the Nahuatl people Motolinía (poor thing), which began its History of the Indians of New Spain in 1536, making a singular references Aguater make use of native and still referring it so phonetically and comparing pears: *Among many fruits that are in these mountains and throughout New Spain, is a calling ahuacatl; It appears in the tree is hanging and thus as large figs, although the flavour would be like a pine nut. There are four or five differences of these avocados (...) It's such a nice fruit, it's given to the sick people. (...)*





*The tree is as big as large pear trees; wide and very green leaf, smells good, it is good for water legs, and better for water beards.* <sup>(10)</sup>

Others began to call it both ways; it is the case of Pedro Cieza de León who dies in Seville one year after publishing his first **Chronicle of Peru** (1553), leaving the other two volumes written but unpublished (they see the light centuries later, 1871 and 1919, respectively). In his work he refers to the avocado at various points, but in the XXX chapter, describing the way to the city of Cali to Popayan (Colombia), quoted in a special way: *There are many groves of fruit, specially avocados and pears, there are many of these and very tasty.* <sup>(11)</sup> However, it didn't take long before it was fully adapted to Castilian and was known definitively by the name of avocado. The first was the Toledo historian Francisco Cervantes de Salazar (1513-1575) who moved to Mexico in 1550 and more where, in addition to serving as professor, priest and would write the **Chronicle from New Spain** (1554), work that would not see the light until 1914. In the first book of his work number he dedicates the fifth chapter to describing some of the trees of New Spain and, among others, read: (sic) *Avocado, whose fruit is called so, thick and black, larger than figs, which has bone; aids digestion and with natural heat; the bone aids to make some oil and butter; the flower is on the leaf, which in the ley for the beard, very fragrant, used by barbers.* <sup>(12)</sup>

Other historians, cartographers or naturalists as the aforementioned botanist and physician Francisco Hernández Toledano (1512-1587), who compiled on their journey between 1571 and 1576 an extraordinary treaty of plants of New Spain, years after the chronicle of Francisco Cervantes maintained the phonetic name to which he devotes a chapter called: *From ahoacaquahuatl or similar to an oak tree from which the fruit hangs* and can be read an extensive description of it, including medical properties: *It is a large tree with leaves like the lemon tree, greener, wider and rougher; Small-flowered white with yellow; of egg-shaped fruit, but in some much larger, or rather figure and size of sycamores (wild fig), black on the outside, green inside, naturally greasy and tastes like lard and green walnuts. (...) Contains white bone a bit reddish, solid, heavy, lustrous and divided into two parts as oblong although almonds and a little larger than pigeon eggs. These pit taste like bitter almonds, and produce, when pressed, such an almond oil not only in the odour, but also in taste and properties. This oil cures the rash, scars, dysentery astringency and prevents hair splitting. The tree has leaves all year and grows in all re-*

*gions spontaneously or cultivated, although born better and becomes more developed in warm places and plains.* <sup>(13)</sup>

Despite the universal termination avocado, in most countries of South America it was never used and is still using the avocado voice. The avocado (avocado) is the military of Inca origin and writer Garcilaso de la Vega (1498-1536) the first to define the origin of indigenous voice, noting that the Spaniards call him pears: (sic) *The fruit that the Spaniards call pears, to resemble those of Spain in the green colour and size, the Indians call avocado because of a province of that name was communicated to others. They are two and three times greater than large pears of Spain; it has a tender and thin sheath; below is the core, which be a finger in thiess; within one cuesco or bone grows as highly regarded; It is the same pear shape, and as thick as a pear common here; It has not been profitable for anything; the fruit is very tasty, very healthy for the sick; sugary food is to eat a preserve.* <sup>(14)</sup>

The “paltas” were a Native American village that extended the current Ecuadorian provinces of Loja, bordering Peru that in addition to naming the fruit, as Garcilaso wrote, also gave the tree they call palto and so collects the vallisoletano Jesuit Josef de Acosta (1539-1600), in chapter XXIV entitled: *From the mameyes and guavas and paltos*, either for the fruits of Peru or Mexico in the most complete compendium of his time on the flora and fauna of America published in Seville in 1590, ***Natural and Moral History of the Indies***: (sic) *Palta (avocados), conversely, are warm and delicate. It is the largest avocado and well grown and good tree and its fruit of big pears: it has within biggish bone, the rest is soft flesh; and when fully mature is like butter, and the delicate taste buttery. In the Pirú the avocados are large and have a hard shell, which is removed. In Mexico, for the most part, they are small, and the thin shell, which is peeled away like apples: for healthy food, and something warm declines, as I said.* <sup>(15)</sup> However, palta, as recorded by Victor Manuel Patiño, comes from a dialect of the language jíbara in Ecuador incorporated into Quechua, initially as Paltay for the tree and Paltay payurac for the fruit. <sup>(16)</sup>

They do not stop being interesting as little known by the names Brother Basilio Vicente de Oviedo (1699-1774) and the Franciscan Friar Diego de Landa Calderón. The latter, who arrived in Yucatan in 1549 and lived until his death there in 1579 as bishop, discussed in Chapter IX, dedicated to the natural environment of his work ***Relación de las cosas de Yucatán*** (1566): *There is a very large and fresh tree to which the Indians call on; big bears fruit gourds of*



*great smoothness like butter flavour and is buttery, and very high maintenance and substance. It has great Cueco and delicate husk and eat it cut (in) as melon slices and salt.* <sup>(17)</sup> On the other hand, Vicente de Oviedo, in his work ***Cualidades y riquezas del Nuevo Reino de Granada*** describing the fruits of the territories from Lagunilla and Mérida (Venezuela) writes: *The fruit of the tree called cures, and cures fruit and avocados, occurs in great abundance.* <sup>(18)</sup>

All sources agree that the avocado trip to Spain made a stopover in the West Indies, since before the arrival of the Spaniards, sobrada- mind is documented as an exclusively continental tree -Dampier, William. *A new voyage aground the world* (1697), o Emilio Rodríguez Demorizi. *Relaciones históricas de Santo Domingo* (1945)-, and the West Indian island came to the Peninsula and documented in 1576, although wrongly named mamay, as well as teacher and Valencian doctor Juan Plaza showed it to also Flemish physician and botanist L'Écluse, known as Carolus Clusius, on this trip made to Spain and Portugal between 1563 and 1564 <sup>(19)</sup>. Therefore, not the first reference, but the *first news we have of an avocado (Persea americana Mill.) Acclimatization in Europe is the example that Plaza showed in Valencia Square Clusius in 1563; it was in full bloom, so the Flemish botanist knew the characteristics of the fruit, which he exhibited in his work-through his Valencian colleague.* <sup>(20)</sup> Another botanist, also Valencian, the S. XVI-II, Antonio José Cavanilles (1745-1804), includes the appointment of Clusius in its passage by Valencia, specifying to where this was: *This tree is very rare, (...) because it was only seen in the Kingdom of Valencia, in the Monastery of the Blessed Virgin, called Jesus, about a mile from the city. They had brought from America (...) The first who taught me this plant was the illustrious Juan Plaza, medical and vocational Valencian.* <sup>(21)</sup>

Clusius, years after his trip with Plaza in Valencia, Seville receives the indication from doctor Simon de Tovar (1528-1596) that this plant was actually the avocado and he referred to it in 1601 <sup>(22)</sup> with other plants from America, that *should be considered the first mention of these plants in the Old World* <sup>(23)</sup>.

Ten years after the first written mention of the avocado appeared, the first dictionary of our language is published, work from Sebastián de Covarrubias y Orozco, ***Tesoro de la lengua castellana o española*** (1611) no entry of the avocado or palta appears; however, shortly after, it was known enough; as Lope de Vega names it in his prose work ***La Dorotea*** (1632):

*Don Bela. - Hyperbole and energy.*



*Gerarda. - Looks like an indie fruit, like bananas and avocados.* (24)

Not without significance, as it took one hundred years to found that the RAE (1713) and his first dictionary was known (1726), **Diccionario de Autoridades**, in which an entry appears for the first time of avocado; but not as a fruit of the Indies as described by Lope; on the contrary, as a gemstone: (sic) *AVOCADO. s. m. Same as emerald: and differs only in that it is not so perfect, and that is round in shape, or prolonged.* (25)

More than two centuries after the first news of avocado in Spain - 1563, as we read above- the second edition of the dictionary SAR (1780) is published; that is when two inputs are included; one for the emerald stone as it appeared in 1726 and finally one for the fruit: *AGUACATE. s. m. Indie fruit larger than the largest pears, and the same shape: the shell is dark green very equal and smooth, and easily removed: the bone is great in proportion of the fruit, the meat is edible, and is slightly yellow, of the softness of the butter, and taste of green walnuts.* (26)

We do not know how much, it was grown to mid-eighteenth century, among other parts of the Peninsula and we will read below- in Mataro and Calella lands in the Maresme region, according to references of José Quer (1695-1764) (27); however, the definition of the SAR edition after edition is repeated, including the confusing fact that the bone is meaty and good taste: *Tree, laurel species, twenty-five or thirty feet high that keeps leaves all year, and gives a fruit the size of a large pear, whose flesh and bone are a nice treat. Laurus persea.* (28) This gross error is maintained until the eleventh edition (1869) in which the bone disappears as edible part.

A mid-nineteenth century the most important Encyclopedia of that moment says that the avocado *is grown in Malaga, Valencia, Murcia, Tarragona and Barcelona.* (29) But the documentation pointing to Malaga as a place where avocados are grown is much older; as in the case of Gispert and Garrido in his work **La seducción de los paladares** where they document that *Clavijero refers that the tree was introduced in the Spanish Levante (Valencia) and on the Andalusian coast in 1601 (Málaga).* (30) In 1789, two years after the death of the Jesuit Francisco Javier Clavijero, Christopher Medina Conde, because of the Inquisition signed **Las conversaciones históricas malagueñas** with the name of his nephew, Cecilio García de la Leña, describing the American and Indies plants that occur in Málaga, writes: (sic) *Avocado tree brought from America, which produces a larger pear than the greater fruit, and of its same shape. Grown*

*in the orchard of Marqués de Sonora, party of Almayate, towards Velez-Malaga.* <sup>(31)</sup> However, the cultivation of this fruit, at least at the beginning of the nineteenth century, was much wider, because in the Dictionary of Pascual Madoz, in enumerating the fruits that are in the region of Motril, writes: (sic) *Annona cherimoya fruit, nice American tree that plays easily and is very common in Motril and Almuñécar: banana, even more widespread in both vegas: avocado and guava, recently acclimatized in Almuñécar.* <sup>(32)</sup>

In describing the produce of the province of Malaga, the above mentioned dictionary of Madoz, states: (sic) *In addition to sugar cane, which by their constant acclimatization has earned the adjective indigenous, to differentiate it from America, the mild climate of Malaga and other parts of the coast, allows growth of upland cotton, the Indian indigo, avocado, redbud, (...) papaya, (...) the snuff, tamarind and tomatoes Buenos aires., sensitive Brazil, and countless other plants and varied exquisites.* <sup>(33)</sup> Although Madoz mentions specific areas of the Axarquía and to a degree the coast of Granada, possibly because that was where more abounded, they were not the only areas where cultivated. A few years after publication of the dictionary (1848), Queen Isabel II visits Malaga from 16 to 19 October 1862 and, among the many and varied productions that were made for the royal visit, she inaugurated the exposure Society economic Friends of the Country, where the Queen *turned his attention to the main objects of agriculture and industry; in magnificent sugarcane samples for their development, in which the culture expressed interest; in fruits and tropical trees submitted by Mr. Gorría and by the Hon. Marquis del Duero* <sup>(34)</sup>. Although names of tropical trees were not listed referred to in this description, in the Bulletin that the Economic Society of Friends of the Country published with details of the royal visit, Livestock relationship awarded and featured appears in the Exhibition Industry, Agriculture and , October of the previous year (1862) for this reason: *As for the acclimatization of exotic products, the first awards have been deservedly awarded to Mr. Rafael Gorría which has submitted the avocado green and black, magnificent specimens of bamboo, pistachio ...* <sup>(35)</sup> This information is collected, by Leandro Olallain **Losfruta- les tropicales en Málaga** adding a single indication: *green and black avocados from Abdalajís Valley.* <sup>(36)</sup>

