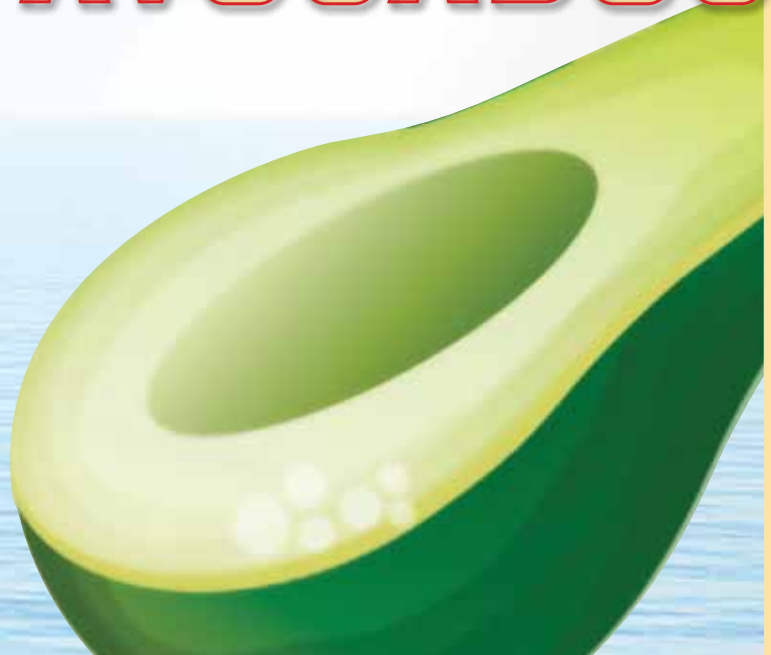
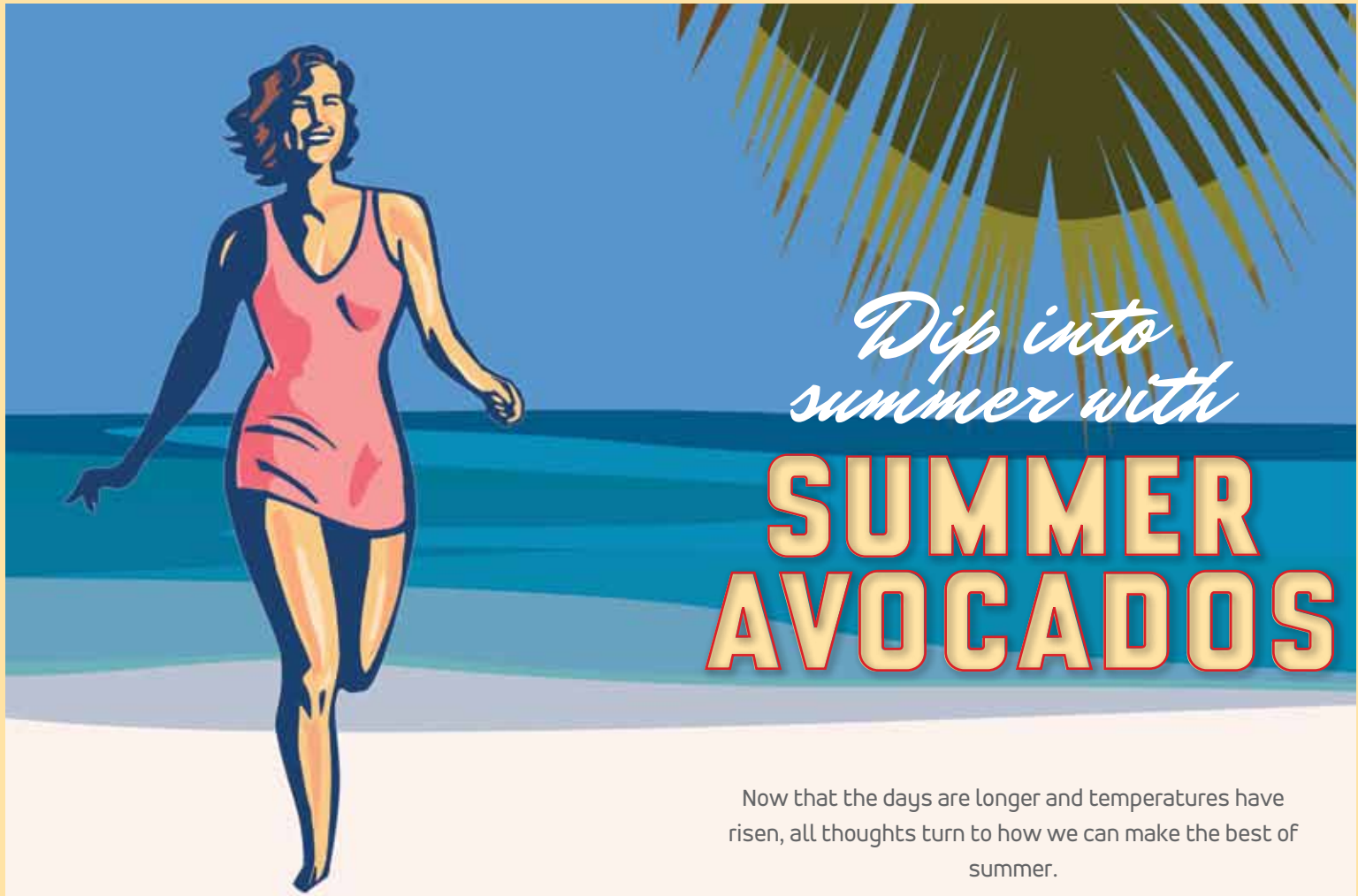




Take a dip with
**SUMMER
AVOCADOS**





*Dip into
summer with*
**SUMMER
AVOCADOS**

For further information
on Summer Avocados, please contact:
The South African Avocado Information Service
26 Fitzroy Square, London W1T 6BT
www.summeravocados.com



Now that the days are longer and temperatures have risen, all thoughts turn to how we can make the best of summer.

