

Seeka 

# Amazing Avocado Recipes



Recipes courtesy of Brad King  
Owner, Executive Chef, The Falls Retreat



**AMAZING AVOCADO  
RECIPES COURTESY OF**

## **BRAD KING**

Owner, Executive Chef, The Falls Retreat

Brad is a passionate and creative chef, with over 10 years' experience of international cuisine. Brad completed a Certificate in Professional Cookery at Waikato Polytechnic followed by an apprenticeship at Tables on the River (now the location of Palate Restaurant). He spent the next 10 years of his career working overseas in Australia, Europe and America, and combined his passions for both food and snowboarding.

In 2008 Brad moved back to NZ looking for an alternative lifestyle for his young family, working at The Porch in Waihi Beach for 3 years before opening his own restaurant located on his lifestyle property in 2011. They had a vision and a dream and slowly they moulded and shaped their family home and business into what you experience today - The Falls Retreat. The Falls Retreat has a "paddock to plate" ethos, with their menu focused on seasonality and sustainability.

Brad's career highlights include Beef + Lamb Ambassador Chef 2015, Beef + Lamb Excellence Award 2013, 2014, 2015, 2016, 2017, 2018, Winner of Monteith's Wild Food Challenge 2010 and Runner-up of Monteith's Wild Food Challenge 2009.



MAKES APPROX. 24

# YELLOWFIN TUNA CEVICHE

## WITH AVOCADO & MANGO ON SWEDISH RYE CRACKERS

### Swedish Rye Crackers

1 cup rye flour  
½ tsp. salt  
¼ tsp. baking powder  
¼ cup rolled oats  
¼ cup pumpkin seeds  
¼ cup sesame seeds  
2 Tbsp. flax seeds  
3 Tbsp. olive oil  
½ cup water or more if needed

- Preheat oven to 200°C. Measure two pieces of parchment ready to fit a baking tray around (25 x 40cm).
- Place the flour, salt and baking powder in a bowl and mix them together. Add the oats and seeds (pumpkin, sesame and flax) and mix to evenly distribute ingredients.
- Add the oil and water and combine until smooth. Take care not to over-mix, you want it just combined. It should feel slightly stiff but still spreadable (add slightly more water if too stiff).
- On a flat benchtop, turn the mixture out onto the first piece of parchment paper and press the dough out to flatten a little. Top with the other piece of parchment paper and roll out with a rolling pin to be around the same size as the parchment paper, you can trim off any bits and add to other areas if needed.
- Remove the top layer of parchment paper and transfer the parchment to the baking sheet. Score the top of the dough to make square or rectangle shapes or any size you want the crackers to be.
- Place the crackers on the baking sheet in the oven and bake for around 20 minutes until the top is golden, dry and firm and the edges are just starting to darken.
- Leave the crackers to cool for a minute or two then cut along the score lines to break into individual pieces. Store leftover crackers in an airtight container.

### Ceviche

300g Yellowfin Tuna,  
Trevally, Kingfish, Snapper or Kahawai  
½ cup avocado  
½ cup red capsicum  
½ cup yellow capsicum  
½ cup mango  
½ cup red onion  
1 red chilli (optional)  
¼ cup coriander, chiffonade\* cut  
¼ cup fresh lime juice  
3 Tbsp. rice wine vinegar  
2 Tbsp. orange juice  
1 Tbsp. olive oil  
Salt and pepper

- Thinly slice or 1cm dice the fresh fish, then finely dice avocado, capsicum, mango, chilli and red onion. Combine in a suitable bowl, add the chiffonade of coriander and gently toss to mix.
- Whisk together the lime juice, rice wine vinegar, olive oil and orange juice, pour over the top of the fish mixture and season with sea salt and pepper, then gently mix everything together and allow to stand for 5 minutes to allow the acid to gently cook the fish before serving.

**Note:** Ceviche is best eaten fresh. Only dress the mixture when ready to serve. It is still wonderful 30 minutes later, however, after an hour, the fish will be fully cooked through and quite firm.

### FINISH THE DISH

- Place a spoonful of ceviche on top of each rye cracker and garnish with radish and coriander leaves (optional).

\* Chiffonade is a French cooking technique for cutting herbs and leafy greens into thin strips that resemble ribbons.