Following the Bulletin of the Economic Society, in nº 47 corresponding to 1864, describes the prizes that are awarded in the spring flower show in the capital, particularly being one of the honorable mentions to name the source of such

*Persea lanceolata*

plants among which is the avocado: *Enrique Don Roose, through the branches of guava, avocado, fake tan, and various and beautiful flowers, including jupiter, which is farmed on her pretty possession of Churriana.* <sup>(37)</sup>

Thanks to gardening exhibitions and the first trees planted in different farms and even public places like city mentioned below read at the beginning of the last century avocado must be in Malaga, especially the capital sufficiently known to Arturo Reyes Aguilar (1864-1913), the writer costumbrista malagueño described the air and peasantry of his native neighborhood Perchel, would make the first Malaga and Andalusian literary reference of this fruit. This appears in the texts he wrote on the section Monday for El Imparcial de Madrid, specifically Trini, the February 26th, 1912:(sic)

*-I thought that yes, it was whispered dully Antonio; But **Trini** deceived me. Trini is with another man.*

*- Trini ...? Come on, man, your avocado is not good.* <sup>(38)</sup>

Shortly before the Civil War had begun to interest the cultivation of avocado; as in the case of Catalan expert Ramón Roqueta Sala, after his trip to California in the twenties. It was already a reality where the plantation, began the first trials and attempts that would be frustrated by the civil conflict <sup>(39)</sup>. end like have the first production trials prior to the war Centers Subtropical Crops INIA (National Institute for Agricultural Research) had in Torrox (Málaga) and Motril (Granada) avocado, the latter in a nearby farm to the sanctuary <sup>(40)</sup>, which would be abandoned from the same circumstance. Interest in the cultivation of avocados had to wait until late in the decade of the fifties, and its major drivers German Roger Magdahl and Luis Sarasola, true visionaries and drivers of reality that is today the avocado in this Mediterranean coast of Andalusia.

Luis Sarasola (Guipúzcoa, 1910-1991) by 1954 searched in Malaga for the avocados that were news in what he called the avocado route in the company of Roger Magdahl. This journey starts near Marbella, Las Chapas, where no tree was to be found. On the way to Malaga, passing through the estate of San Javier in Churriana possibly, the same as that referred to above, owned by Enrique Roose- in locating two edges avocados <sup>(41)</sup> of big size, *Mexican or hybrid type, one of which was about 1.50 meters in diameter and its huge roots protrude from the ground as a huge ficus (...) then the owner of the farm to urban effects and avocados disappeared* <sup>(42)</sup>. They went through the next farm of El Retiro in which likewise they found several before reaching Malaga, encountering several in the park,



some seedlings in the English Cemetery and on the farms of San Jose and La Concepcion, possibly, avocado bones from the estate of San Javier.

On their tour, Sarasola and Magdahl, go through Vélez-Málaga, stumbling upon some good examples, up to the first positive surprise, which would be found in the centres of INIA of Torrox first and then Motril (listed above) where Sarasola found the few remaining trees, some of great size, showing an interest in row available for grafting a posteriori, and one Guatemalan race grafted fruit produced large and quality (43). Precisely in this area of the coast of Granada definitivamente- you undertaken the commercial cultivation, from where it spread throughout the coast of Granada and specially Malaga Axarquía and so Javier García Tapia collects: (sic) *Avocado cultivation began in the Spanish Costa del Sol in the late sixties, first in Almuñécar and, somewhat later, in the area of Motril.* <sup>(44)</sup> Julian Diaz Robledo in his documentary exotic fruits Discover the place and date linked to the aforementioned Magdahl and Sarasola: *The first commercial planting took place in Almuñécar (Granada) in 1955, being the promoters of an agricultural adventure, Roger Magdall (German) and especially Luis Sarasola.* <sup>(45)</sup>

1958 Roger Magdahl *one of the largest producers of avocado from Chile, had bought a small property in the valley of Almuñécar, almost the best place in Spain as avocado climate is concerned. (...) He invited us to his small orchard in Spain (that, and I like to say happily, he had called Rancho California).* <sup>(46)</sup>

The farm was 3.8 acres in Vega del Rio Verde (Almuñécar), with the mark *California Avocado Society* which made use of seeds, as well as their local ones and other arrivals from the Canaries. The success of this small plantation and the prices at which they sold helped to spread the word amongst the other local farmers as Sarasola said: *The first sales of the fruit of Rancho -from California- could be set between 60 and 61. My idea was to form a small and very select clientele of retailers throughout Spain, one or two in each city, to avoid skills and get sell at high prices. Since we started to sell and prices were known, they were the triple or more the prices of the cherimoya, the interest of farmers in avocado increased rapidly.* <sup>(47)</sup> It is only necessary to compare the price of a kilo of avocados in 1960 to what other first necessities were worth then. *I remember (...) that the first fruits of this Spanish pioneer farm that was the Rancho California Almuñécar sold between 80 and 120 ptas. per kilo. It was October 1960.* - To understand this better, it has been thought that in 1960 a Seat 600





(420) cost 70,000pts; a film ticket, 15 pts (0.09) or a shirt 99 pts (0.6) - *I should mention that in those beautifully designed boxes and 5 kilos of weight, was awarded the brand "Palta" (...) (48)* Undoubtedly, the brand Palta was because Magdahl, German by birth, lived most of his life in Chile, where tariat lifted in the Aconcagua Valley River a farm which he called "Huerta California" as can be read in the article *Production Regions* from the Australian magazine **Talking avocados** from 2003: *Roger Magdhal first brought` the "Hass" avocado to Chile in 1935, three years after it was patented in California (...) Including the family Magdahl California's renowned Orchard Nursery. (49)*

It did not take long for them to be the first avocados for sale in Malaga, and as Guillermo Jimenez reported, which in those years was one of its most emblematic establishments, The Cosmopolitan (1949-2008): *The first avocados sold in Malaga, before starting the production of Santo Pitar, came from Rancho California and sold by units in the grocery store La Cosmopolita, on Calle Larios. They were displayed in a window placed on a tray. (50)*

The start with the introduction of new varieties and trials increasing owners was a reality in the '70s, supported by the creation of La Mayora which had been founded in the '60s in cooperation with Germany, today the Higher Council for Scientific Research (CSIC EELM-) in collaboration with the University of Malaga (UMA) The First trees were planted in the experimental farm of La Mayora were approximately one hectare in 1966-1967. (51)

The expansion of cultivation of avocado went through the strengthening of varieties, especially between 1970 and 1975, to start off from that date, thriving on the Costa del Sol, and exceptionally in the Axarquía, where in 1979 a few farmers (five) founded TROPS, now the first company in Europe.

Four hundred years after arriving on these south shores of the south, the avocado managed to conquer the production and economy of an important sector of the population, showing that fruit is now part of the local cuisine, both family and restoration.

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## El aguacate, complemento ideal de la Dieta Mediterránea

Avocado (*Persea americana*) is food of the fruit and vegetable group with special characteristics due to their nutrient content. It is a fruit with a high water content (over 72%), fat (15%) and a relevant fibre content (6%) with low sugar content (0.2%) and cholesterol. The profile avocado fat is also unique because it harbours a high percentage of monounsaturated fatty acids (10%) compared to 2% of saturated and polyunsaturated.

Micronutrient content makes the avocado a fruit that provides significant amounts of magnesium and potassium and low in salt. It is in vitamins E and K. It is also a food that provides significant amounts of important health-related functional bioactive components (phytochemicals). Among them we can highlight carotenoids (lutein and zeaxanthin mainly), phytosterol sterols and other antioxidants phenolic compounds.

This particular nutritional profile makes avocado a food of an important density in nutrients, medium caloric contribution despite its high fat content and having a high percentage of water. Contributes 1.7 Kcal / g and if we consider that the normal ration is medium fruit (about 70 g) intake of food in our diet is about 119 Kcal. On the other hand, your fat profile make it similar to two central foods in the Mediterranean diet, virgin olive oil and nuts (especially almonds and pistachios). This fat content allows you to include it in salads and very significantly improve the bioavailability (absorption and utilization by the body) of different components important to health as the fat-soluble vitamins (vitamins E and K) and carotenoids.

In the dietary field, this nutritional profiles makes avocado a recommended nourishment during periods of growth in children, as a complement to salads as it increases calorie intake. It is also a choice of food for physically active people and athletes; on the one hand, by their higher energy content than other vegetables decrea-



sing the volume of food high caloric intake and, secondly, its high content of antioxidants that counteract the high oxidation generated in the body with the practice of the activity aerobic fitness. Regarding health, there are several scientific publications of human studies that demonstrate its important role in achieving a balanced diet and health. Its fibre content, its almost zero glycemic index due to its low sugar content, its unsaturated fat profile and the presence of antioxidant vitamins (E and C) and phytosterols make their usual consumption in the diet is related to prevention cardiovascular disease (myocardial infarction and stroke), and hypertension (high in potassium and low in sodium). Also, although not many studies in humans, it has been observed that it may relate to the prevention of certain types of cancer such as prostate. On the other hand, they are high in protein Lu and zeaxanthin, two components of the macula of the eye, make it an important food in the prevention of macular degeneration, a cause of blindness in older adults.

One of the most recent aspects of the recommendation to include in the avocado diet is related to overweight and obesity and associated problems, specially metabolic Syndrome, a condition that includes the presence of hypertension, blood lipids high (triglycerides and cholesterol), insulin resistance (prediabetic state), overweight with abdominal adipose density (waist circumference) among other symptoms. Studies show that regular consumption of avocado in a rich diet in vegetables and fruits increases satiety after eating and therefore decreases the desires of eating between meals ("nibble" between meals). This is important to avoid gaining weight and diets for weight loss in people with overweight and obesity. At the same time improves sensitivity from insulin tissues and elevated glucose and insulin after a meal is less, which makes this recommended food in diabetic daily food. In conclusion, the avocado is a nourishment that should be presented in a rich Mediterranean diet of fruits and vegetables (forming part of a salad garnish and other foods like legumes, olive oil, fish, and nuts). Its inclusion in our diet can be an important tool to prevent chronic diseases, macular degeneration and the prevention and treatment of overweight and obesity as well as for feeding the diabetic.







# TRADITIONAL RECIPES



## Avocado Gazpacho

### Ingredients

*(serves 4 people)*

3 avocados

1 green pepper

1 or 2 cloves of garlic 50 g stale bread

3 basil leaves

c.s. water

c.s. olive oil

c.s. Jerez vinegar (to taste)

c.s. salt

### DIRECTIONS

Cut the bread in slices, remove the crust and soak.

Peel the avocados, remove the pit and cut into pieces. Rinse the pepper, cut into pieces, and do the same with the garlic.

Add these ingredients to the mixer and add the basil, water, salt, vinegar and beat it. Pour the oil bit by bit so it emulsifies until you get the desired texture.

Depending on the density desired, add more or less water. Cool it down.

Make the accompaniment wanted while it cools down. It's recommended to cut up some boiled egg, cucumber, tomato without any seed or skin, grinded spring onion, etc.



## Rice salad with avocado

### Ingredients

*(serves 4 people)*

250 g of bomba rice

2 avocados

125 g of shrimps or prawns

1 cucumber

1 chive

1 carrot

20 olives

Juice of 1/2 lemon

1 bayleaf

c.s. spring onion

c.s. olive oil

c.s. salt

c.s. pepper

c.s. peppermint leaves

### DIRECTIONS

Pour 3/4 l of water to boil with salt, when the boiling starts, add the prawns and cook for one or two minutes (depending on the shellfish size). Take out the prawns and keep the soup keep the fumet. Peel and cool. Put the heads inside of the fumet, Mix, sieve finely and with the fumet, Cook the rice and diced carrots with the bayleaf and a pinch of oil for about 9 minutes. Soak in water, strain and cool.