With 'staycations' and 'daycations' a greater trend than ever before, this summer is the perfect time to take advantage of the wealth of wonderful entertainment opportunities right on our own doorstep in the UK.

Whether it's a trip to the seaside, a concert in the park, visiting the local lido or simply a barbecue or picnic enjoyed with friends and family, there are plenty of summer activities to dip into up and down the country.

And what better food to accompany these summery days than the delicious yet nutritious avocado? Not only can it make that most perfect of dips and accompaniments, guacamole, but it also makes the ideal addition to picnic, barbecue and salad recipes.

And on top of that, avocados boast some exceptional healthy qualities that mean they are packed full of summer goodness.

Summer Avocados, fresh from the South African sun, are at their best between April and October. In this booklet, there are plenty of fantastic recipes to really help you make the most of this fruit while it is in season – including some very special guacamole suggestions.

On top of that, there are a few added extras, such as our easy, refreshing cocktail ideas and some handy tips on picking and preparing avocados – all designed to help you take a healthy dip into summer. Enjoy!

Delicious & nutritious...

We all know that the food we eat affects our personal wellbeing – both physically and mentally. We really are what we eat. For years, many people were under the misconception that avocados were fattening and contained “bad” fats and cholesterol. Now, nutritionists are advocating avocados as an important part of our daily diets.

This would explain why sales of avocados have risen dramatically over the last few years. One of nature’s original health foods, avocados are packed with more than 20 vitamins, minerals and phytonutrients that are not only good for your heart and circulation, but are also great for your skin.

Avocados are a great source of mono-unsaturates, a type of fat that lowers cholesterol. The fruit itself contains no cholesterol and is very low in saturated fats – the “bad” fat that clogs the arteries. On average, half an avocado contains just 138 calories – fewer than a grilled chicken breast, a portion of rice, or a bag of crisps.

The so-called fat that avocados contain is actually oil which, like olive oil, has many beneficial properties. Consume this type of oil and it has a positive effect on hair, skin and nails. It also protects against heart disease and nourishes brain cells.

Avocados contain five B vitamins that are vital for energy metabolism, a lack of which will soon lead to lethargy and tiredness, as the body finds it hard to break down and convert food into energy. B1 and B2 also help with concentration, irritability and depression.



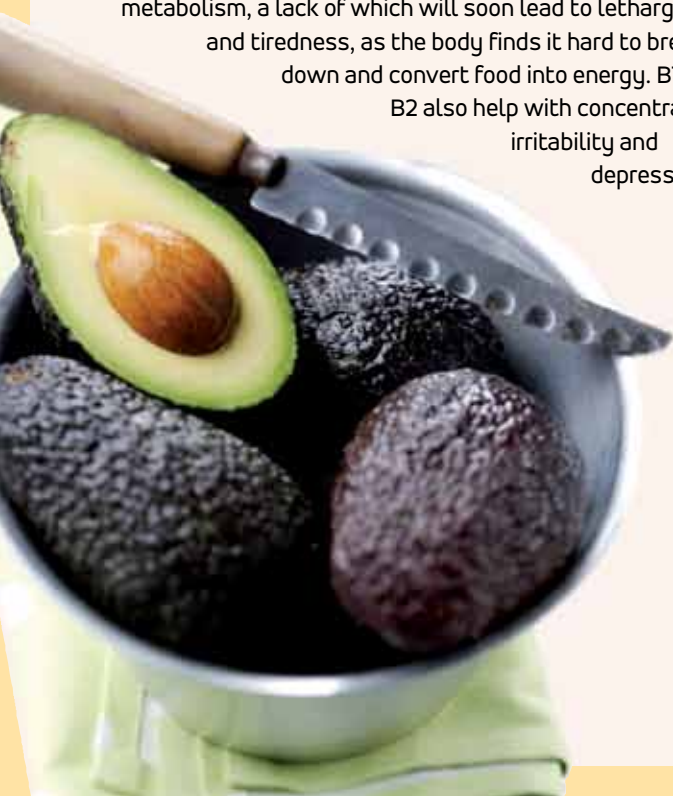
What’s more, just one avocado provides approximately half the recommended daily intake of vitamin B6, which helps to keep the nervous system in good order.

Avocados are also rich in vitamins E and C, which are important antioxidants that protect the body from free radicals that cause gradual deterioration and ageing. Vitamin E can help prevent heart disease and is helpful for maintaining healthy nerves and muscles.

Summer Avocados brim with potassium, which is essential for clear thinking and maintaining the right balance of water in the body. They are also rich in phosphorus, an important mineral for bone health, growth and reproduction and great for mums-to-be. Magnesium, an important mineral for producing energy, is also found in avocados and is important for muscle contraction and relaxation.

So if you want a fruit that can look after you from your skin to your heart, then the Summer Avocado is the perfect ingredient.

TURN THE PAGE TO FIND OUT HOW TO TURN THE PERFECT INGREDIENT INTO THE PERFECT GUACAMOLE...





Truly great guacamole!

BASIC GUACAMOLE

The original and best...

