



CHANNEL 2

"Easy Guacamole"

Step by Step

The Videorecipes of Avocados.tv

Some friends are coming over to watch videos tonight, so I thought I'd make a nice Guacamole dip. It's very easy, you know?

To begin with, you'll need the following ingredients:

- 4 avocados
- Salt
- The juice of ½ lemon
- Olive oil
- Green onions
- 1 mature tomato
- A bunch of cilantro
- Ground pepper

First take the pulp out of the avocado, place it in a bowl and mash it with a fork. Add the lemon juice, salt and a shot of olive oil.

Then we chop up the cilantro real well, add in the chopped green onions and mix it all together with the fork.

Next, add the peeled tomato, without the pulp and chopped into little pieces, and then the ground pepper.

To keep the guacamole from losing its green colour, put the pit of the avocado into the bowl. Cover it with transparent paper and chill it in the refrigerator.

Take a nice bowl and place the guacamole in the center. Surround it with tortilla chips and decorate it with curly parsley.

Hmmm! Delicious!





CHANNEL 2

"Chilled Soup with Salmon Strips" The Video Recipes

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Oh! My boyfriend's coming for dinner and it's late! Thank God I can make this elegant, yet simple soup.

To begin with, you'll need the following ingredients:

- 4 avocados
- Salt
- Pepper
- Tarragon vinegar
- Olive oil
- ½ Tomato 200 cl.
- Dairy cream
- 4 strips of smoked salmon
- ½ cup of chicken broth or water
- 1 sprig of parsley.

Clean and peel the avocados and take out the pit. Put them in a standard kitchen blender.

Put in ½ teaspoon of salt, a tablespoon of olive oil, 1 tablespoon of the vinegar, the cold chicken broth and run everything through the blender.

When everything has been blended well, pour it into a large recipient and mix in the dairy cream. Never do this in the blender or you will whip the cream.

You should have a very creamy liquid. Chill. Peel the tomato, take out the seeds and cut it into small pieces. Cut the salmon into fine strips.

Finally, put the cream into a soup bowl, with the tomato pieces on top. Garnish with the salmon strips, parsley and ground pepper. Serve very chilled.

Oh la la! See how easy it is?





CHANNEL 2

"Avocado Tempura" Step by Step

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Japan has always fascinated me, that's why I wanted to try this tempura. Shall we do it together?

To begin with, you'll need the following ingredients:

- 2 avocados
- 150g flour
- 3 eggs
- 3 ml of water
- Olive oil
- Soy sauce

Beat the eggs in a bowl. Add the water and milk

Sieve the flour over the surface of the water in 2 or 3 lots, mixing it in quickly.

Peel and cut the avocados into vertical strips. Dust the avocados with the flour paste.

Heat the oil to 180° and fry the avocados (submerged). Remove them when golden

Serve with a side bowl of soy sauce. This tempura can be combined nicely with a tempura of prawns or zucchini.

Domo arigato! That's thank you in Japanese!