Peel the avocado, Cut in dices and and pour a few drops of lemon, cut the pepper in dices, and slice the onion.

Add all the ingredients in a bowl, add the olives, season with salt and pepper, the peppermint leaves finely chopped and spread abundant olive oil and lemon juice. Decorate with the chopped spring onion on top.



## Avocado sauce

### Ingredients

1 avocado  
The juice of 1 lemon  
10 g fresh coriander  
1 jalapeño or ají   
2 cloves of garlic  
c.s. water  
c.s. olive oil  
c.s. salt  
c.s. powdered black pepper  
c.s. powdered cumin

### DIRECTIONS

Peel the avocado and cut into equal parts. Clean the garlicks and chop them in few pieces.

Add to the mixer with the rest of the ingredients except from water and beat. Add the right amount of water to obtain a homogeneous and creamy paste. Let it cool down.



## Acocado Mayonnaise

### Ingredients

1 egg  
1 avocado  
1 garlic clove  
1 spoon wine vinegar  
1 spoon chopped coriander  
c.s. olive oil or sunflower oil  
c.s. salt

### DIRECTIONS

Place all the ingredients in a mixer and beat until you get the desired texture. Cool down.

You can also do this with roasted garlic, in which case it is recommendable to use two cloves and, without peeling, crush them with the flat of a knife and roast them directly into fire, until they are soft. Peel them and put them inside of the mixer with the rest of the ingredients





## Avocado Soup

### Ingredients

*(serves 4 people)*

1 l chicken soup

350 g tomato

150 g jamón serrano

2 bayleaves

2 cloves

4 avocados

1/2 lemon

c.s. coriander

c.s. salt

c.s. pepper

c.s. sippets

### DIRECTIONS

Peel the avocado and then chop it; Do the same with the jamón serrano.

Scald the tomatoes, Peel them, remove the seeds and mix in the beater.


Pour the chicken soup, tritured tomato, bayleaf, cloves and coriander inside of the saucepan, and then cook the chicken at medium heat until it's done. Remove the cloves and bayleaves and incorporate the rest of the peeled avocados, lemon juice, season to taste with salt and pepper and pour it into a beater and triturate. Mash it and then heat it up.

It's served hot, decorated with the chopped ham, avocado dices, chopped coriander and then the sippets.



## Columbian avocado and corn soup

### Ingredients

1 l of chicken broth  
2 big avocados  
1 lemon  
1 onion  
1 bay leaf  
3 spoons unsalted butter  
1 cup of sweet corn  
c.s. Coriander oil  
c.s. salt and pepper  
Bouquet garni 

### DIRECTIONS

Put 3 spoons of butter in a saucepan on a medium heat and brown the brunoise cut onion until simmer. At that moment incorporate the corn, bayleaf, the bouquet garni and the soup, leave it at low heat for 25 to 30 minutes. Set aside and let it cool down.

While it is cooling, take the avocado flesh and mash it. Pour on the lemon juice, preventing it from oxidizing.

When the soup is cold, remove the bouquet garni and the bay leaf and blend. Incorporate the avocado and if you wish, blend once more. Add a pinch of salt and pepper. Leave to cool.


When served, pour a few drops of coriander oil and some fried corn grains.



## Avocado cold cream

### Ingredients

*(serves 4 people)*

- 1 1/2 big avocados
- 1 cup of cream or 2 yoghurts
- 1/4 l of chicken or vegetable broth
- 1 garlic clove
- 1 lemon
- c.s. salt
- c.s. coriander or parsley
- c.s. white pepper
- 1 chile serrano (optional) 

### Garnish

- c.s. sippets
- 1/2 diced avocado
- c.s. peppermint leaves
- c.s. chopped boiled-egg

### DIRECTIONS

Put half the avocado pulp with the lemon juice, cream or yoghurt, the broth, chopped garlic, coriander, ground pepper and, if you wish, some chili. Blend it, sieve and leave to cool.

### Plating up

Pour enough quantity in deep plates, decorated with a few peppermint leaves, sippets, avocado dices and chopped boiled egg.





## Guacamole

Traditional recipe from Mexico of which there are many variants

### Ingredients

2 avocados  
1/4 medium sized onion  
1 chile serrano  
1/2 jitomate (tomato) 1 lime  
c.s. coriander  
c.s. salt  
c.s. black pepper

### DIRECTIONS

Guacamole should be textured; that is to say, not made a homogeneous paste. The molcajete (mortar and pestle) is currently used to slightly mash the ingredients.

But you can also make it in a bowl, chopping the chilli, the onion and coriander really thin. Then incorporate the avocado and mash with a potato masher or fork, mix with the previous paste and pour on the lime juice to avoid oxidation.

Incorporate the tomato, previously blanched to peel it, and without seeds; season with salt and grate the pepper to taste, mash and mix all the ingredients. Taste and add salt as necessary.

Note: It is a sauce used to botanear  (*dip*) with totopos , (*tortilla chips*) burritos or tacos.



## Guasacaca

Venezuelan traditional sauce that is used to go with arepas (corn cake), meats or salads, also known as the Venezuelan guacamole that allows more ingredients.

### Ingredients

- 2 medium sized avocados
- 1 small onion
- 2 garlic cloves
- 1 small green pepper
- 1 coriander bouquet
- 1 parsley bouquet
- 125 g of Olive oil
- 50 g of wine vinegar
- 1 bayleaf
- c.s. of salt
- c.s. of pepper

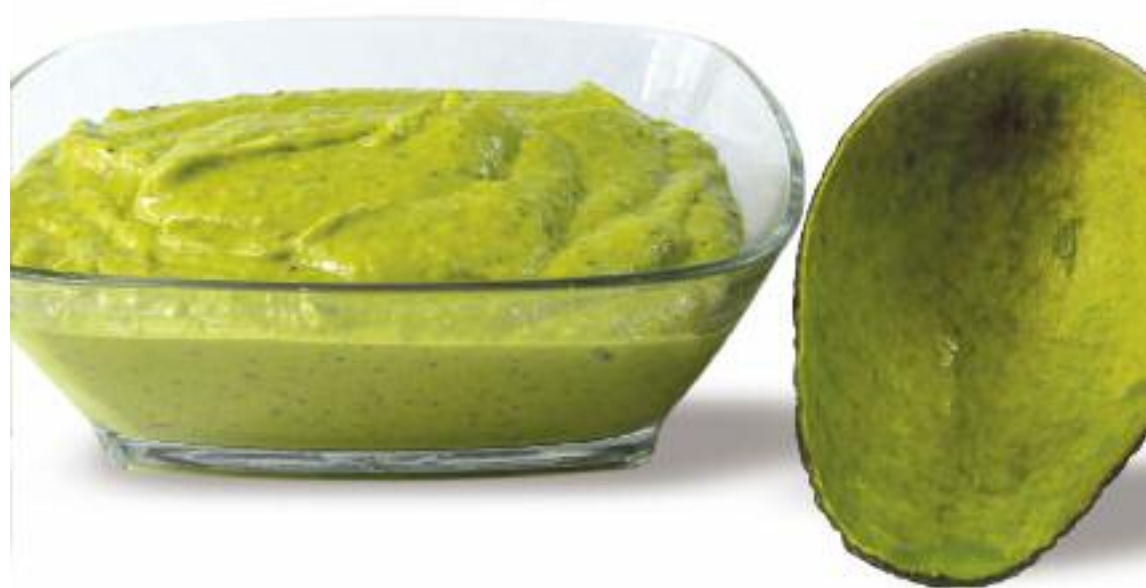
### Other optional ingredients

- c.s. oregano
- c.s. cumin
- c.s. lemon juice
- c.s. sweet bell pepper
- c.s. basil
- c.s. rosemary or thyme
- c.s. mustard

### DIRECTIONS

Clean the avocado from skin and pit, Cut up into pieces and put into the mixer. Do the same with the garlic, onion and other ingredients and beat it until you obtain the desired cream. Taste and add salt as necessary. Cream can be more or less thick as desired.

Keep in a glass container.



## Causa limeña

Traditional peruan dish that recieves the name of cause, because of the hispanization of quechua term kausav, that means food, also referred to as the potato, the main based food of their culture

It can also be made with chicken or seafood, replacing tuna in oil.

### Ingredients

1 kg yellow potato; 1/2 lemon; 1 teaspoon pepper; 180 g tuna in oil; 2 avocados; 1/2 purple onion; 2 tomatoes; c.s olive oil; c.s. salt; c.s. mayonnaise; c.s. black pepper

### Others for decorating

2 boiled eggs; c.s. fresh parsley; c.s olives

### DIRECTIONS

Make sure that the potatoes are of a similar size and once cleaned, cook them in their skins with salt and a piece of lemon. Once cooked, remove the skin whilst still hot and mash.

Once the purée has cooled, add the pepper, salt and lemon, season it to taste with oil and salt. Combine the mixture and taste and add salt if necessary.

If the mixture ´s not smooth, some oil can be added, a bit of milk or vegetable broth to get the desired texture.

In a separate bowl mix the finely chopped onion with tuna and mayonnaise to taste, making sure it ´s well mixed.

To serve the “cause”, place a layer of potato purée in a mould, add some slices of avocado on top, followed by a mixture of tuna with mayonnaise and onion, ending with another layer of purée. Remove the mould and decorate with mashed boiled egg, olives cut into rings. Peeled and diced tomato and finely chopped parsley.

**Note:** You can also make it into a roll, with the help of a plastic sheet, like cling film, above it, spread a layer of potato purée followed by the mixture of tuna with mayonnaise and onion. Afterwards, proceed to roll with the help of the plastic and decorate it the same way.



## Avocado stuffed with chicken

### Ingredients

*(Serves 2 people)*

150 g of roasted or grilled chicken

1 avocado

1 ripe tomato 1/2 boiled egg

2 lettuce leaves

3 spoons mayonnaise 1/2 lemon

1 teaspoon fresh coriander

c.s. salt

c.s. pepper

### DIRECTIONS

Cut the chicken in dices of scarcely a centimeter Wash, dry and shred the lettuce. Cut the tomato, previously skinned, remove the seeds and cut up in dices like the chicken. Cut in half the avocado, making sure both halves have the skin, remove the pit and the pulp, cutting it in dices.

Mix the tomato, lettuce, avocado, chicken, coriander, the half lemon juice, chopped boiled egg and mayonnaise. Season with salt and pepper. The plate is served by filling the half skins with the paste.





## Scrambled egg avocado, cod and prawns

### Ingredients

2 ripe avocados  
150 g of fresh prawns  
150 g of cod  
4 eggs  
1 clove of garlic  
1 chive or c.s of leeks  
c.s. of parsley  
c.s. of olive oil  
c.s. of salt  
c.s. of pepper

### DIRECTIONS

Flake the cod, previously unsalted, and peel the prawns.

Put some oil in a saucepan, add chopped garlic and simmer until soft; when it's almost done add the chopped onion or leeks and, let it cook. Meanwhile, beat the eggs with a bit of salt, first the egg white and when it's almost stiff, incorporate the yolk. Put aside.

When the chive is ready, add the cod and prawns, stir and immediately add the previously peeled and diced. Mix the ingredients making sure not to break the avocado, add the salt and pepper and pour on the beaten eggs. Stir until almost set.

Serve with a little finely chopped parsley on top.



## Avocado in breadcrumbs

### Ingredients

2 avocados not quite ripe  
1 lemon  
2 garlic cloves  
1 teaspoon coriander or parsley  
2 eggs  
c.s. flour  
c.s. not very thin breadcrumbs yeast  
c.s. Olive oil

### DIRECTIONS

Cut the avocados lengthways and in half, remove the pit. Cut those halves in quarters, in turn, cut other sections in eighths without removing the skin to prevent the pulp from breaking. Remove the peel from sections and spread with lemon juice to prevent it from oxidation

Peel and crush the garlicks.