Preparation time: 10 mins
Serves: 3-4

- | | |
|------------------------|-----------------------------------|
| 2 ripe Summer Avocados | 1 clove garlic |
| 1 red chilli | Handful chopped coriander |
| Juice of 1 lime | ½ small red onion, finely chopped |
| Salt and pepper | |

Finely chop the garlic, onion, chilli (seeds removed) and coriander. Mash the avocados to a smooth consistency and add in the onion, chilli, garlic and coriander. Mix together along with the juice of a lime. Season to taste.

CHUNKY GUACAMOLE

If you like a bit more bite in your guac, this one's for you

Preparation time: 10 mins
Serves: 3-4

- 2 ripe Summer Avocados, cut into chunks
Juice of 1 lime or lemon
30ml good-quality mayonnaise
2 tomatoes, seeded and diced
1 red onion, finely chopped
1 green chilli, seeds removed, finely chopped
1 garlic clove, crushed
Salt and pepper
45ml chopped coriander

Mash the avocados with the lime juice and mayonnaise. Stir in the remaining ingredients and season to taste.



Guacamole with a difference!

TEQUILA GUACAMOLE DIP

A boozy twist on the Mexican classic

Preparation time: 10 mins
Serves: 3-4

- 2 ripe Summer Avocados
Juice of 1 lime
1 small shallot, finely chopped
1 garlic clove, finely chopped
1 tomato, seeded and finely chopped
125ml fresh coriander, chopped
1 jalapeño pepper, seeded and finely chopped
Salt and freshly ground black pepper, to taste
Splash of tequila

Mash the avocado in a bowl and stir in the lime juice with a fork until creamy. Fold in the shallots, garlic, tomato, coriander, jalapeño and season. Mix in the tequila, cover with cling wrap and refrigerate for about 20 minutes. Serve with tortillas.

GUACAMOLE WITH SMOKED FISH

Try adding smoked fish for an unusual South African flavour

Preparation time: 10 mins
Serves: 6

- 3 ripe Summer Avocados, peeled and diced at the last moment
Zest and juice of 2 fresh limes
3 tbsp olive oil
1 medium red onion, chopped
4 firm ripe tomatoes, chopped
½ bunch roughly chopped coriander
½ cup chopped parsley
2 green chillies, chopped
1 clove crushed garlic
Salt and freshly ground black pepper
2 portions of smoked mackerel

Place all the ingredients except the avocado into a large bowl and gently mix together. Place in the fridge for an hour, then just before serving, stir in the avocado so it keeps its shape and doesn't become too mushy. You can add an extra mashed avocado to the chopped ingredients before you stir in the chopped avocado if you want it to be a little creamier.





Chuck another avo on the barbie!

Who knew that the South Africans share Britain's passion for the barbecue, known over there as a braai? Try these delicious ways of incorporating avocados into your barbie this summer.

PEPPERCORN STEAK WITH SPICY GUACAMOLE

Guacamole is not just a dip, but can also be served as a topping for this juicy steak – ideal for barbecue time

Preparation time: 10 minutes
 Cooking time: 10 minutes
 Serves: 4

- 1 ripe Summer Avocado, peeled, stoned and roughly chopped
- 2 ripe tomatoes, peeled, seeds removed and roughly chopped
- 75g spring onions, roughly chopped
- 1 garlic clove, chopped
- Handful fresh coriander
- 125ml lemon juice
- 50ml extra virgin olive oil or avocado oil
- Fine sea salt and freshly ground black pepper
- 1 tbsp mixed peppercorns, lightly crushed
- 1 tsp ground nutmeg
- 1 tsp ground ginger
- 4 x 200g beef fillets
- 1 tbsp olive oil

Place the avocado, tomatoes, spring onion, garlic and coriander in a small processor. Season and add the lemon juice and olive oil, and process until smooth. Chill until ready to use.

Mix the peppercorns, ground nutmeg and ginger and spread onto a plate. Roll the edges of the steak in this mixture so the edges are covered.

Cook the steaks for 4-5 minutes each side on the barbecue, depending on the thickness of the steak and the rareness of the steak required.

Leave the steak to rest for a few minutes. Remove the guacamole from the fridge.

Serve the steak with a generous spoonful of guacamole, alongside coriander rice and salad.

LAMB BURGERS WITH AVOCADO, PEA AND MINT PUREE

This tasty, sweet avocado and pea purée is also delicious with fish of every kind

Preparation time: 20 minutes plus chilling
 Cooking time: 20 minutes
 Serves: 6

- 500g minced lamb
- 1 tbsp curry paste
- 1 small red onion, finely chopped
- Handful of fresh coriander, finely chopped
- Finely grated zest and juice of 1 lime
- Salt and freshly ground pepper
- 85g peas
- 1 ripe Summer Avocado
- 2 tbsp fresh mint
- 1 tbsp white wine
- 2 tbsp double cream
- Bread, tomatoes and lettuce, to serve

Preheat the grill or barbecue.

Place the lamb, curry paste, onion, coriander, lime zest and juice into a large bowl. Season and mix well.