SERVES 4

# TOMATO, AVOCADO & SWEETCORN BRUSCHETTA

## AVOCADO, POLENTA & PUMPKIN SEED SOURDOUGH WITH A TOMATO, AVOCADO & SWEETCORN SALSA

At the Falls Retreat we make all our sourdough bread fresh and incorporating avocado and polenta to the dough gives it a beautiful moist finish. For the general home cook, I would suggest grabbing a loaf of your favourite sourdough bread or crusty baguette. This recipe is super refreshing, quick and easy and is perfect for summer entertaining. It can be used as a salsa or salad, fill a wrap or served alongside fish, meat or chicken, or served on a tostada.

### Avocado, Tomato & Chargrilled Sweetcorn Salsa

1 jalapeño or favourite chilli, finely chopped  
1 lime, juice and zest  
1 Tbsp. sherry or cider vinegar  
1 Tbsp. olive oil  
1 firm but ripe avocado, diced  
½ small red onion, finely diced  
2 garlic cloves, minced  
1 cup fresh chargrilled corn off the cob (or tinned or frozen)  
1 cup tomatoes, diced  
1 Tbsp. fresh coriander, chiffonade\* cut  
1 Tbsp. fresh chives, finely chopped  
Salt and pepper  
Sourdough bread or crusty baguette

- In a suitable mixing bowl combine the first four ingredients together and season slightly, mix well.
- Add Avocado, red onion, garlic, corn and tomatoes, toss gently then add fresh herbs and season to taste.
- Allow to sit for 15 minutes then toss before using.

### Chargrilled Corn On The Cob

2 corn cobs  
Olive oil, for brushing  
Salt and pepper

- Barbecued or chargrilled corn takes on a lightly charred kernel with a smoky flavour!
- Remove the husks from the corn cobs.
- Brush corn cobs with oil and season slightly.
- Place on preheated BBQ or chargrill and cook for 10 minutes, turning frequently until tender and charred.
- Allow to cool before standing corn cob on one end and using a sharp knife slice downwards to remove kernel.

### FINISH THE DISH

- Arrange bruschetta on a serving platter and place heaped tablespoons of salsa directly onto bread base garnish with parmesan and fresh basil. Enjoy!

### What is bruschetta?

An Italian bread based appetiser either toasted, grilled on a grill pan or oven roasted. Usually drizzled with a little olive oil and a touch of sea salt, it should result in a toasted crunchy golden exterior while remaining soft in the middle. Slice desired sizes of sourdough bread or baguette and drizzle with olive oil on both sides, season lightly with sea salt and grill or bake until golden brown and crispy.

\* Chiffonade is a French cooking technique for cutting herbs and leafy greens into thin strips that resemble ribbons.

SERVES 4

# THAI SALAD WITH NAHM JIM DRESSING

## AVOCADO, HERBS, SNOWPEAS, MUNG BEANS & CASHEWS WITH NORI & SESAME CRUNCH

### Nahm Jim Dressing

300g palm sugar, grated  
2 garlic cloves, roughly chopped  
100ml fish sauce or soy sauce  
60g fresh ginger  
2 pieces lemongrass, thinly sliced  
1 chilli, roughly chopped (seeds removed)  
5 Kaffir lime leaves, torn  
300ml rice wine vinegar  
300ml citrus juice (lemon, orange, grapefruit, lime)

- Place all ingredients into a suitable pot and slowly warm to infuse the flavours and dissolve the palm sugar.
- Place into a bar blender and blend until smooth.

### Nori & Sesame Crunch

1 sheet of nori  
5 tsp. white sesame seeds, toasted  
5 tsp. black sesame seeds, toasted  
1 tsp. flaked sea salt  
1 tsp. chilli flakes

- Roughly break up the nori sheet and blitz to a coarse blend (spice grinder or food processor).
- In a small bowl mix the nori with the sesame seeds, chilli flakes and sea salt and set aside to infuse flavours.

### Salad

2 cups carrot, peeled & grated  
¼ red cabbage, shredded or finely sliced (using a mandolin or sharp knife)  
1 red bell pepper, thinly sliced  
1 yellow bell pepper, thinly sliced  
1 bunch spring onions, thinly sliced  
1 cup snow peas  
1 cup packed mung beans  
1 cup snow pea tendrils, cut into thirds  
1 cup mixed herbs, picked & torn (coriander, mint, Vietnamese mint, basil)  
2 ripe avocados, diced  
¼ cup edamame beans, shelled  
¼ cup cucumber, diced  
½ cup cherry tomatoes, halved  
½ cup roasted cashews

- To make the salad, toss the first nine ingredients together lightly in a large bowl.
- Add one avocado, edamame, cucumber, tomatoes and cashews.