Break the eggs, Beat the White egg until stiff and then add the yolks, garlicks and coriander, keep beating until it's mixed.

Put the flour in a plate and the breadcrumbs in another one.

Coat the avocado sections, in flour, afterwards in egg, and finally in bread-crumbs. Wait a bit and then coat the avocado in egg and breadcrumbs again.

Place the breaded sections inside of the fridge for half an hour before frying.

Once the oil in the pan is hot, fry the breaded avocado until brown. Drain any excess oil with a serviette before serving.

Can be served with mayonnaise (in the picture, beetroot mayonnaise) or any other sauce, especially spicy.



## Avocado with baked prawns

### Ingredients

*(serves 4 people)*

2 avocados

12 prawns or crayfish Lemon juice

2 garlic cloves

c.s. semi-soft goat cheese

c.s. parsley

c.s. olive oil

c.s. salt

c.s. pepper

### DIRECTIONS

Peel the garlic cloves and chop together with the parsley, pour on the lemon juice, rinse with olive oil, salt, pepper and mix together.

Peel the prawns or crayfish and cool them with the previous marinade for about 10 minutes.

Cut the avocados in half lengthways. Remove the pit and empty them with a spoon, making sure not to break the skin. Cut the pulp in brunoise and mix with the previous paste. Fill the halves with the paste and grate with plenty cheese.

Pre-heat the oven to 210° C au gratin.



## Avocado with baked egg

### Ingredients

2 avocados  
4 small eggs  
c.s. salt  
c.s. pepper  
c.s. serran ham chips

### DIRECTIONS

Carefully cut the avocados in half, lengthways. Extract the pit and remove some pulp with a spoon.

Place the 4 halves on a tray and put in the oven, season slightly with salt and pepper and empty one small egg inside of the avocado's hole. It is advisable to put the yolks in first and then and then the egg white. Add salt as necessary and spread serran ham chips.

Can be replaced with bacon chips.

Put in the oven previously pre-heated at 180° C and bake until white egg is done.






## Reina pepiada

Venezuelan recipe usually accompanied with arepas(corn cake)( Photograph attached in a small “mollete” -roll-).If in season, peas can be added.

### Ingredients

250 g chicken  
1 carrot  
1 onion  
1 leek  
2 cloves of garlic  
1 fresh chive  
1 ripe avocado  
6 tablespoons mayonnaise  
1 lemon  
c.s. coriander  
c.s. salt  
c.s. powdered pepper  
c.s. (to taste) ají scales 

### DIRECTIONS

Place the clean chicken in a saucepan, with salt, half an onion, garlic, carrot and leek; cover with wáter and cook until chicken´s soft. (falls off the bone). Take the chicken out, let it to cool and debone.

Peel the avocado, take one or two strips to decorate and mash the rest with some lemon in a bowl, add the chicken already deboned, chive and the other half onion finely chopped, mayonnaise, salt, pepper and ají scales. Mix together.



## Barros Luco

Chilean sandwich named after the Republic's president from 1915 to 1919, Ramón Barros Luco (1835-1919), for being a frequent consumer of this kind of sandwich.

### Ingredients

4 small steaks of beef  
125 g slices cheese  
4 hamburger rolls, mollete 🍞 or similar  
1 palta (avocado)  
1 tomato  
c.s. mayonnaise  
c.s. salt  
c.s. black pepper  
c.s. Olive oil

### DIRECTIONS

Season the fillets with salt and pepper, heat in a pan and score them on both sides.

Cut the bread roll in half and heat with the remaining heat juice. Meanwhile, heat the meat in the oven with a slice of cheese on top;

Once the cheese is melted, take out of the oven and put it in the middle of each piece of bread, adding the slices of avocado, a slice of tomato and a bit of mayonnaise.




## Barbecued pork taco

Mexican recipe Receta using the avocado leaf.

### Ingredients

#### - Barbecued pork

1 kg maciza  / solid pork meat ; 1 white onion; 1 avocado leaf; 1/2 head of garlic; 350 g pork butter; 2 oranges; 2 mandariness; 100 cl whole milk; c.s. aromatic herbs; ts. salt; t.s. whole black pepper

Put the butter into a casserole dish. Add the meat clean and previously chopped, onions and garlic, herbs, avocado leaf, milk and the citric juice, season with salt and pepper as necessary.

Once it's been cooking for a while, add the orange peel, add salt as necessary and mix, stirring from time to time to prevent sticking. When it's done, leave the sauce to cool down enough to crumble with the hands. Put aside.

#### - Avocado sauce

1 medium sized avocado; 1/2 white onion; 1 clove of garlic; 3/4 kg Green tomato; 4 green Serrano peppers; c.s. olive oil; c.s. de vinegar; c.s. water; c.s. coriander c.s. salt

Cut and remove the pulp from the avocado, peel and chop the onion and garlic, same with cleaned seedless and peeled tomatoes. Put the remaining ingredients into a beater and beat. If wished, use a sieve. Cool down.

#### - Plating

3 lemons; 1/2 chopped White onion in brunoise; c.s. chopped coriander; c.s. de crispy corn

### Plating up

Put some solid pork meat over a crispy corn, and over this one, a bit of onion and coriander to taste, finishing with the avocado sauce and a gush of lemon.



## Spaghetti with avocado sauce

### Ingredients

*(serves 4 people)*

350 g spaghetti

2 ripe avocados

2 cloves of garlic

1/2 lemon

1 bayleaf

c.s. fresh basil

c.s. salt

c.s. black pepper

c.s. olive oil

c.s. grated cheese

c.s. liquid cream

### DIRECTIONS

Put the spaghetti (or desired pasta). Boil in plenty water with salt, a gush of oil and bayleaf, make sure it's al dente.

While it boils, prepare the sauce. Cut the avocado, extract the pulp and crush it as thin as possible, add the juice of the half lemon, pinch of salt and pepper to taste and, pour some cream if the density is not correct.

Strain the pasta and place inside of the pan with a little bit of oil, and the previously simmered laminated garlic, avocado cream and chopped basil. Mix the ingredients and serve, sprinkle some grated cheese on top.





## Avocado and shrimp omelette

### Ingredients

1/2 avocado  
3 or 4 shrimps (150 g)  
2 eggs  
1 small leek  
1 clove of garlic  
c.s. parsley  
c.s. olive oil  
c.s. salt

### DIRECTIONS

Wash and chop the leek in brunoise and peel and chop the shrimps, keeping the heads.

Simmer some chopped brunoise garlic with a little bit of oil, add the leek. Once it is almost simmering, add the chopped avocado previously laminated and season, let it finish to simmer. Just before it simmers, add the shrimps and the head's juice (squish them), Mix and immediately remove from the heat so that it doesn't overcook. Mix the parsley and egg whites in a bowl, almost to a peak and then add the yolk to finish whisking; getting a spongy omelette and with more body. Put the egg paste in a saucepan with oil previously heated, let it set and turn the omelette upside down making sure it's not too set.



## Avocado and potato omelette

### Ingredients

6 eggs  
1/2 kg potatoes  
1 onion  
1 avocado  
1 teaspoon parsley  
c.s. salt  
c.s. olive oil

### DIRECTIONS

Cut the onion in brunoise, peel the potatoes, wash and chop in slices. Peel the avocado and cut in slices, same as the potatoes. Put plenty of oil in a saucepan, heat, then add the onion and potatoes, when it's simmered, add the avocado and let the potatoes cook. Take out, drain and season.

While it fries, whisk the egg whites with a pinch of salt, almost to a peak, then add the yolks. Once it's well mixed, combine with the previous fried mixture and pour in a bowl. Leave it to soak. Season and add chopped parsley.

Heat a saucepan with oil and add the mixture from the bowl. Heat at medium-high leaving it to set. Turn upside down and wait until it's done. It's important it's not dry inside.

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## Baticate

### Ingredients

2 avocados  
100 g sugar  
1 litre of milk  
Ground cinnamon  
(1 banana)  
c.s. peppermint

### DIRECTIONS

Mix the ingredients. It shouldn't be too sweet. Served cold with a peppermint leaf on top.

The banana is optional.

Another option is to add cane honey instead of sugar.



## Avocado flan

### Ingredients

#### - Crème caramel

1 avocado  
4 large eggs  
75 g sugar  
50 g orange juice  
150 g de milk cream  
1 teaspoon vanilla extract

#### - Liquid caramel

12 spoons sugar  
3 spoons water

Heat the sugar and water in a nonstick frying pan, melt the sugar and dissolve in water, it will start changing colour, keep stirring until the colour and density are obtained. Don't cook it too much, as this will make it bitter.

### DIRECTIONS

In a blender, beat the avocado pulp, orange juice, eggs, milk cream and vanilla extract.

Pour the resulting cream in an oven mould, previously filled with liquid caramel and bake at 180° C, previously pre-heated for about 20 minutes.

Take out, cool and keep it cold.

When presented, remove from the mould, place on a plate with the caramelized sugar and the accompaniment desired.





## Avocado jelly

### Ingredients

1 large avocado  
1 can of evaporated milk  
1 l sugarless pineapple juice  
6 spoons powdered jelly  
100 ml whisky  
c.s. sugar  
1 teaspoon vanilla  
c.s. fresh peppermint

### DIRECTIONS

Hydrate jelly in a saucepan with the juice. Put the evaporated milk, sugar, vanilla and whisky and simmer. Leave it for about 10 minutes. Put aside.

Beat the avocado pulp in a blender with a bit of the previous liquid already made, add to the saucepan, mix it well and pour in moulds. Cool until set.

Remove from the mould, decorate with peppermint leaves.



## Avocado marmalade

### Ingredients

1/2 kg cleaned avocado  
1/4 kg sugar  
1 lemon  
1 glass of rum

### DIRECTIONS

Extract the pulp from the avocados and weigh, put in a bowl, squeeze the lemon juice over it and add the half of the weight in sugar.

Mash and mix, leaving it to marinade for about 3 or 4 hours.

Once it's marinated, simmer in a pan and stir for about 40 to 45 minutes. Before finished, pour the rum and keep stirring until finished. Remove and fill the bowls.

The jars should be made of glass, previously sterilized and warmed up so so that they don't break when filled. Close them immediately and turn upside down, until the next day. This way it will create a vacuum and you will be able to preserve it for months.





# GASTROARTE RECIPES



[...and friends]





**Adolfo Jaime Canseco**  
 Restaurante El Bañeario · Málaga

## Oyster tartare with citric vinaigrette and toasted corns

### Ingredients

(1 person)

3 oysters

1/2 avocado

1 red onion

c.s. grated lime

c.s. salt

c.s. lemon juice

6 to 8 toasted corns

c.s. flowers

### DIRECTIONS

Cut a bit of onion in brunoise – the size of a teaspoon. Do the same with the oysters and avocado Also in bruniose. Add the grated lime, salt, lemon juice and gently mix together, preventing not to make a purée. Salt to taste.

Grind the toasted corns preventing not to convert into powder. Set aside.

### Plating

Put a rounded mould in a flat plate and fill with the mixture.

Decorate using the grinded toasted corns to put on top and some in the plate. Get some flower of a strong colour.





**Alejandro Sánchez**  
Restaurante Alejandro. Roquetas

## Avocado and tuna cannelloni with ajoblanco

### Ingredients

(4 cannelloni)

1 ripe avocado; 80 g de tuna loin; 1/2 spring onion; 15 g ginger; 8 fresh coriander sprout; 1 chilli; 5 g toasted corn; c.s. roasting pepper.

### DIRECTIONS

Freeze the avocado to make it easier to slice thinly.