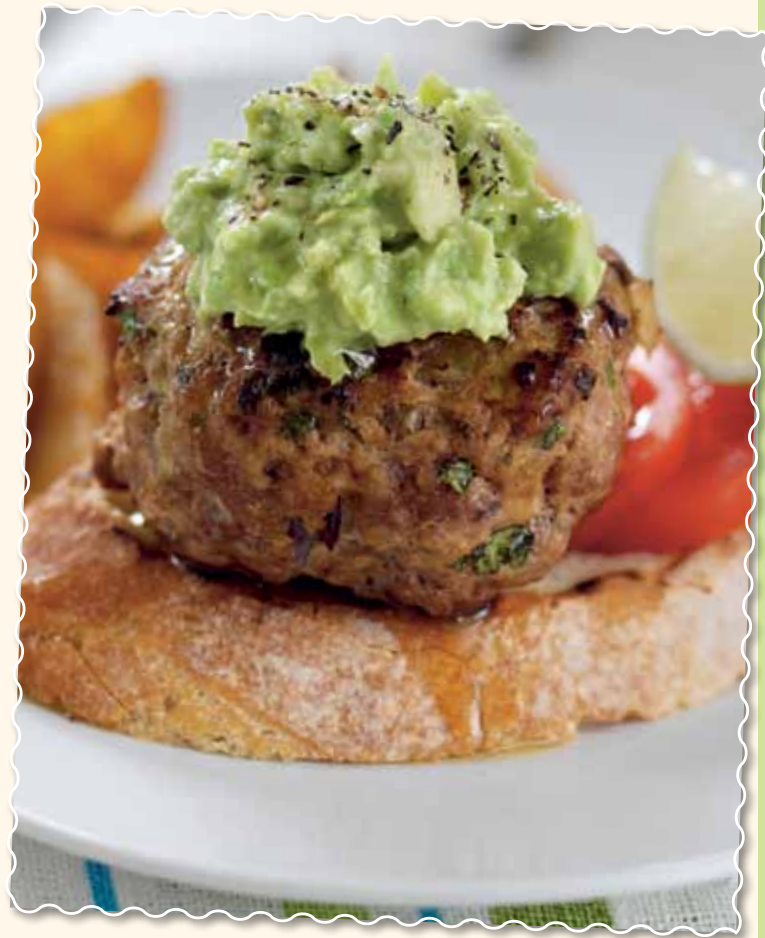
Divide the mixture into six and shape into burgers. Flatten and cover and chill for about 30 minutes, until ready to cook.

Place the peas into water in a saucepan, bring to the boil, and cook for two minutes. Drain.

Place the peas in a small blender, along with the avocado and mint, and blend until smooth. Add the white wine, cream and season to taste.

Cook the burgers on the barbecue or under a medium-hot grill for 6-8 minutes on each side or until thoroughly cooked, there is no pink meat and the juices run clear.

Serve the burgers on toasted bread along with a garnish of tomatoes and lettuce, and topped with a generous spoonful of the purée.





Perfect picnic!

Avocados are the perfect accompaniment to any picnic, with their versatility enabling them to make amazing sandwiches, wraps and salads, plus much more. Try these ideas for some picnicking inspiration!

AVOCADO AND CHICKEN WRAP WITH CHILLI MAYONNAISE

Spice up your wrap with this chilli mayo

Preparation time: 5 minutes
Serves: 2

2 tbsp low-fat mayonnaise
½ tsp dried chilli flakes
1 ripe Summer Avocado
1 tbsp lemon juice
2 wholegrain tortilla wraps
1 skinless cooked chicken, sliced
1 small mango, peeled and sliced
Handful baby spinach leaves

Mix together the mayonnaise and chilli flakes.

Peel, stone and slice the avocado and toss gently in the lemon juice to avoid browning.

Spread the mayonnaise in the middle of each tortilla. Top with the avocado, chicken, mango and spinach leaves. Roll up the wraps and serve.



SMOKED MACKEREL AND AVOCADO BAGEL

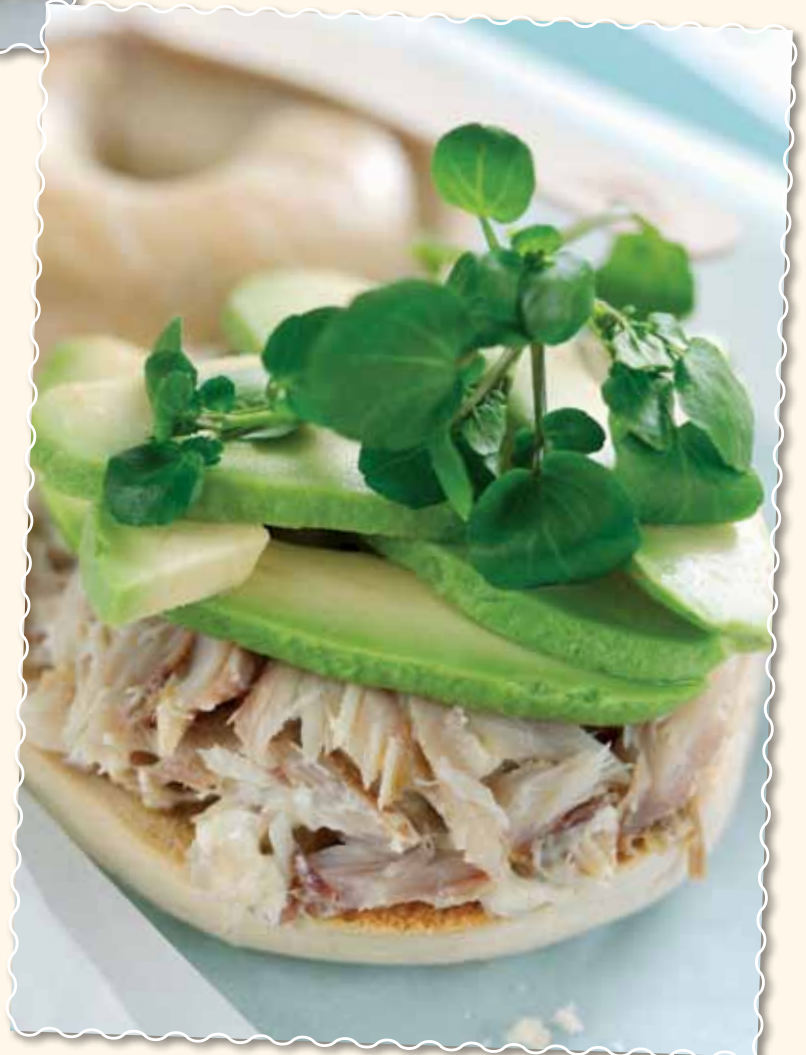
A perfectly healthy option for your picnic