### FINISH THE DISH

- Add dressing to salad and toss well to coat, divide salad between four plates and top each with a ¼ of an avocado then sprinkle the nori crunch over the top and serve immediately.



Shredded fragrant Thai salad with avocado, herbs, snowpeas, mung beans and cashews with a Nahm Jim vinaigrette and nori and sesame crunch.



MAKES 10

# LEROY'S DOUGHNUTS

## FILLED WITH AVOCADO & COCONUT CLOUD CREAM & CHOCOLATE AVOCADO MOUSSE

### Avocado & Coconut Cloud Cream

290ml of milk  
1 Tbsp. vanilla bean paste  
2 egg yolks  
55g caster sugar  
20g cornflour  
30g plain flour  
Pinch of sea salt  
½ sheet gelatine  
1 ripe avocado  
100ml whipped cream  
100ml Raglan coconut yoghurt labneh\*

**Note:** I used either the vanilla bean or Greek style Raglan coconut yoghurt.

- Firstly make a crème pâtissière, heat milk and vanilla bean over medium high heat and bring it to a simmer.
- While heating the milk, place the egg yolks, sugar, corn starch, flour and salt in a bowl. Whisk until you have a thick smooth paste.
- As soon as the milk starts to scald or simmer slowly pour about half of the hot milk in a thin stream to temper the egg mix while whisking constantly. Add the rest of the egg mix and pour mixture back into a clean pot.
- Place gelatine leaf into a small bath of water to soften and bloom.
- Heat the crème pâtissière mixture over a medium heat, while whisking vigorously until it starts to thicken. Let it get really thick, almost lumpy. Add gelatine at the end of the cooking process and place in a suitable bowl; immediately cover the surface with plastic wrap to prevent a skin from forming. Allow crème pâtissière to cool to room temperature then let it chill in the fridge until completely cold.

### Avocado & Coconut Cloud Cream continued

- Once crème pâtissière is chilled, place in a food processor with the avocado and blitz till smooth.
- Place avocado crème pâtissière mixture into a medium bowl and fold through the coconut yoghurt labneh and then fold the whipped cream in two parts and combine till just mixed.

### Chocolate, Banana & Avocado Mousse

2 ripe avocados  
200g good quality dark chocolate or milk chocolate  
½ cup milk (cow or plant based)  
1 banana  
2 Tbsp. liquid honey or maple syrup  
60ml Raglan coconut yoghurt labneh\*  
60ml whipped cream

- Melt chocolate in a stainless or glass bowl set above a pot of simmering water (make sure the water does not touch the bottom of the bowl as it will burn the chocolate).
- Place avocado, banana and melted chocolate in a food processor with either honey or maple syrup and blend until smooth, whilst pouring in the milk. Keep blending until mousse is super smooth and creamy.
- Remove from processor and fold in the coconut labneh then followed by the cream.

*Continued over page*

\* To achieve labneh you need to hang the yoghurt in either a muslin cloth or cheese cloth over a suitable container and preferably overnight. This separates the curd from the whey, resulting in a real beautiful thick coconut yoghurt.





## Leroy's Doughnuts Filled With Avocado & Coconut Cloud Cream & Chocolate Avocado Mousse continued

### Doughnuts

130g strong bread flour  
130g plain flour  
20g caster sugar  
2 tsp. fast action dried yeast  
¼ tsp. salt  
25g unsalted butter, melted  
Zest of 1 small orange, finely grated  
1 large egg yolk  
70ml full fat milk, warmed through until tepid (28°C)  
70ml water (28°C)  
1 tsp. brandy  
About 1 litre sunflower or canola oil, for frying  
Cinnamon sugar  
(80g caster sugar and 1 tsp. ground cinnamon)

