

Avocado Fries with Avocado Ranch Recipe

By Chef Brien Kuznicki, Legends at Golden 1 Center

www.golden1center.com

Yield: 2 servings

Ingredients

2 avocados
Cooking oil
1/2 cup of rice flour
1/2 teaspoon baking soda
3/4 cup club soda (MUST BE COLD)
Avocado ranch (recipe below)

Instructions

Preheat cooking oil in a large pot over medium heat until it reached 350 degrees.

Cut avocados in half and remove the seed. Using a large spoon, scoop the half avocado out of the skin. Place flat side down on a cutting board and cut into 1/4 inch slices.

Add rice flour and baking soda into a medium bowl and stir. Add cold club soda and mix.

Dip avocado slices into the tempura batter and gently add to the cooking oil. Be careful not to drop them in because the hot oil can splash! Fry the avocado slices for 3-4 minutes until golden brown.

Remove from the oil with tongs or slotted wooden spoon and let drain on a paper towel. Season with salt if desired.

Serve hot with a side of avocado ranch!

[!\[\]\(95b425611cbd2b8716a140cf67c81822_img.jpg\) Watch Chef Brien's video to cook along with him!](#)



Find more recipes at www.foodliteracycenter.org



Avocado Ranch Recipe

Yield: 1 1/2 cups

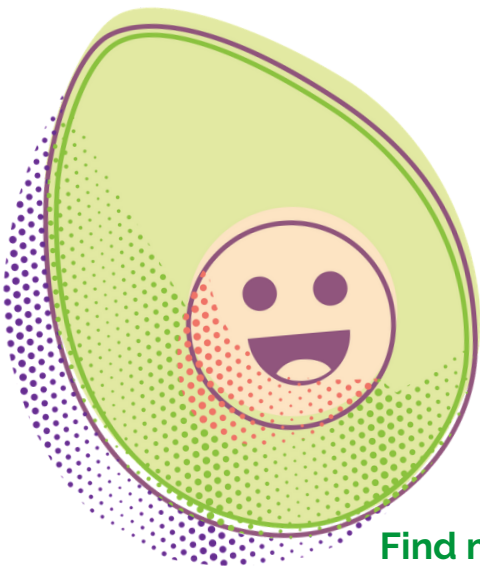
Ingredients

- 1 Avocado
- 1/2 cup milk or soy milk
- 2 Tablespoon lemon juice
- 1 clove garlic, peeled
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 Tablespoon chives, thinly sliced
- 1 Tablespoon fresh parsley
- Salt and pepper to taste

Instructions

Cut the avocado in half and remove the seed. Scoop all the flesh out and place in a blender or food processor.

Add milk, lemon juice, garlic, garlic powder, onion powder, chive and parsley to the blender. Blend for 2-3 minutes until well mixed and thickened. Salt and pepper to taste. Let sit for 10 minutes. Can be stored in the refrigerator for 1 week.



Find more recipes at www.foodliteracycenter.org