Preparation time: 10 minutes
Serves: 2

2 smoked mackerel fillets, skinned
1 tbsp crème fraîche
1 tsp creamed horseradish
2 bagels, halved
1 ripe Summer Avocado, peeled, stoned and sliced
Handful watercress

Place the smoked mackerel fillets into a bowl and lightly mash and mix with the crème fraîche and creamed horseradish. Lightly toast the bagels.

Spoon the smoked mackerel mix onto the base of the two bagels. Top with the sliced avocado and top with the watercress. Replace the other halves of bagel and serve.





Salad days

Avocados are a great way of adding texture and flavour to salads. Two great recipe examples are on these pages – but you can be experimental and throw all kinds of things together to make the ultimate summer salad.

PASTA, AVOCADO AND MINTY BEANS SALAD

Edamame or soya beans are available in most supermarkets these days and are fast becoming the latest 'must have' food

Preparation time: 10 minutes
Cooking time: 20 minutes
Serves: 4

150g frozen broad beans
150g frozen edamame soya beans
600g pasta
4 tbsp extra virgin olive oil or avocado oil
Juice of 1 lemon
Handful mint leaves, roughly chopped
Salt and freshly ground black pepper
1 ripe Summer Avocado, halved, stoned, peeled and cut into chunks
200g Greek Feta, crumbled

Bring two pans of water to the boil.

Add the edamame and broad beans to one of the pans, cook for 5 minutes, then drain in a colander. When cool enough to handle, slip the broad beans out of their skins, then discard the skins.

Cook the pasta in the other pan of water as per pack instructions or until al dente. Drain and transfer to a warm serving dish.

Whisk together the olive or avocado oil, lemon juice and mint and season lightly.

Lightly toss together with the broad beans, edamame beans and avocado and scatter over the feta. Serve immediately.

BALSAMIC AVOCADO AND MANGO SALAD

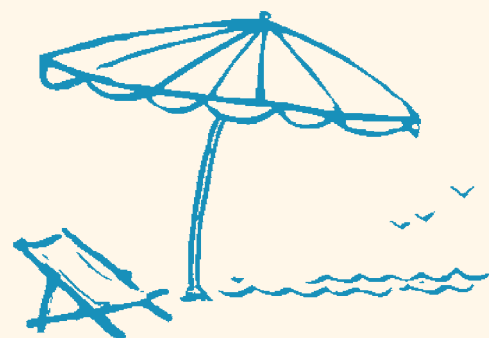
Balsamic brings the sweetness out of the fruit. A delicious, simple summer dessert

Preparation time: 5 minutes
Serves: 4

2 ripe Summer Avocados, halved, stoned and peeled
2 tsp lemon juice
2 mangoes, peeled and sliced
12 raspberries
1 tbsp icing sugar
1 tbsp balsamic vinegar
Crème fraîche, to serve

Slice the avocados and toss in the lemon juice. Layer the avocados and mangoes on a plate and sprinkle with a few raspberries.

Sieve over the icing sugar and leave for 5 minutes. Just before serving, drizzle with the balsamic vinegar. Serve with crème fraîche.



AVOCADO AND POMEGRANATE RICE

If you are short of time use left over cooked turkey or chicken for this super salad

Preparation time: 15 minutes

Cooking time: 10 minutes

Serves: 2

2 turkey breasts, skinned
1 tbsp garlic olive oil
Salt and black pepper
juice of 1 lemon
1 x 250g microwavable basmati rice
1 tsp sunflower oil
1 Summer avocado, peeled, stoned and sliced
½ mango, peeled and diced
4 spring onions, trimmed and sliced
4 radishes, trimmed and diced
3 tbsp pomegranate seeds
1 tbsp pumpkin seeds
A few drops Tabasco sauce (optional)
A few drops Worcestershire sauce