- To make the doughnuts, place flour in the bowl of an electric mixer with the sugar, yeast and salt. Use a hand-held whisk to combine, then add the dough hook attachment. Add the melted butter, orange zest and egg yolk and mix on a medium speed for 30 seconds. Combine the milk, water and brandy in a small jug with a lip, and then with the machine still running, gradually pour this into the flour mix.
- When all of the liquid has been added, increase the speed to high and mix for 3-4 minutes, scrape down the sides of the bowl when needed. You want a smooth and elastic dough.
- Tip the dough onto a lightly floured surface and knead gently, adding a little dusting of flour if needed or until smooth and not sticky. Place in a lightly oiled bowl, cover with cling film and set aside in a warm place until the dough has doubled in size 1-2 hours. When the dough has doubled in size, knock it back with your fist, cover with cling film and place in fridge overnight.
- Line two large baking trays. Remove dough from fridge, tip it onto your work surface and divide the dough into ten equal pieces, each weighing 45g each or smaller if you choose (450g of dough in total).

### Doughnuts continued

- To shape each into a round ball: place each piece of dough on your flat work surface, cupping your hand over it and with the flat of your palm add pressure while you roll it around bringing in your fingers as you create a smooth round ball. Place each ball of dough on lined baking trays, sufficiently spaced apart to allow for three times the size.
- Cover the tray loosely with oiled cling film and set aside in a warm area to allow to double in size.
- Just before the doughnuts are ready to fry, either turn on your fryer or fill a medium pan (about 18-20 cm wide) with enough oil so that it rises by 5cm up the side of the pan. Heat the oil to 180°C.
- Lifting the balls gently with a spatula or flat slice, gently drop three balls at a time into the hot oil and fry for 3 minutes, turning the doughnut over halfway through the cooking process until both sides are golden brown. Use a slotted spoon to lift the doughnuts out and roll them in the cinnamon sugar. Allow to cool until barely warm before being piped with cloud cream and chocolate mousse.

### FINISH THE DISH

- Fill two piping bags, one with the cloud cream and the other with the chocolate mousse. Push a small knife through one side of a doughnut, twisting gently to open a tunnel through to the centre and pipe about 1 Tbsp. of mixture into each, so five aside. Enjoy!

# SWEET SHORTCRUST PETITE TARTLETS

**FILLED WITH AVOCADO AND COCONUT CLOUD  
CREAM & CHOCOLATE, BANANA & AVOCADO  
MOUSSE WITH FRESH SUMMER BERRIES**

## Tartlets

To make it easier on yourself, purchase pre-made sweet short-crust tartlets or vol-au-vent cases, even petite chocolate mini cups. You want this sweet style canape to be eaten in 1-2 bites.

## Filling & Toppings

Piping bag filled with chocolate, banana and avocado mousse (recipe found on page 12)

Piping bag filled with avocado and coconut cloud cream (recipe found on page 12)

Tartlet shells/vol-au-vents or petite chocolate shells

Fresh summer berries - raspberries, blueberries, strawberries, blackberries, boysenberries

## FINISH THE DISH

- Using desired shells, fill half with the chocolate, banana and avocado mousse and the other half with the avocado and coconut cloud cream.
- Using a mixture of fresh summer berries, garnish the tops of the tartlets, cutting them to size when needed.

**Note:** These sweet canapes are a great way to entertain guests and showcase the beautiful abundance of fresh summer berries, also to impress upon family and friends that avocados are a versatile and healthy option savoury or sweet.





**Seeka grow and supply high quality produce packed with goodness to markets around the world.**



Seeka is involved in every step of the supply chain to produce great-tasting fruit with excellent storage properties - an integrated growing, handling, supply and avocado marketing business.

Seeka works closely with growers in Northland, Coromandel, the Bay of Plenty and Gisborne in the production of Hass and GEM™ avocado varieties. Seeka now exports much of its crop to the Asian market, namely Korea, Hong Kong, Thailand and Japan, complemented by sales into the Australian and North American market where they are all sold under the Seeka brand. Seeka supplies domestically via SeekaFresh, its Auckland-based wholesale and distribution service. It's this active marketing programme alongside Seeka's produce programme that works to deliver maximum returns to its growers at the orchard gate.

A small but exciting subsidiary of Seeka, is the start-up Delicious Nutritious Food Company, producing high-value nutritional foods including avocado oil. It is a fresh approach to getting more value from local produce, using by-product, surplus avocados below market quality and transforming them into a tasty food product.



PHOTOGRAPHY BY EMMA FAIRE

