

*A recipe from*

# DAD'S CHILE COOKBOOK



Heat Rating:



## Fried Avocado Slices

With Zesty Lemon Crema

Courtesy Emeril Lagasse, 2004

First fried onions, then fried pickles, and now fried avocado; what will they think of next? Don't turn your nose up until you've tried these, though! You'll miss something good...

*1½ cup buttermilk  
3 Tbsp hot sauce (Tabasco, Crystal)  
4 large, firm-ripe avocados, peeled,  
pitted, and sliced into 8 slices each  
1½ cup sour cream  
¼ cup fresh lime juice  
¼ cup plus 2 Tbsp chopped cilantro  
leaves  
¼ cup diced red onion*

*1 Serrano pepper, seeded and minced  
1½ tsp salt, divided  
vegetable oil, for frying  
1 ½ cup fine yellow cornmeal  
3 Tbsp flour  
¾ tsp Essence, plus more for later  
¾ tsp baking powder  
lime wedges*

Combine buttermilk, hot sauce and avocado slices. Soak, refrigerated, for 30 minutes. In a small bowl, make Lime Crema by add mixing together sour cream, lime juice, cilantro, red onion, pepper and ½ tsp salt; chill.

In a deep fryer, heat oil to 375 °F. Combine corn meal, flour, Essence, baking powder, and remaining salt in a shallow dish. Dredge soaked avocado slices in the meal mixture, shaking to remove excess cornmeal. Fry slices in small batches until golden, about 1 to 2 minutes each side. Remove to paper towel-lined plate. Season with additional Essence, then serve immediately with Lime Crema and lime wedges.

Yield: Thirty two lip-smacking slices (More if you double the recipe like you should)

Preparation time: 45 minutes

Cooking time: 30 minutes