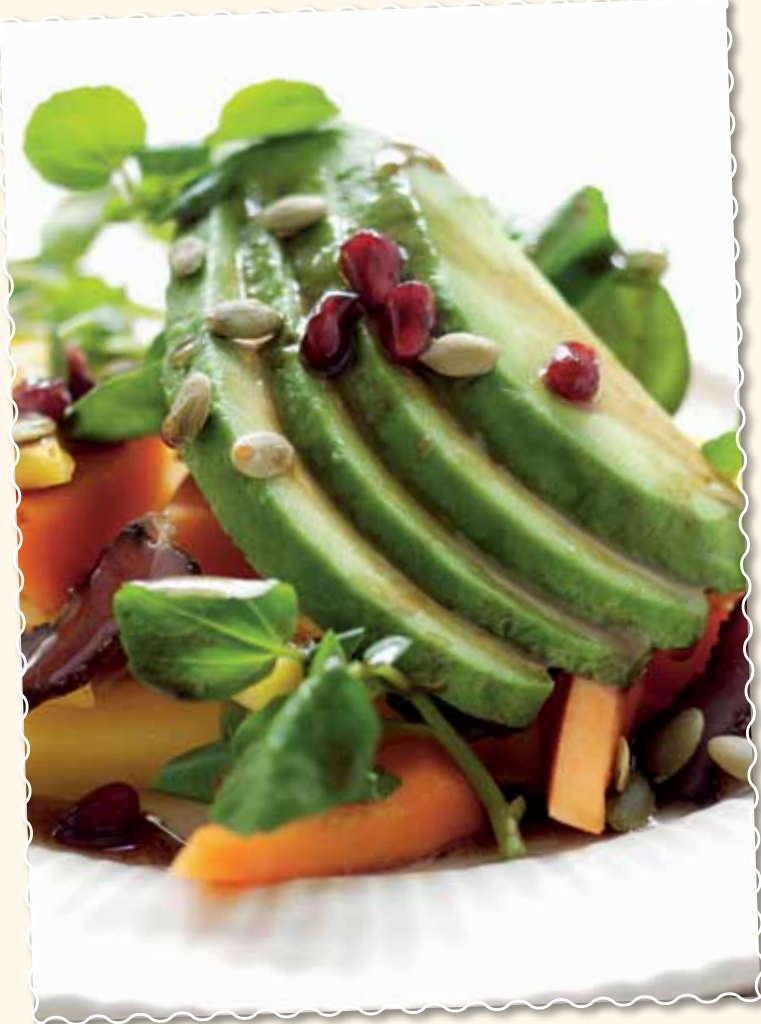
Mix the turkey with the garlic olive oil, seasoning and quarter of the lemon juice. Marinate for 15 minutes.

Cook the microwavable rice as per pack instructions. When cooked place into a bowl and fluff with a fork and leave to cool.

Preheat a griddle pan over a medium-high heat. Grill the turkey for 8-10 minutes till golden and cooked through. Transfer to a plate to cool.

Place the avocado in half the remaining lemon juice and toss gently to avoid browning.

Mix the mango, spring onions, radishes, pomegranate and avocado and add to the rice. Slice the turkey and mix, juices and all, into the salad. Sprinkle with the pumpkin seeds. Season with remaining lemon juice, salt and pepper, Tabasco and Worcestershire sauce. Serve cold.



CRUNCHY WATERCRESS, AVOCADO AND FRUIT SALAD

Biltong is a kind of dried meat that originated in South Africa and can be bought in most large supermarkets. If you don't want to add biltong replace with shredded chicken

Preparation time: 10 minutes

Cooking time: 5 minutes

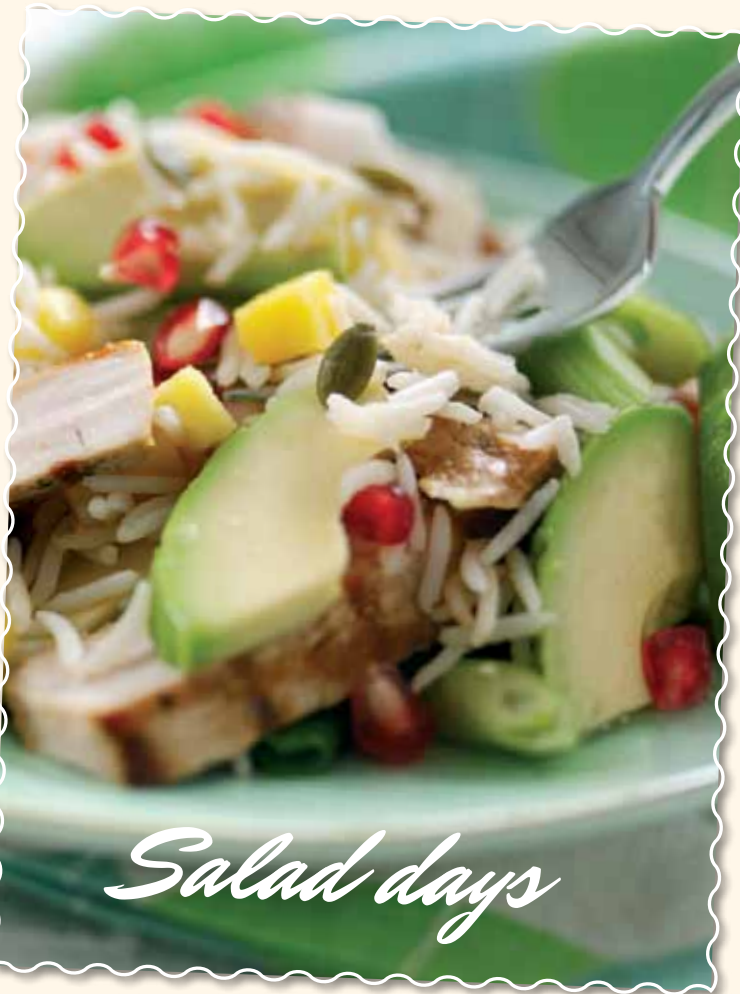
Serves: 4

2 tbsp olive or avocado oil
1 tbsp balsamic vinegar
2 tbsp fresh pomegranate seeds
1 tbsp brown sugar
Salt and freshly ground black pepper
2 Summer Avocados
1 bunch watercress
1 papaya, peeled, deseeded and sliced
1 mango, peeled and sliced
4 slices biltong, chopped
2 tbsp pumpkin seeds, toasted

Place the olive or avocado oil, balsamic vinegar, pomegranate seeds and brown sugar into a small pan and simmer for five minutes.

Halve the avocados, remove the stones and peel. Place the halved avocados cut side down onto a chopping board. Slice the avocados lengthways to within about 1 cm from the top so keeping the top intact so you can fan the them.

