



A V O C A D O C A N N E L L O N I

AVOCADO CANNELLONI

INGREDIENTS

• Egg	120 g
• White wine	50 ml
• Saffron	2 g
• Green apple	30 g
• Red leaf lettuce	10 g
• Mayonnaise	30 g
• Fine salt	2 g
• Avocado	200 g
• Ground black pepper	2 g
• Crab	100 g

PROCEDURE

For the saffron sauce: remove the egg white and place it in a bowl, add the white wine and saffron and with the help of a balloon whisk, incorporate all the ingredients pour in a double boiler to cook until you get the desired consistency and season.

Julienne the apple, lettuce, add the mayonnaise, salt, and black pepper and set aside.

Split the avocado in half, remove the seed and the pulp from the shell. Slice the avocado into thin slices and place them together until they have the desired size for the cannelloni, pack it with the mix previously made and roll.

Present the cannelloni with the saffron sauce.



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A V O C A D O A G U A C H I L E

AVOCADO AGUACHILE

INGREDIENTS

- Avocado 1 pc.
- Purple onion $\frac{1}{4}$ pc.
- Serrano pepper $\frac{1}{2}$ pc.
- Lemons 5 pcs.
- Garlic cloves 1 pc.
- Cucumber 100 g
- Salt

PROCEDURE

Pour the juice from the 5 lemons, add the cucumber, half of the onion, half of the chili, the garlic clove, and salt in a blender, then blend thoroughly and reserve.

Thinly slice the remaining portion of the purple onion, the serrano pepper, and the avocado into 4 pieces; remove the skin, seed and using a peeler make thin slices.

Place the avocado slices on a plate with the sliced purple onion and the slices of serrano pepper. Use the juice prepared in the blender to bathe the avocado, purple onion and serrano pepper.



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B E E T A N D A V O C A D O T A R T A R E

BEET AND AVOCADO TARTARE

INGREDIENTS

- Cooked beetroot 100 g
- Scallions 4 g
- Shallot 10 g
- Lemon ½ pc.
- Olive oil 10 ml
- Avocado 40 g

For the sauce

- Rice vinegar 5 ml
- Red wine vinegar 5 ml
- Mayonnaise 10 g

For the mango yolk

- Mango 50 g
- Water 20 ml

PROCEDURE

Brunoise the beet, chop the scallions and the shallot then mix everything in a bowl with the lemon juice, olive oil, then add salt and pepper. Next, brunoise the avocado and add a few drops of lemon and olive oil. Place everything in a mini processor and emulsify, adjust seasoning.

For the sauce: blend the rice vinegar, the red wine vinegar and mayonnaise with half an avocado.

For the mango yolk: slice the mango and boil with a minimum amount of water, puree, and strain.

With the help of a round cutter, place the brunoise avocado and the beet mixture with scallions and shallots, press and mold, then remove the circular cutter.

Place the mango puree in a bottle and pour some on the beet tartare simulating an egg yolk and decorate with petals.

Accompany the dish with the avocado sauce.



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K I N G C R A B S A L A D
W I T H R O A S T E D A V O C A D O

KING CRAB SALAD WITH ROASTED AVOCADO

INGREDIENTS

- Hass avocado 3 pcs.
- King crab pulp 150 g
- Mayonnaise 15 g
- Scallions 15 g
- Eureka lemon 1 pc.
- Salt
- Black pepper

PROCEDURE

Wash the avocados, cut them in half lengthwise, remove the seed and with the help of a spoon remove the pulp; subsequently remove the pearls with a scoop and with the help of a blowtorch burn the surface to create a fake skin and do the same with the pearls obtained.

For the salad: arrange the king crab pulp, mayonnaise, the finely chopped scallions and the lemon juice in a bowl. Mix everything and season to taste.

For the presentation: fill each half of the avocados with the resulting salad.



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GRILLED AVOCADO TAC
WITH SQUASH BLOSSOM

GRILLED AVOCADO TACO WITH SQUASH BLOSSOM

INGREDIENTS

For the blue corn tortilla

- Water 20 ml
- Blue maize flour 30 g
- Pepper leaf 8 g
- Salt 3 g

For the cooked squash blossom

- Purple onion 10 g
- Garlic 5 g
- Green bell pepper 15 g
- Spinach 15 g
- Squash blossom 18 g
- Epazote 7 g
- Salt

PROCEDURE

For the blue corn tortilla: incorporate the water with the flour, the finely chopped pepper leaf, and salt; mix the ingredients until you've achieved a dough ready to make tortillas.

For the squash blossom stew: saute the squash blossom with olive oil, spinach, and epazote herb.

For the grilled avocado: slice the avocado into 6 equal pieces and place them over a hot grill to sear both sides equally, then season them with salt, pepper, and lemon juice. Decorate the taco with radishes, cilantro, and onion.



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A V O C A D O A N D S E A F O O D S A L A D

AVOCADO AND SEAFOOD SALAD

INGREDIENTS

For the salad

- | | |
|----------------------------|--------|
| • Shrimp | 2 pcs. |
| • Mussel | 2 pcs. |
| • Avocado | 1 pc. |
| • Cooked baby corn | 1 pc. |
| • Red bell pepper | 1 pc. |
| • Enoki mushrooms | 2 g |
| • Salmon roe | 3 g |
| • Watermelon radish | 1 pc. |
| • Fried sliced garlic | 1 pc. |
| • Cooked octopus tentacles | 2 pcs. |
| • Maldon salt | |

For the sesame dressing

- | | |
|-------------------------|-------|
| • White sesame | 100 g |
| • Old-style mustard | 5 g |
| • Lemongrass stalk | 1 pc |
| • Salt | |
| • Egg yolk | 1 pc |
| • Champagne vinaigrette | 30 ml |
| • Rapeseed oil | 50 ml |

PROCEDURE

For the salad: in boiling water containing the bell pepper and bay leaf, cook the shrimp and mussels, then set aside to cool.

Slice the avocado in half, remove the seed and make a slight cut at the bottom so it can serve

as the base. Pile the seafood, baby corn, peppers, mushrooms and salmon roe inside the avocado. Top off with the radish, fried garlic slices and a touch of olive oil.

For the sesame dressing: lightly toast the sesame seeds then grind them in a processor along with the white vinegar, the old-style mustard, and the finely chopped lemongrass stalk; once ground, add salt, champagne vinaigrette, and the egg yolk; grind again at a low level and bind with rapeseed oil. Add salt to taste.

On a plate add the dressing, place the avocado salad on top and decorate with sorrel leaves and edible flowers, finish the salad with a few flakes of Maldon salt.



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