Cut the spring onion and ginger into julienne strips, introduce in water with ice. Set aside

**- For the ajoblanco:** 25 g peeled almonds; 12,5 g pine nuts; 1 g garlic; 3 g jerez vinegar; 135 g mineral water; 17 g bread; 8 ml sunflower oil; 50 ml olive oil; c.s. salt and pepper

### DIRECTIONS

Whizz the bread in the blender with whited garlic, pine nuts, almonds, vinegar, water and pepper for 3 minutes at maximum speed. Marinade for 12 hours, sieve and emulsify with the oils, salt to taste. Roast the peppers on a high heat and reduce the juice from inside until you get a gravy. Set aside the pepper gravy, with an intense taste.

### Serving

Place the finely chopped tuna over the laminated avocado, dress with the AJOBLANCO and wrap it.

Sprinkle the grinded toasted corn. Place the previously set aside julienne strips, chilli strips and coriander sprout.









**Álvaro Arbeloa**  
Restaurante Ta-Kumi · Marbella

## Greater amberjack Tiradito

### Ingredients

c.s. greater amberjack  
Cut the fish into thin slices.

### -For the sauce

125 g avocado  
45 g rice vinegar  
5 g soya  
100 ml sunflower oil  
1 gr salt  
1 g dashi  
12 g lime juice  
1 Teaspoon wasabi  
c.s. red onion

Mix all the sauce ingredients in the Thermomix glass and whisk.

### - For the salad

c.s. lombardy  
c.s. carrot  
c.s. daikon 🥕

### Serving

Pour some sauce in a deep dish, leaving a space free of sauce. Over the sauce, place the thin slices of greater amberjack harmoniously, and put the chopped salad in julienne on the sauceless part of the plate.







**Amador Fernández**  
Restaurante Amador · Málaga

## Smoked avocado with cod “aguachile”

### For the smoked avocado mousse

2 avocados (peeled and chopped in quarters); 250 g milk; 5 g salt flakes; 5 g de ascorbic acid

Heat the cherry Wood in the smoker until it starts to smoke constantly. Add the avocado quarters and smoke them for 20 minutes. Let it cool down.

Whisk the milk, avocados, salt, ascorbic acid in the Thermomix. Until you get a homogeneous purée. Strain and cool down quickly.

**For the “aguachile”:** 1 kg desalted cod; 100 g red onion; 150 g grapefruit juice ; 40 g blood orange juice; 25 lime juice; 25 g lemon juice; 5 g chiles jalapeños 🍒 (without seeds); 1/2 handful coriander; c.s. salt flakes; c.s. de agar- agar 🍒; c.s. de fresh chilli; 1 fresh chive.

Chop the onions, coriander, jalapeños, cod, and mix with all the citrical juices. Mix properly and season. Leave to marinate all night. Strain the ceviche juice with a sieve. Set aside the solids for another preparation of the dish. Weigh the agar-agar with 0.5% for liquid weight. Heat the liquid in a saucepan, at 80°C add the agar-agar until it’s dissolved. Strain and cool down.

### Plating

Place the quenelle of smoked avocado in a deep dish. Decorate with some thick slices of thai chilli, coriander leaves, thin slices of chive and salt flakes.





**Benito Gómez**  
Restaurante Tragatapas · Ronda

## Salad of marinated Iberian pork in chile chipone with avocado

**For the Iberian Pork:** 1 fillet of 250 g; 100 g de chile chipone 🌶️; 1 garlic clove; 10 g smoked oil; 10 g fresh coriander; 7 g olive oil.

**For the avocado cream:** 300 g avocado; 10 g fresh coriander; 1 lime.

**For the coriander oil:** 100 g sunflower oil; 150 g fresh coriander.

**Others:** c.s. red onion; c.s. fresh coriander; c.s. avocado; c.s. fresh chilli.

### DIRECTIONS

#### The fillet

Whisk all the ingredients of the marinade and leave it in the fridge for about 12 hours.

Cook the fillet on a high heat, remove and let settle.

#### Avocado cream

Whisk all the ingredients in the Thermomix. Leave in a bottle.

#### Coriander oil

Mix and chop the oil and coriander, strain and set aside. Leave in a bottle

#### Serving

Cut the meat in thin strips. Same with the avocado, coriander, red onion and chilli.

Delicately place the avocado cream around it, the coriander oil and a few drops of chilli marinade.







**Cati Schiff**  
Dulce y Salado · Fuengirola

## Sponge cake of avocado, orange and almonds

### Ingredients

300 g avocado  
200 g sugar  
Juice of 1/2 orange  
150 g butter  
2 eggs  
10 g yeast  
100 g flour  
100 g almond flour

### Coating

25g melted butter  
25 g sugar  
1/2 orange grate  
50 g flaked almonds

### DIRECTIONS

Mix the butter with the sugar. Add the eggs bit by bit until you get a homogeneous cream.

Add, switching between orange juice and flour previously mixed with yeast.

Pour in moulds, spread the chopped avocado through all the dough and bake at 175°C for approximately 40 minutes.

Top with almonds on the last 5 minutes of baking.

### The coating

Mix all the dry ingredients with the melted butter.









**Celia Jiménez**  
Celia Jiménez Restaurante · Córdoba

## Crab Salmorejo, with rose shrimp, avocado and ceviche slush

### Ingredients

100 g crab salmorejo; 4 rose shrimps;  
40 g avocado; 30 g de ceviche slush; c.s young shoot; c.s. salt flakes

### DIRECTIONS

#### For the crab salmorejo

1 crab de 800 g; c.s. oil; 2 drops of vinegar; c.s. salt  
Vacuum pack the crab in a vacuum bag with some light fumet and cook at 100°C for one hour. Cool down and take the meat out gently, dress with salt, oil and vinegar and whisk at maximum speed inside of the Thermomix

Emulsifying with stock from cooking it before. Let it cool down.

#### For the avocado: 1 avocado; 1 lime; c.s. salt

Peel the avocado and make little balls, dress with lemon juice and salt. Keep it cold.

**For the ceviche slush:** 1 red pepper; 1 green pepper; 1 yellow pepper; 1 red onion; c.s. coriander leaves; 300 ml lime juice; 2 pepper-corns; c.s. tomato natural juice; 2 drops tabasco; 2 drops Perrins Sauce; c.s. salt

Chop the pepper and the onion and vacuum pack for 12 hours with the lime juice, coriander leaves and pepper. Once done. Drain and emulsify with the tomato juice, dress, freeze the Pacojet ti. Crush when served.

### Serving

Put the salmorejo in a deep dish and season the shrimps with salt and oil. Over the salmorejo, place the shrimps, avocado and finish with the ceviche slush





**Charo Carmona**  
Restaurante Arte de Cocina · Antequera

## Croquette of avocado, rose shrimp, curry's alioli and its carpaccio

### Ingredients

*(serves 4 people)*

#### For the croquettes

300 g avocado; 150 g leeks; 150 g rose shrimps; 375 cl lactose free milk; 2 tablespoons flour; c.s. salt; 80 cl olive oil

Peel the shrimps, and keep the heads for later on. Remove from heat and drain the oil.

Add the already chopped leek in brunoise at low heat until simmered. Once done, add the flour until it browns. Pour in the milk and make a béchamel. Salt to taste and add the raw chopped shrimps, and also the avocado chopped in brunoise. Let cool and make the croquettes

#### For the curry's alioli

100 lactose free milk; c.s. (to taste) curry; 100 cl soothing olive oil; c.s. salt

Mix all the ingredients until you get the desired texture. Set aside.

#### For the rose shrimp carpaccio

300 g rose shrimps; 50 cl olive oil; c.s. black salt; c.s. chive

Peel the shrimps and freeze them slightly. Cut as thin as possible and infuse in vacuum with the oil and black salt

### Finishing and serving

Fry the croquettes and put them on kitchen paper.

Draw a line of alioli in the dish, put the croquettes at one end of the dish and in the other the shrimp carpaccio.





**Dani Camero**  
Restaurante La Cosmopolita · Málaga

## Avocado with salt, yogurt and Mascarpone

### Ingredients

1 avocado  
100 g yogurt  
50 g Mascarpone  
1 vanilla pod (Tahiti)  
c.s. olive oil  
c.s. coarse salt

### DIRECTIONS

Cut the avocado in two halves and remove the pit. Join the two halves again and cover them with coarse salt. Roast for 20 minutes at 200°C.

Meanwhile, mix the mascarpone, yogurt and vanilla.

Take the avocado out of the oven, remove the salt, open in half again.

Place in the holes left from the pit a quenelle of the cream and a dash of olive oil.

When serving, slightly grate some lime rind.

*La Cosmopolita*







**Dani García**  
Dani García Restaurante · Marbella

## Honey-coated fritter, chocolate and avocado

### Ingredients • For the honey-coated fritter

750 g flour; 10 g baking powder; 125 toasted almonds; 125 g toasted hazelnuts; 10 g cinnamon stick; 10 g toasted sesame; 10 g de aniseed; 7 cloves; 125 gr white wine; 200 g orange juice; c.s. orange rind; 250 g olive oil; c.s. table salt

Toast and mash the nuts. Aromatize the hot oil with orange rind. Heat the juice with the wine. Mix the powdered nuts with flour and sieved baking powder, add the liquids and the salt, let it settle for 24 hours. Stretch the dough between two greaseproof paper as thinly as possible. Fry them at 180° C until brown.

**For the coffee:** 300 g mineral water; 50 g Green coffee; 250 previous infusion; 50 g sugar; 3 g de agar-agar ti

Boil the water and add the coffee beans, set aside and leave to infusion for 24 hours. Once it's sieved, add the sugar, agar-agar. Boil again. Let to cool down. Mash and pour in a bottle.

**For the albedo purée:** 160 g albedo (pith of the lemon); 26 g sugar; 20 g lemon juice; 37 g butter

Scald the albedo 3 times from cold water, and leave the last one boil for 20 minutes. When is still hot, mash with the rest of the ingredients and sieve.

**For the pistachio brownie:** 170 g chocolate 70%; 220 g butter; 300 g icing sugar; 200 pasteurized egg; 1 g salt; 80 g wheat flour; 120 g toasted pistachios; 5 g cinnamon stick; 5 g toasted sesame; 5 g toasted aniseed; 4 white-eggs

Toast and mash the spices. Whip the butter with the sugar until you obtain a homogeneous cream. Add the eggs, salt and then the melted chocolate. Add the flour, spices, pistachios and bake at 180° C for 30 minutes.

**For the custard:** 500 g cream; 150 g sugar; 5 yolks; 2 vanilla units. Infuse the cream with vanilla. Mix the yolks with the sugar

Dip the yolks and cream in boiling water at 85°C

**For the avocado ice cream:** 200 g custard; 375 g de avocado pulp; 65 g trimoline; 2 g ascorbic acid.





Clean and mash the avocados with the ascorbic acid. Sieve in a plastic sieve to prevent oxidation. Blend all the ingredients in a Pacojet 🍹.

**For the coffee biscuits:**

55 g flour; 30 g butter; 25 g icing sugar; 8 gr powdered cocoa; 10 ml espresso coffee; 5 g soluble coffee

Whip the butter and icing sugar until it's homogeneous. Add the espresso and soluble coffee. Add the flour and already sieved cocoa and beat until you get a non-sticky dough. Cool down and shape in to little coffee beans.

**Finish and presentation**

Put the green coffee spots and albedo purée and some avocado cream to provide volume. Place some honey-coated fritters in the powder. Then add the brownie and grate some pistachio and lime. End with coriander shoots and the coffee biscuits.