Arrange the watercress in the middle of a serving plate; pile with the papaya, mango and top with the fanned avocado. Sprinkle with the biltong and pumpkin seeds and spoon the dressing around. Serve straightaway.



Salad days



More ways with avocados

Still searching for some summery ideas? Try these simple avocado snacks...

AVOCADO ON TOAST

A yummy snack for breakfast, lunch or a light supper

Preparation time: 5 minutes

Cooking time: 3 minutes

Serves: 2

1 ripe Summer Avocado

Pinch of sea salt

2 thick slices multi-seeded bread

1 tsp lemon juice

Drizzle of balsamic vinegar

Freshly ground black pepper

Mash or slice the flesh of the avocado in a large bowl with the lemon juice and add a pinch of sea salt and a drizzle of balsamic vinegar.

Lightly toast the bread. Spread the avocado thickly on top and add plenty of black pepper. Eat at once!

AVOCADO TOMATO BRUSCHETTA

A perfect light lunch or starter

Preparation time: 10 minutes

Cooking time: 8 minutes

Serves: 4

1 ready-to-bake Ciabatta

3 tbsp extra virgin olive oil

250g cherry plum tomatoes, halved

2 ripe Summer Avocados

1 tbsp lemon juice

Handful of rocket leaves

Salt and freshly ground black pepper

Balsamic vinegar, to drizzle



Preheat the oven to 220°C, gas mark 7. Trim the ends off the ciabatta, then cut it into 16 slices. Brush each side lightly with 2 tbsp olive oil and place on a baking tray in a single layer.

Mix the remaining olive oil with the tomatoes and a little seasoning. Spread on a baking sheet and cook for 10 minutes or until the tomatoes are softened.

Peel, stone and dice the avocado and toss with the lemon juice to avoid browning.

Spoon the tomatoes on the baked bread. Top with the avocado and rocket, drizzle with balsamic vinegar, and serve.



Smoothie operator

Who would have guessed that avocados can make the perfect base for a creamy fruit smoothie? Here's a couple of fruity creations to get you going at any time of day.

SUMMER AVOCADO AND STRAWBERRY SMOOTHIE

A quick pick-me-up for any time of day

Preparation time: 5 minutes

Serves: 1

1 ripe Summer Avocado

125g low-fat strawberry yogurt

100ml semi-skimmed milk

Place all the ingredients in a blender and whiz until smooth. Pour in a glass and drink immediately.

AVOCADO, APPLE AND MINT SMOOTHIE

Breakfast, lunch or a quick snack, this makes a refreshing summery smoothie!

1 ripe Summer Avocado,

halved and stoned

150ml apple juice

Handful fresh mint

Spoon the flesh from the avocado into a smoothie maker or liquidizer. Add the apple juice and mint leaves. Process until silky smooth and serve.





And now for something a little stronger...

A perfect summer meal isn't complete without a complementary tippie! Try our selection of classic cocktail recipes for some inspiration – or be creative and experiment with different flavours for yourself.

BLOODHOUND

Invented in 1967 in London, the Bloodhound is a true classic summer cocktail recipe

Equipment:
Martini glass
Cocktail shaker
Sieve

1 part (25ml) Beefeater gin
1 part (25ml) dry white vermouth
1 measure (25ml) sweet red vermouth
6 strawberries

Mash the fruit, shake with other ingredients and ice. Strain into a chilled glass. Garnish with a slice of strawberry.

Tip: One egg cup is about 25ml of liquid. You can also use raspberries.

RAMOS GIN FIZZ

Created by Henry C. Ramos in the late 19th century in New Orleans

Equipment:
Tall glass
Cocktail shaker

2 parts Beefeater gin
1 part double cream
1 egg white
½ part sugar syrup
½ part lemon juice
½ part lime juice
3 drops orange flower water (optional)

Add all ingredients, except the soda, into the shaker and shake hard. Pour into the tall glass filled with ice, top with soda and garnish with a wheel of lemon.

Tip: To make sugar syrup, add equal parts of warm water and sugar in the shaker. Shake until all the granules dissolve.



DUKE OF MANCHESTER PUNCH

One of the oldest styles of mixed drinks. The name Punch comes from the Hindustani word "Punch", meaning "five"



Equipment:
Bowl
Serving cups or glasses

1 & ½ part blackberry-infused Beefeater gin
½ part Beefeater gin
½ part dry white vermouth
½ part sweet red vermouth
¼ part cassis or blackcurrant syrup
1 part freshly squeezed lemon juice
½ part sugar syrup
1 part Prosecco

Stir all ingredients (except Prosecco) with ice. Top with Prosecco and garnish with seasonal fruit.

Tip: Punches were originally designed to be drunk communally, usually served from a punch bowl, and are great simple drinks to make in bulk for parties.

ALEXANDER

This was a favourite drink during the prohibition era in America. The combination of gin and cream works much better than you might imagine

Equipment:
Small wine glass
Cocktail shaker
Sieve

1 part Beefeater gin
1 part single cream
1 part crème de cacao

Shake equal parts hard with ice and strain into the glass. Garnish with nutmeg.

Tip: If you don't have a cocktail shaker at home, a Kilner jar or a large screw lid jar is just as good.



