



**CHANNEL 2**

## **"Cooking with Avocados"**

**Tips and Tricks with Monica Mora**

### **MONICA**

I'M GLAD TO SEE YOU HERE IN THE COOKING CORNER. WELCOME!

I'D LIKE TO SHOW YOU HOW TO CHOOSE, PREPARE AND COOK WITH AVOCADOS.

SO I HAVE ASKED MY FRIENDS DAVID AND SUZANNE TO HELP US. HE'S A GREAT COOK!

HI DAVID, HI SUZANNE.

### **DAVID**

HI! THANKS FOR CALLING US!

### **SUZANNE**

TO BEGIN WITH, COULD YOU EXPLAIN TO OUR VIEWERS HOW MANY DIFFERENT VARIETIES OF AVOCADOS THERE ARE?

### **DAVID**

SURE. THE AVOCADO I HAVE HERE IS ONE OF SIX VARIETIES: HASS, LAMB HASS, BACON, PINKERTON, REED AND FUERTE.

THEY DIFFER IN SIZE, TEXTURE AND TASTE.

### **SUZANNE**

WOW! I DIDN'T KNOW THAT.





SO WHEN I GO SHOPPING FOR AN AVOCADO, HOW CAN I CHOOSE THE BEST TYPE?

**DAVID**

WELL, YOU MAINLY WANT TO SEE IF IT IS VERY RIPE OR NOT.

ONE HELPFUL TIP: IF YOU PRESS WITH YOUR FINGER RIGHT HERE, IF THE SKIN IS SOFT, THEN YOU KNOW IT IS VERY MATURE.

THE CHOICE OF THE VARIETY IS A MATTER OF PERSONAL TASTE. HERE IN AVOCADOS.TV YOU CAN DOWNLOAD A CHART FROM OUR FRIENDS AT FRUTAS MONTOSA TO HELP YOU WHEN YOU SHOP.

**SUZANNE**

THAT'S RIGHT. IT'S WITH THE PDFS OF THIS CHANNEL.

YOU KNOW, MY MAIN PROBLEM IS KNOWING HOW TO PEEL AND CUT AN AVOCADO. CAN YOU HELP ME WITH THAT?

**DAVID**

NO PROBLEM, IT'S EASIER THAN YOU THINK!

IN FACT, MY COLLEAGUE JIM PREPARED A SHORT TRAINING VIDEO FOR YOU; SHALL WE TAKE A LOOK?

**SUZANNE**

PERFECT!

**JIM**

SO THIS IS "AVOCADO ETIQUETE"...





*AVOCADOS HAVE A BELLY BUTTON.*

*IT'S VERY IMPORTANT TO TAKE THE BELLY BUTTON OFF. THIS IS THE BELLY BUTTON, SO YOU JUST TAKE YOUR HAND AND TAKE IT OFF.*

*THE BEST QUALITY OF AN AVOCADO IS THE ROUGHER SKIN. THE MORE ROUGH, THE MORE FLAVOUR, AND THE MORE AROMA.*

*TO OPEN AN AVOCADO, YOU GO ACROSS THE TOP... IF IT'S ROUGH THERE YOU STOP, BECAUSE IT IS NOT RIPE. AND YOU GO AROUND THE AVOCADO. ONCE YOU'RE AROUND THE AVOCADO YOU TAKE YOUR HANDS ON EACH SIDE AND YOU TWIST. IT IS OPEN.*

*THIS IS THE SEED OF THE AVOCADO. IT IS VERY EASY TO GET THE SEED OUT. TAKE THE KNIFE, HIT IT HERE AND JUST TURN. AND THE SEED COMES OUT.*

*THE PART OF AVOCADOS THAT YOU SOMETIMES SEE IN THE REFRIGERATOR, WHERE THEY'RE NOT THIS WONDERFUL GREEN EVERYWHERE, WHERE THEY TURN ALL THESE HORRIBLE COLOURS, IS BECAUSE OF THE WAY THEY ARE RIPENING. YOU MUST RIPEN AVOCADOS IN THE DARK. SO WITH A BAG WRAPPED AROUND THEM WILL ALLOW YOUR AVOCADOS TO RIPEN COMPLETELY EVENLY.*

*THE LAST PART OF OUR "AVOCADO ETIQUETTE" IS ... IN TODAY'S SOCIETY, PEOPLE ARE ALWAYS IN A RUSH. IF YOU MUST HAVE YOUR AVOCADO RIPEN IN A HURRY, SIMPLY PUT IT NEXT TO A BANANA, AND IT WILL RIPEN FASTER.*

*TO TAKE THE FLESH OUT OF THE AVOCADO, YOU CAN GO ACROSS IT, LIKE THIS; THIS ALLOWS YOU TO FREE THE FLESH QUITE EASILY. AND YOU CAN USE IT IN SALADS, YOU CAN USE IT IN THE GUACAMOLE, AND IT JUST FALLS RIGHT OUT IN NICE LITTLE SQUARES.*

*WHEN YOU'RE DONE, YOU SHOULD HAVE A CLEAN AVOCADO WITH NO WASTE.*





**SUZANNE**

WOW! OH MY GOSH, IT'S SO EASY!

**DAVID**

RIGHT. YEP! AND A GOOD WAY TO KEEP THEM FRESH ONCE THEY ARE OPENED IS TO SPRINKLE THEM WITH LEMON JUICE AND KEEP THEM IN THE REFRIGERATOR.

**SUZANNE**

GREAT! THANKS SO MUCH FOR YOUR HELP.

WELL, MY FRIENDS, I HOPE YOU ENJOYED THIS SHORT INTRODUCTION TO COOKING WITH AVOCADOS.

PLEASE TRY OUR VIDEO RECIPES HERE ON [AVOCADOS.TV](http://AVOCADOS.TV)... THEY'RE DELICIOUS! AND REMEMBER TO SEND US YOUR OWN RECIPES!

BECAUSE YOU MIGHT JUST SEE THEM RIGHT HERE, [ON AVOCADOS.TV](http://ON AVOCADOS.TV).

***SEE YOU NEXT TIME!***

