

Others

AVOCADO STUFFED AVOCADOS

4 Avocados
2 Tablespoons lemon juice
A few drops of Tabasco
3 Heaped tablespoons fromage frais
Sea salt, freshly ground black pepper
50 ml Double cream

SPICE OIL

2 Tablespoons extra virgin olive oil
½ Teaspoon cumin seeds, crushed
½ Teaspoon coriander seeds, crushed
2 Teaspoons balsamic vinegar

Halve and scoop out the flesh from two of the avocados. Place this in a liquidiser with the lemon juice, Tabasco, fromage frais and seasoning, reduce to a puree and then pass through a sieve. Whip the cream and fold into mousse.

Halve the two remaining avocados and remove the stone and fill generously with the mousse. Heat the olive oil in a small frying pan and add the seeds, they will sizzle and turn crisp almost immediately, add the balsamic vinegar which will splutter, spoon the hot oil over the avocados and serve straightaway.
