

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