**Diego del Río**  
Restaurante El Lago · Marbella

## Cocktail of avocado with red prawn, tomato and vinegar

### Ingredients

6 red prawns; 6 rose shrimp; 1 avocado; c.s. coriander;  
c.s. lime juice; c.s. olive oil; 1 red pepper; 4 g de Gelespesa ti  
c.s. cherry tomatoes; c.s. onion; c.s. Green pepper

**For the lemon gelatin:** Juice of 4 lemons; 15 basil leaves; 8 g Gelespesa.

**For the 'vinagreta de oloroso':** c.s. olive oil; c.s. jerez vinegar;  
c.s. de oloroso wine; c.s. honey; c.s. salt

**For the tomato sponge:** 200 ml water of dressed tomato; 2 gelatin sheets.

**Others:** Sorrel leaves and flowers

### DIRECTIONS

Start with the tomato sponge to give it time to sets. Dress the juice from the tomatoes and dissolve the gelatine sheets. Keep cold until it hardens. Once it sets, blend with the help of the; Kitchen Aid until it's a meringue

Mix the avocado with the lemon juice, coriander leaves, olive oil, tabasco and salt. Keep in a pastry bag.

Liquefy the red pepper and reduce to half; once it's cold, emulsify with olive oil and Gelespesa, until it's cream textured.

Beat all the lemon gelatin ingredients until you have cream like texture

Make a traditional vinaigrette with all the ingredients, peel the prawns and mark them with a blowtorch.

### To serve

Use a deep dish. Place some lemon and basil drops, the red pepper gelatin, and then the avocado ones (a bit bigger); over those, place the prawns, tomatoes, pepper and onion rings, parts of the tomato sponge. Dress generously with vinegar and decorate with the leaves and flowers.







**Diego Gallegos**  
 Restaurante Sollo, · DoubleTree by Hilton · Fuengirola

## Smoked avocado with caviar and white chocolate

### Ingredients

1 hard avocado  
 5 g caviar  
 50 g white chocolate  
 20 g oak Wood to smoke  
 c.s salt  
 c.s. pepper  
 c.s. olive oil

### DIRECTIONS

#### Smoke and ripe the avocado

Place the Wood inside of the smoker, turn on and heat the oven at 65° C for 15 minutes. When 5 minutes pass, introduce the avocado and while it smokes it will ripe, activate the function of mixed humidity just when we put in the avocado

Remove the avocado and keep it in the fridge until it cools down a little. When it's ripe, remove the skin, cut in julienne and tataki shape, cutting it with a rounded mould and with the help of a spatula place on the dish

#### Chocolate tempering and shape

Melt the chocolate in a bowl and when it's melted, remove from the heat and keep it fresh, stir it until it cools down and glows. Then pour in the marble of the freezer and. Once hardened, unstick from the marble gently and keep it cold

### Serving

Over the trimmed avocado base, add a few triangles of white chocolate, three little piles of caviar spread on top, salt and pepper to taste, and pour a few drops of oil for the avocado.







**Fernando González**  
El Restaurante del CAT · Málaga

## Grilled sea bass with pesto of avocado

### Ingredients

4 sea bass fillets  
2 ripe avocados  
70 g pine nuts  
The juice of half a lime  
100 ml olive oil  
2 peeled garlic cloves  
90 g parmesan  
c.s. salt

### DIRECTIONS

Enhance the flavour of the pine nuts, sauté in the same oil we are going to use after.

With the help of a food processor. Whisk the peeled avocados, pine nuts, lime juice, garlics, cheese, olive oil and salt and until a thin mixture is done. Set aside.

Salt and pepper the fillets to taste, then mark them on the skin side, and then in a tray with some oil, roast them to finish, ensuring it's underdone.

### Serving

Place the desired garnish on the center of the dish, over it place the sea bass and on a side the pesto of avocado.





**Ignacio Carmona**  
Hotel Cortijo La Reina · Málaga

## Tempura of avocado and scarlet shrimp, goat cheese and pesto of coriander

### Ingredients

*(Serves 4 people)*

4 scarlet shrimps 00  
3 avocados  
30 g red onion  
10 cl olive oil  
100 g creamy goat cheese  
30 cl goat milk  
Tsp. ground black pepper  
20 g coriander leaves  
40 g pine nuts  
1 garlic cloves  
Tbs. salt

### DIRECTIONS

Peel the shrimps, remove the inside and keep the heads. Squish the heads gently and get all the juice in a bowl and beat, add salt and pepper to taste. Peel the avocados and chop them in dices, add finely chopped onion, salt and the juice of the shrimp heads. Knead the goat cheese with the milk and a pinch of black pepper already powdered until we obtain a thin cream. Grind garlic in a mortar with salt, add the pine nuts and coriander until a thin mixture is made. Pour some oil in the mortar and keep moving the mixture.

### Plating

Place a coat of goat cheese in the center of the dish, put the dressed avocado on top. Paint the shrimp with the coriander sauce and grill leaving it underdone. Place the shrimp over the avocado, season it with the pesto of coriander. Serve the avocado and cheese cream warm, not cold.







**Israel Ramos**  
Restaurante Albalá · Jerez de la Frontera

## Cake of avocado and white chocolate with banana

For the streussel 🟩 of hazelnuts: 50 g flour; 50 g de ground hazelnuts; 50 g de brown sugar; 50 g butter.

Mix the sugar, the ground hazelnuts and the flour in a bowl; finally add the butter already cut in dices and squish the mixture between your fingers until you get a homogenous mixture.

Make a ball, wrap it in plastic film and freeze for 24 hours. Grate over a disc of about 8cm diameter, making a biscuit of 1 cm height and bake for 10 minutes at 170°C

**For the avocado and chocolate cream:** 140 g avocado; 20 g de invert sugar; 240 g White chocolate; 50 g butter; 16 g lime juice.

Blend the avocado with the lime and the invert sugar in the Thermomix; then, heat until 90°C and pour over the white chocolate. Emulsify the mixture and when it's at 40°C, add the butter previously diced. Keep in a tupperware, let it cool down and place it in the fridge for consistency.

**For the caramelized banana cream:** 250 g banana; 75 g sugar; 75 g yolks; 100 g egg; 100 g butter; 160 g water; 40 g soluble coffee; 2,5 sheets of gelatin.

Caramelize the sugar and glaze with water. Add the soluble coffee, the chopped banana and mash. Pour the banana purée in a saucepan. When it starts heating, add the egg and the yolk until 85°C. Move to prevent it from sticking and when it gets thick, remove it from the fire. Add the gelatin (previously hydrated), drain and temper. Add the diced butter and blend. Introduce the cream in a pastry bag and complete the mould, like the streussel's and fill until you reach a 2 cm height approximately. Freeze.

**Lemon marmalade:** 120 g lemon; 70 g sugar; 20 g glucose

Stab the lemon with a stick and boil in a saucepan, Once the water boils, throw the water away and repeat the same operation 3 times.

Cut the lemon in dices of 2cm with peel and pulp, squeezing the juice of the rest of the pulp.

Put in a saucepan with the lemon dices, the pulp juice, sugar and



glucose. Cook 30 minutes and keep.

### **Serving**

Put a ring of banana and coffee cream over the hazelnut streusel Over the banana and coffee cream, place some lemon marmalade.

Finish with a quenelle of creamy avocado.



**Iván Bravo**  
Restaurante Batik · Málaga

## Green and purple. Avocado Rissotto with scarlet shrimp, alioli and beetroot

**Ingredientes:** 1/2 kg rice; 2 garlic cloves; 1 big red onion; 1 bayleaf; 2 cloves; 1 orange; 3 avocados; c.s. dill; c.s. parsley; 2 l colourless scarlet shrimp soup; 4 scarlet shrimps; 100 ml olive oil; c.s salt and pepper.

### DIRECTIONS

Chop the garlic finely and sauté them with the bay leaf in olive oil until they're blonde and dancing. Add the red onion chopped in mirepoix 🍷, without getting too soft, just a little brown and al dente. Cut the avocados in half, remove the peel and the pit. Cut two in dices and then make a purée with the third one. To add it at the end of the preparation and get the mixture of the risotto.

Sauté the dices in a non-stick frying pan, without barely moving them, to mark at least two sides.

Once the red onion is ready, add the rice and soak with the scarlet shrimp soup.

When almost finished, add the avocado purée and then the sautéed dices, pour the liquefied dill and parsley, pure chlorophyll at the last minute for that intense green we are looking for. Place the shrimp, in an oven tray, spread the beetroot alioli over it for 3 minutes at 150°C. Olive oil and salt to taste.

### Serving

Place the rissotto in a deep dish with a mould, decorate with some pieces of roasted avocado and a few wedges of onion

BATIK






**Javier Hernández**  
El Restaurante del Candado Golf · Málaga

## Avocado milhojas with marinated sardines, red onion and fresh buds

### Ingredients

*(Serves 4 people)*

10 sardines; 4 ripe avocados; 4 units of bread ca rasau ; c.s. olive oil; 1 red onion; 4 o 5 cherry tomatoes; c.s. sherry vinegar; 500 g White wine for the marinade; 100 g mineral water for the marinade; c.s. balsamic vinegar; 1 spicy green pepper; c.s salt flakes; c.s table salt; c.s powdered pepper; c.s coriander; c.s basil

### DIRECTIONS

Clean the sardines of innards and scales, clean them in cold water and very carefully remove the two fillets and the spine. Put the loin of the sardines and coat them in water and wine vinegar, keep them for 8 hours depending on the marinade you want to get.

Peel the avocados, set aside half and season the rest with salt, pepper, coriander leaves and olive oil, make a guacamole. Cut the half of the avocado in dices for the salad. Soak the carasau bread making the crunchy texture a bit softer and allows you to cut in rectangles to place the two loins, and then leave it to dry until it reaches its original texture.

### Serving

Place a carasau leaf in a flat dish over a thin surface of guacamole of a similar size; over it, another portion of guacamole, two loins of sardines, repeating the operation once more.

Decorate with slices of avocado, coriander leaves, thin slices of red onion, thin slices of spicy green pepper, basil and cherry tomatoes, Pour and spread some olive oil, salt flakes and some drops of balsamic vinegar.









**Jordi Bataller**  
Hotel Le Mirage · Tànger (Marruecos)

## Avocado soup and barbecued octopus

**Ingredients** *(Serves 4 people)*

### **For the cream or soup**

200 a 300 g Hass avocado. Cleaned no pit no peel

100 g de White part of the leek

1 garlic clove

40 g peeled potato

1 l chicken broth

Drops of lemon (10 g aprox.)

1 g salt

1 g pepper

20 g olive oil

### **For the rest of the dish**

250 g octopus 10 g fresh herbs; 3 fresh tomatoes; 5 g shallot; c.s. de mini flowers

### **DIRECTIONS**

Fry the leek and garlic lightly in olive oil, once sweated, add the chicken broth, potato and boil for about 20 minutes and then mash and sieve, obtaining a light vichyssoise. Heat it again and when it boils, add the avocado to taste depending on the desired thickness, a few drops of lemon and mash again. Salt and pepper to taste. Boil the octopus in a traditional way, and once cold, grill in the barbecue to get the taste and colour.

Cut in slices of about 1 cm and set aside.

Make a concassé ti with the tomato, removing the peel and seeds, cut in pieces and add to the chopped shallot. Set aside

### **Serving**

Place a portion of the tomato concassé in a deep dish with a cylindrical mould dressed with olive oil and salt. Over it, place some slices of octopus and decorate with aromatic herbs, some flowers. Pour the avocado soup.









**José Álvarez**  
Restaurante La Costa · Almería

## Red mullet, avocado and brine touches

### Ingredients

3 red mullets of 250 g  
1 celery shoot  
1 leek  
1 onion  
3 avocados  
c.s. anchovy paste  
c.s. capers  
c.s. olive oil  
1 lemon  
c.s salt

### DIRECTIONS

#### For the red mullet

Descale the red mullets, take the two loins removing all the bones with some tweezers and separate the livers. Put the heads, the bones and the vegetables in the oven, once toasted, make stock and set aside.

Salt the loins and introduce them inside of a vacuum bag with some stock and cook it for 12 minutes at 55°C.

Bury the livers in thick salt for 12 minutes and dry them for 2 hours in a stove.

#### For the avocado cream

Take the pulp out of the avocado, add some anchovy paste, cold red mullet stock, a few drops of lemon and whisk.

### Serving

Put a line of avocado cream on the plate, 3 chopped capers and small bits of liver. Finally, place the loins with a few drops of olive oil.