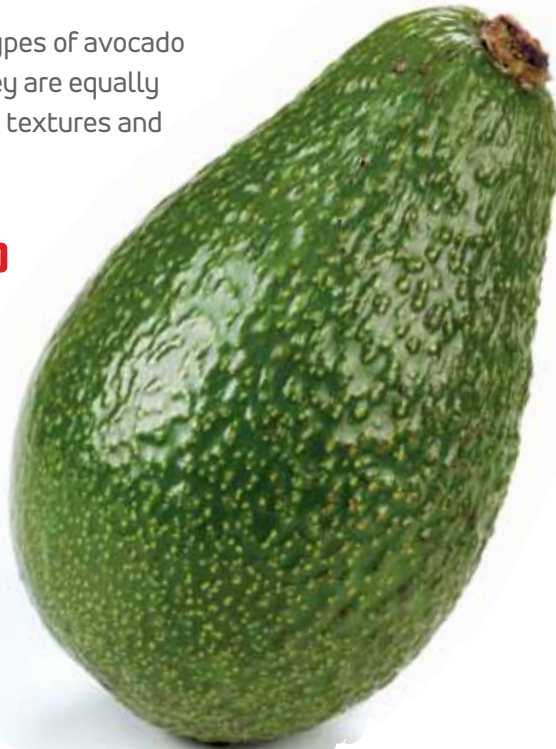
From Fuerte to Hass...

The two most popular types of avocado are Fuerte and Hass. They are equally delicious, with their own textures and tastes.

FUERTE AVOCADO

This variety has a shiny green skin and a traditional pear shape, hence the name 'avocado pear'. It is grown in South Africa's Limpopo Province, as well as Kwazulu-Natal in the east of the country.

To test whether the Fuerte is ripe, give the fruit a gentle squeeze and it should yield to the slight pressure. Fuerte offers a light, delicate flavour with a creamy texture.



HASS AVOCADO

This variety has a very different skin and shape to the Fuerte. It is more egg-shaped and has a knobby skin that turns a purple/black colour when the fruit is ripe.

This type of avocado is available from South Africa from June through to September, and often into October. The Hass is grown in the same regions in South Africa as the Fuerte. However, the way in which to test if it is ripe is very different.

The Hass avocado is reaching ripeness when the skin is a dark purple/black colour – but make sure the skin is not bruised or broken. The taste will be deliciously rich and nutty.



Storage tips

To stop avocado flesh discolouring, brush with lemon, orange or lime juice if you don't plan to eat it straight away.

Ripe or not?

To accelerate the ripening process, either place avocados in a fruit bowl with other fruit or, better still, pop them in a paper bag with a banana or an apple. The ethylene gas given off by bananas, apples and other fruit will trigger the ripening process in the avocados. Ripe avocados will keep for a few days: store them in the fridge to prevent over-ripening.



Preparation

Cut in half lengthways through the skin down to the stone and all the way around. Hold the avocado in both hands and twist the two halves in opposite directions. Then gently pull apart.



Next, either cut the skin into quarters and peel it off if you want whole halves, or quarter and then peel them if you want them sliced.



To make an avocado fan, place halved, stoned skinned avocados cavity-side down on the work surface. Slice lengthways, without quite cutting right through at the narrow tip. Transfer to a serving plate and flatten slightly to fan out.

*I never knew
that about
avocados!*



The Aztecs used to call the avocado 'The Fruit of the Gods' – and with good reason. When explorers such as Hernán Cortés landed in Mexico in 1519, their discovery of the avocado was a revelation, both in health terms and for the fruit's delicious, versatile properties.

It was during the 1970s that avocados first arrived into the UK in quantity, and since then there has been a steady increase in consumption. Today, more than 160 million avocados are eaten here every year. It has never been as fashionable to eat an avocado as it is now.

Now grown in countries such as South Africa, Peru, Spain and Israel, among others, avocados are readily available across the UK from supermarkets and greengrocers. The fruit on offer from April to October mainly consists of Summer Avocados, fresh from the South African sun. The fruit is shipped to the UK and grown in as sustainable a manner as possible – so eating a Summer Avocado from South Africa is not only doing a favour to yourself, but to the environment as well.

South African avocados, which are now in season, are the perfect treat to enjoy as part of a healthy, summer lifestyle. Avocados are easy to prepare and take little or no cooking time. They are a delicious treat that can be included in an evening meal, a light snack or a family picnic – helping you take the perfect dip into summer living.



The beauty of avocados

Not only are they great to eat, but South African avocados can be used in a series of recipes that offer a thoroughly safe, chemical-free approach to being more beautiful. Some are ancient secrets updated and others come from around the world.

Skin benefits

Containing vitamins E and C, avocados help improve the health of your skin, as well as preventing the premature formation of wrinkles. Just mash some avocado and mix it with some milk or oatmeal, apply the mixture to your face as you would with a masque and remove with warm water. Achieving beautifully hydrated skin can now take just 10 minutes, for the price of only one avocado!

Face moisturiser

Surprisingly, the bit of avocado you would normally throw away is in fact just as valuable as the flesh. A precious oil that makes a fantastic facial moisturiser is hidden away in the avocado peel. The oil contains humectants, a substance that holds moisture. Using gentle upward strokes, lightly massage your face with the inside of the peel. Leave the oil residue on your skin for about 15 minutes before washing off.

Eye treatments

Peel an avocado and remove the stone. Slice the stone in half and then into quarter-inch crescents, lie down and secure a slice under each eye and leave to rest for around 20 minutes. The result is corrective magic!

Hair benefits

Create your own hair pomade at home by mixing an avocado, egg yolk and one tablespoon of olive oil; apply this to roots and hair for around 20 minutes and let the avocados do their work. Packed full of more than 25 nutrients, the fruit offers a hydrating effect that is perfect for warding off the effects of summer heat. In addition, this treatment is rich with proteins and vitamins that help hair regain its natural elasticity, shine and body.