**Juan Andrés Morilla**  
Restaurante El Claustro · Granada

## Sea bass ceviche with avocado from the tropical coast

**For the sea bass ceviche:** c.s sea bass; c.s. ají en polvoti; c.s lime juice; c.s fresh chopped coriander; c.s. grated ginger

Cut the seabass in dices of approximately 1 by 1 cm.

**For the avocado:** 4 avocados; Juice of 2 lemons; 1 garlic clove; 10 g salt; 2 g antioxidante en polvo ti ; 50 g olive oil

**For the kappa bath :** 200 g lemon juice; 400 g water; 8 g de kappa ti; 2 green food colouring

Make an avocado cream, Whisk the lemon juice, garlic, salt, the antioxidant and then sieve finely. Pour in a mould the size and shape of half an egg and freeze. When it's frozen, remove the mould and soak in the kappa bath previously boiled. Defrost and you'll obtain half an avocado cream.

**For the corn cream:** 200 g sweet corn; 200 g water; 5 g salt; 0,8 g xantana;

Whisk everything and sieve.

**For the liquefied coriander:** 50 g coriander leaf; 500 g water

Whisk properly and sieve.

**Fort he air of Lime:** 300 g lime juice; 3 g lecithin ti

Emulsify with a blender until you obtain an air.

**For the decoration:** c.s. thin slices of radish; c.s. red onion in thin slices; c.s. coriander sprouts

### Serving

Place the ingredients harmoniously in a deep dish (see image), placing the mould of the avocado right in the middle.

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**Juan Carlos Trujillo**  
Restaurante Canela en Rama • Linares

## Avocado emulsion, olive oil pearls, marinated quail and sprouts

*(Serves 4 people)*

### For the quail

2 quails

20 ml traditional marinade sauce

Introduce the quails in a vacuum bag with the marinade and cook for 1 hour and 45 minutes at 70°C

### For the avocado

200 g avocado

125 g mayonnaise

The juice of 1/2 lemon

Chop the avocado in small dices and whisk them with the mayonnaise and the lemon juice until it emulsifies. Put in a bottle and keep it cold.

### Other ingredients

c.s. olive oil pearls

c.s. pea sprouts

c.s. mandarin sprouts

### Serving

Place the emulsion inside of the bottle randomly in the plate, intersperse with the quail slices, over those, place the olive oil pearls and finish with some sprouts.









**Kisko García**  
Restaurante Choco · Córdoba

## Avocado Salmorejo and crayfish

### The avocado Salmorejo

250 g avocado

50 g onion

1/4 lemon

c.s. coriander

c.s. salt

c.s. white pepper in powder 150 g whole milk

c.s. olive oil

Peel the avocados and whisk in a blender with the onion, lemon, coriander, salt, pepper, the milk and the oil. Keep it cold.

### Pastry wraps

3 sheets of brick pastry

c.s. clarified butter

c.s. green food colouring

Paint the sheets with the butter and the food colouring, put one on top of the other, making a single element. Cut in rectangles of the chosen size for the height and width of the wrap. Afterwards, wrap them with ovenproof cylinders, previously buttered, bake for 7 minutes at 150°C. Leave it to cool down before removing from the mould, preventing it from breaking.

### Serving

Place the wrap in a glass bowl and fill with the avocado Salmorejo with a pastry bag and decorate with flowers.










**Luis Olarra**  
 Restaurante Kabuki Raw · Casares

## Avocado cream and smoked edamame with scallop and coriander

### Ingredients

70 g avocado  
 40 g edamame   
 180 g dashi broth  
 30 g scallop  
 c.s. olive oil  
 c.s. soya  
 c.s. coriander seeds  
 c.s. mini tatsoi 

### For the dashi broth

c.s. water  
 c.s. kombu alga  
 c.s. katsuobushi 

### DIRECTIONS

Prepare the dashi broth with the water, kombu alga and the katsuobushi, which will provide a smoked effect.

Cook the edamame, Adding it when the water's cold until it starts boiling. Remove the bean.

Whisk the avocado, the edamame and the dashi broth. Once whisked, sieve finely until it acquires a smooth texture.

### Serving

Pur the avocado and edamame cream in a deep dish, Cut the scallop thinly like a carpaccio and cover in cream. Add a pinch of salt. Decorate with the mini tatsoi, a pinch of grounded coriander seed, oil and soya.







**Mauro Barreiro**  
La Curiosidad de Mauro Barreiro · Puerto Real

LA CURIOSIDAD  
DE MAURO BARREIRO

## Avocado hummus, mussel and fine wine

### For the hummus

300 g avocado pulp  
50 g lemon juice  
45 g spring onion  
8 g de mint leaves  
2 g salt  
60 g olive oil  
5 g whited garlic

Whisk all the ingredients and keep in a pastry bag.

### For the mussel

1 kg mussels  
300 g fine wine  
300 g neutral fish stock  
100 g lime juice

Cook the mussels without liquid, when they start to open, add the wine and the stock. Remove from the heat and pour on the lime juice. Take the mussels out of the shell, clean them and set aside. Sieve the stock finely and set aside.

### For the emulsion of mussel and fine wine

500 g mussel broth  
4 g soya lecithin ■

Mix properly, sieve.

Emulsify in the food processor to incorporate air.

### For the chopped mussels

100 g cooked mussels without shells  
10 g olive oil  
0,5 g sesame oil ■  
1g sherry vinegar

Mix all the ingredients Serving

Put a base of avocado hummus on the plate and over it the mussels. Cover with the emulsion as if it was a cappuccino.





**Pascal Barbot**  
Restaurante Astrance · Paris

## Finely laminated avocado with crab in sweet almond oil

**Ingredients** (*serves 4 people*): 1 crab of about 800 g; Court bouillon (vegetable broth with water, bouquet garni, carrot celery, coarse salt, pepper) To immerse the crab; 4 Hass avocados, calibre 16 if possible; c.s. salt flower; c.s. grated lime the juice of half a lime; half an orange grated; 6 tablespoons of sweet almond oil; 2 spoons finely chopped spring onion coffee; c.s. ground pepper.

### DIRECTIONS

Clean the crab. Put in a pan, immersing it in court bouillon already boiling for over 17 minutes at low heat. Leave it to cool down and crumble. Season the crumbled crab with the salt flower, add the grated citrics, chopped spring onion, half of the sweet almond oil, half of the lime juice and ground pepper. Mix with the help of a fork and set aside. Slice the avocados with a mandolin along. Remove all the parts of the peel and pit.

### To serve

Place 3 big slices of avocado (with the pit hole in the middle) in each plate. Over the holes of the avocado, place the meat of the crab and cover with a smaller avocado slice without the hole. Season with flower salt, ground pepper, some lime juice, a few drops of sweet almond oil.

### Serve

Note: Verify the crab meat doesn't have any cartilage. Avocados must be ripe to cut them with a Japanese mandolin. Almond oil can be replaced for hazelnut oil.









**Richard Alcayde**  
Restaurante La Pesquera · Marbella

## Wild salmon tataki with avocado, lime and coriander

### Ingredients

*(Serves 4 people)*

### The tataki

1 kg wild salmon  
5 g salt  
150 ml soya  
25 g ginger  
6 g garlic  
200 ml sunflower oil  
200 ml olive oil

Cut the salmon in a lingot shape of 200 g and score for 3 seconds per side. Chop the garlic and ginger with the rest of the ingredients, marinate the fish for about 6 hours.

### For the avocado cream

300 g clean avocado  
35 g red pepper  
35 g Green pepper  
30 g red onion  
The juice of 1 lime  
10 g fresh coriander  
10 g salt  
2 g grounded black pepper  
40 g olive oil  
c.s. micromezclum  
c.s. sugar snap 🍌

Chop the avocado and the other vegetables in dices, lime juice and finely chopped coriander. Add salt, pepper and the oil. Cool down

### Serving

Cut salmon slices of half a centimetre approximately. Make the quenelle from the salmon cream with two spoons and place on top; then, add some sprouts and sugar snap in julienne.











**Rui Junior**  
Restaurante Misuto · Málaga


## Red prawn marinated in soya, citrics and avocado cream

### For the ponzu

- 250 ml soya sauce
- 250 ml citrical juice (limeorange)
- 3 cm kombu  alga
- 25 ml sake
- 25 ml de mirin 
- 4 chopped shiso  leaves
- c.s. xantana 

Mix all the ingredients and leave the sauce to marinate for three days in the fridge. Then strain and add xantana to give more texture.

### For the red prawns

- 3 decent sized red prawns
  - 50 ml soya
  - 50 ml yuzu  juice
- Peel the prawns.

### For the passion fruit

- 500 ml passion fruit pulp
  - 70 g icing sugar
- Mix and caramelize.

### For the avocado cream

- 1 avocado
  - The juice of 1 lime
  - c.s. salt
- Peel the avocado, chop it, add the lime, salt to taste and fill a pastry bag with it.

### Serving

Present harmoniously on a dish or a flat surface (See a salt block in photo), placing the punzu randomly, prawns, avocado and passion fruit drops. Decorate with micromezclum and flowers.







**Sergio del Río**  
Restaurante Oleo · Málaga

## Avocado tartare with norway lobsters and coriander

### Ingredients

*(Serves 4 people)*

2 avocados  
1 tomato  
2 limes  
1 shallot  
8 Norway lobster  
1 teaspoon de sesame oil ti  
1 teaspoon toasted sesame  
c.s. coriander  
c.s. olive oil  
c.s. fresh herbs  
c.s. salt flakes

### DIRECTIONS

For the avocado tartare. Chop the avocado, shallot and tomato in small squares, previosly cleaned of seeds and peel, dress with lime, coriander, sesame oil and toasted sesame.  
Sauté the lobster lightly in olive oil.

### Serving

Put the fresh herbs in a bowl. Over them, place the avocado tartare and lobsters, previously peeled of its center shell. Spread some salt flakes.







**Sergio Garrido**  
Hotel Vincci Posada del Patio · Málaga

## Salad from a vegetable garden in Málaga with avocado cake and anchovies in vinegar

### **Ingredients** (serves 4 people):

4 tomatoes; 3 avocados; 40 g chopped onion; 80 g chopped tomato; 1 lime or lemon; 1/2 garlic clove; 3 coriander sprout.

**For the avocado cake:** 250 ml milk; 2 eggs; 200 g flour; 35 g avocado; 35 g fresh spinach leaves; 1 tablespoon of yeast; 1 tablespoon olive oil; c.s. salt and pepper; c.s. de nutmeg

**For the beetroot milk:** 1 beetroot; 50 ml milk; 1/2 tablespoon salt; 1/4 garlic clove; 200 cl sunflower oil.

**For the avocado cream:** 2 avocados; 40 g chopped onion; 80 g chopped tomato; 1/2 lemon; 2 coriander shoot

### **DIRECTIONS**

Salad preparation whose base is half a tomato; to do this, scald them, peel them, empty with a spoon. Then we will prepare a cake blending the eggs, avocados, spinach, yeast, oil, salt, pepper, and finally the sifted flour. Put in the oven for 8 minutes at 140° C. We can't turn the temperature up, because we want to keep it green. Take out of the oven and set aside.

Elaborate the milk, Blending all the ingredients at maximum power, except the oil, which we will pour i gently. Set aside

Make the avocado cream mashing and mixing properly with the rest of the ingredients conveniently chopped.

### **Serving**

Cut the cake portions with a dough-cutter from 12 to 14 cm diameter (if you did not use any moulds). Place the cake in the centre and over it, half a tomato filled with avocado cream, spreading some micromezclum on top. Put 3 or 4 anchovies on top of the tomato. Decorate with a few drops of the beetroot milk and avocado, and a flower that contrasts.









**Yukiteru Takahashi**  
 Restaurante Yukimura · Sendai (Japón)

## Sea and earth avocado

1. Peel an avocado and leave it in a bowl with water and trehalose 🍷
  2. Chop the avocado (about 200 g) with the next ingredients:  
 5 g salt  
 c.s. rice flour  
 c.s. powdered egg white  
 2 white eggs  
 1 teaspoon de miso B blanco (Shiromiso)  
 1 egg yolk to thicken the dough.
  3. Cut the next ingredients in approximately 2 cm dices, to eat them easier: 1 crayfish; 1 Jew's ear (*Auricularia auricula-judae*); 1/4 bamboo sprouts (After chopped, soak in dashi ti broth)
  4. Place the avocado dough in a plastic wrap, and inside put all the ingredients from number 3. Wrap it all in the plastic wrap, making a sphere, bake in the convection oven for 20 minutes at 75° C
  5. Then, mix all the ingredients: Dashi broth, 800 cc; shiromiso, 1 tablespoon; 1 teaspoon yuzukosho ( yuzu ti with salt and pepper); Small quantity of wa- sanbonti (Japanese cane sugar); Pinch of sea salt; 40 cc de mirin 🍷; 40 cc light soya sauce.  
 After tasting, put some yoshinokuzuti to give consistency.
  6. And now, prepare the next ingredients:  
 c.s. gobouti in three ways:
    - a. In thin slices, cleaned in water removing the foam, and heat in oil at a low temperature, spread some salt
    - b. In long strips, in the same manner as before.
    - c. Cut in wider slices, clean and fry as before.
- 1 Avocado to make a purée. Put in a rounded silicone mould and freeze. Once frozen, cover with vegetable gelatin and put in the fridge, leave it to defrost slowly.







c.s. de renkon ti, cutting it in thin slices, clean fry and season like the, gobou.

Whisk and mix properly:

Other avocado's pulp; c.s onion and crab meat; 1 small chopped squid, cut in dices of 5 mm approximately; c.s. salt and pepper.

Once mixed. Shape in small balls.

1 grilled red sea beam fillet, season with salt and pepper. Set aside.

### **Plating**

Line up the slices of gobou filled with mascarpone, the avocado sphere (described in numbers 1 and 4) and then renkon slices. Place the gobou stripes to give more volumen. Rest the red sea beam in the avocado ball. Over it, pour the sauce made in number 5.



**Willie Orellana**  
Taberna Uvedoble · Málaga

## Swordfish ceviche with avocado from the Axarquía

### Ingredients

*(Serves 4 people)*

2 avocados; 300 g swordfish's neck; 4 limes; 1 sprig of coriander; 1 garlic clove; 1 ají ti limo; 1 small piece of ginger; 1 sprig of celery; c.s. red onion; 100 g mango; 1 tablespoon sugar; 1 chamomile cup; 1 grounded cumin; c.s. olive oil; 100 g sugar; 560 g water.

### DIRECTIONS

Introduce a metallic bowl in the freezer, so it cools down while we chop the coriander and the vegetables in small dices (as thin as possible), cut the onion in thin juliennes. Also cut the fish in one centimetre dices approximately.

Take the bowl out of the freezer and add a teaspoon of each vegetable. The lime juice and mix. Leave to marinate for five minutes and now, add a dash of chamomile and a pinch of cumin

Furthermore, clean the avocados and emulsify with oil and a dash of lime, salt to taste and set aside.

For the mango.

Make a caramel with the water and sugar, meanwhile, peel and chop the mango and cook for ten minutes at low heat. Remove and cool down

### Serving

Place a metallic ring and put the fish with the tiger milk (the stock that is made from the fish and the lime juice). Cover with the avocado emulsion and over it place a tablespoon of mango and decorate with red onion juliennes.





**Willy Moya**  
Hotel Alfonso XIII, Sevilla

## Avocado curd and tonka beans with summer fruit pickled in tarragon

### Ingredients

*(Serves 6 people)*

3 ripe avocados  
250 ml condensed milk  
150 ml lemon juice  
1 tonka bean  
c.s. vegetable rennet  
2 peaches  
3 nectarins  
1 tarragon sprig  
c.s. tagetes flowers  
1 Tablespoon pink pepper  
5 lemons  
2 limes  
50 g sugar  
50 g butter

### DIRECTIONS

Put the chopped avocados in a pan with the butter, the condensed milk, lemon juice, and grated tonka bean. Turn the temperature up to 35° C and add the curd. Put in bowls and set aside.

Cut the peaches and the nectarines and set aside. Make a syrup with the lemon and lime juice, sugar, pink pepper and tarragon. Once it boils, leave to cool down and add the nectarines and peaches. Store for at least three days.

Serve the avocado curd with the pickled peaches and nectarines. Decorate with French marigold flowers







**Xanty Elías**  
Restaurante Acánthum · Huelva

## Avocado ravioles, melon and fennel

### Avocado and fennel (filling)

2 avocados

100 g fresh fennel root

7 g sesame oil ti

3 g salt

c.s. fresh peppermint leaves

20 g toasted peanuts

Cook the previously chopped fennel in dices until al dente, cool down in water with ice and salt. Drain and put aside.

Mix the avocado with the rest of the ingredients. Add the fennel and mix. Cool down in the fridge

### Ham broth

The bones of a serrano ham without the yellow fat or the hoof

25 l water

0.4 g xantana ti

Put the cut bones in cold water and cook them at a low heat for 4 hours. Strain and reduce to 2 litres. Salt to taste and gel with xantana to texturize the broth.

### DIRECTIONS

1 melon

Peel the entire melon and divide it in 3 parts lengthways. Remove the seeds and cut in a slicing machine at 1,5 mm, making slices and cut with the knife (about 8 cm x 3 cm approximately).

Place 2 slices in a cross shape, fill and close the ravioles, starting from the melon slice underneath. Turn upside down and put on the plate.

Finish the ravioles burning it with sugar or with coriander sprigs and decorate with some flower or fresh herb.

Serve the broth at the table.





## Glossary

**Sesame oil:** Oil extracted from sesame seeds or sesame (*Sesamum indicum*), which is used in Asian cuisine as a flavour enhancer

**Agar-agar:** Vegetable Gelatin extracted from various types of algae; especially of a gelatinous red algae (*Gelidium cantilagineum*).

**Ají:** Name part of Latin America receives chili, according to the variety and country, takes different names: poblano, serrano, jalapeno, habanero and so on. This could cool, dry used in chips or ground, well preserved. Existing varieties from extremely spicy to sweet (sweet pepper). In Peru yellow pepper is very usual (*Capsicum chinense* L.).

**Powdered antioxidant:** White powder, insoluble in fat based maltodextrin, xanthan and ascorbic acid. A product that is oxidized at high speed as fruit is added.

**AOVE:** Acronym for Extra Virgin Olive Oil

**Botanear:** In México, tapear.

**Bouquet garni:** The bouquet garni, also called bouquet of herbs, is a small bunch of different, and dried or fresh herbs, which are presented in a bunch tied with string or thin rope kitchen so you can be easily removed after cooking.

**Dashi broth:** Broth based on Japanese cuisine, present in many dishes such as miso soup (See *Miso*). It is made from dried kombu seaweed (Ver. Kombu) and other ingredients such as dried bonito (Ver. Katsoubushi) contributing to the umami flavour soup.

**Carasau:** Traditional Sardinian bread, extremely thin and brittle.

**Chile chipotle:** Jalapeno Chile or similar is riped and dried, before being smoked

**Chile jalapeño:** Variety of pepper (*Capsicum annuum* L. var "Jalapeño".) Originating in Mexico, particularly original or traditional Jalapa, thick skin and a little less spicy serrano and slightly wider and longer than these. They consumed the same: fresh, dried or ground. (See *Chile Serrano*)

**Chile serrano:** Variety of pepper (*Capsicum annuum* L. var "Serrano".) Originating in Mexico very spicy that can be eaten fresh, not yet ripe and green; or red and ripe colour. It can also be found dried or ground.

**Concassé:** Technique to cut vegetables very small and generally do referring to tomatoes, after being scalded to remove the skin, cut in half to remove the seeds,



before being cut into small dices.

**Daikon:** It is the Japanese radish (*Raphanus sativus, longipinnatus*) also called white radish, very common in the Far East.

**Edamame:** Type of traditional soybean (*Glycine max L.*) in Japan and other Asian countries that are harvested unripe.

**Gelespesa:** Trademark of a xanthan gum thickener.

**Glasa:** Substance left in the bottom of a container after the elaboration of a product. It is used to enrich stews and sauces as concentrated.

**Gobou:** Burdock root (*Arctium lappa*).

**Kappa:** Quick action gelling agent extracted from a variety of al- red gas (*Chondrus and Eucheuma*) used very old in Ireland. It is sold in powder.

**Katsuobushi:** Mojama species or prepared skipjack tuna (*Katsuwonus pelamis*) dry, fermented and smoked enhancing the umami taste, used in fine flakes or chips.

**Kitchen Aide:** Food processor to knead, mix and blend, incorporating air in the mixtures that require it.

**Kombu:** Edible seaweed (*Saccharina L. japonica*), which is marketed dehydrated or dry, highly appreciated for its nutritional properties, and common in Japanese cuisine.

**Soya lecithin:** It is a natural humectant and emulsifier extracted from soybean oil.

**Maciza:** Known in Mexico by clean meat, bone, fat or skin, na loses, back, shoulder...

**Mirepoix:** Technical vegetables cutting into small dice, not more than 1.5 cm side, although there's no need for them to be regular because they have no decorative purpose.

**Mirin:** Sweet rice wine, low in alcohol and used in Japanese cuisine.

**Miso:** Based fermented preferably soybean seed and salt, fundamental in Oriental cuisine Pasta. Soup base that bears his name: miso soup.

**Molcajete:** In Mexico, mortar. From the Nahuatl term mulcaziti (container).

**Mollete:** Antequera muffin traditional oval, white, very fluffy and low firing.

**Pacojet:** Kitchen appliance for preparing mousses, sauces and, especially, for ice cream

**Renkon:** Lotus root (*Nelumbo nucifera*). Tuber high starch content, fiber, vitamins, and mild flavour and slightly sweet. It is eaten raw, cooked, roasted or fried.

His court is very decorative by presenting numerous holes.

**Sugar snap:** Variety of pea (*Pisum sativum* var. *Macrocarpon*), also known as snow peas or snow peas, pod round.

**Streussel:** German cooking technique referred to as sprinkle. Very loose dough and crispy, golden baked.

**Tagetes:** Very colourful flowers (*Tagetes patula*, *Tagetes erecta*)

**Tatsoi:** Asian plant Family spinach or mustard (*Brassica Nariñosa*) bright green, spoon-shaped, which grow in rosettes.

**Totopos:** More or less triangular tortilla chips fried or roasted corn. The totopoch Nahuatl meaning "well roasted." It is used in El Salvador, Guatemala, Honduras, Nicaragua and Mexico.

**Trehalose:** Disaccharide sugar or double, formed of two glucose molecules, low sweetness.

**Wasanbon:** Sugar variety of traditional Japan, considered the most quality and employee al-ta preferably in baking. It is made from Chinese nas CA- sugar process and unique flavour.

**Xantana:** Also called xanthan or xanthan gum, is a polysaccharide derived from fermentation of corn sucrose by bacteria (*Xanthomonas campestris*) which is industrially grown by aerobic fermentation and which obtains the name. It can be purchased in the form of cream powder and is employed in gastronomy as a stabilizer, thickener and especially as gelling you. Is unique in not alter the colour or taste of the liquid bring to it is added to give the desired consistency.

**Yoshinokuzu:** Starch extracted from the root of an aquatic plant called Kudzu in Japanese. The kudzu (*Pueraria lobata*) is a plant of the pea family native to East Asia with which starch is extracted powder in the root of the plant. It is ideal as a thickener.

**Yuzu:** Citric (*Citrus reticulata* var *ichangensis* x *Citrus. Austere*) originating in Ex-end East (China) and common in Asian cooking as a seasoning or making sauces (ponzu, yuzukosho).