



THE SURPRISE AVOCADO

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INGREDIENTS

• Avocado	1 pc	• Shallot	10 g
• Salt		• Butter	15 g
• Black pepper		• Pistachio	15 g
• Sesame oil	5ml	• Frying oil	500 ml
• Green mussel	4 pcs.	• White onion	½ pcs.
• Ax callus	4 pcs.	• Cumin	5 g
• Grouper fish	30 g	• Tomato	4 pcs.
• Shrimp	3 pcs.	• Siphon	
• Cognac	10 ml	• Siphon capsules	2 pcs.
• Eggs	4 pcs.	• Panko	10 g
• Evaporated milk	50 ml	• Pansy flower	1 pcs.
• Flour	10 g	• Pea sprouts	2 pcs.
• Garlic	10 g		

PROCEDURE

Peel and slice the avocados carefully in half and marinate them. Place the avocados in a bowl and add salt, pepper, oil and set aside in refrigeration.

In a processor place all the seafood, eggs, evaporated milk, salt, black pepper, and cognac. Process them until all the ingredients are well mixed.

Preserve in a bowl and add the garlic, shallots, parsley, soften butter, finely chopped pistachios; mix incorporating the ingredients and rectify the seasoning.

With the help of plastic wrap spread on a flat surface, place the mixture to carefully form thin tubes, simulating sausages and making sure that they are well tied on the tips.

Place the tubes in a baking dish, add a little water (water bath cooking method) at 320° F for 45 minutes or until solid.

When the cooking is complete, place in a bowl with water and ice to cool faster and prevent drying. Once cold, cut into small slices and set aside.

Place a small portion of butter in a saucepan and sauté the onion, tomato, garlic, and cumin; cook for the necessary period and add water until it boils.

Blend and strain finely; pour the mixture into the siphon and keep it in a water bath at 154° F or 162° F for later use during assembly.

To bread the avocados: place the terrine in the center of the avocado, join both sides and pass them through flour, the egg and finally the panko. Set them aside to fry later and plate.


To plate: place the avocado over the sauce in a bowl, place the sprouts and serve.



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T H E D A Y ' S C A T C H I N G R E E N

THE DAY'S CATCH IN GREEN

INGREDIENTS

• Avocado	500 g
• Dill	5 g
• Garlic	5 g
• Cilantro	20 g
• Whipping cream	100 ml
• Salt	
• Black pepper	10 g
• Parsley	10 g
• Basil	100 ml
• Avocado oil	50 ml
• Rice vinegar	3 g
• Crushed chili	10 ml
• Olive oil	5 g
• Butter	50 ml
• White wine	200 g
• Grouper fillet	

PROCEDURE

For the creamy avocado: blend the avocado, dill, garlic, cilantro, juice of half a lemon and whipping cream until you get a creamy and bland consistency. Rectify flavor with a pinch of salt and pepper.

For the avocado chimichurri: chop the cilantro, parsley, basil, and garlic as finely as possible, cut the avocado into small squares, add avocado oil, rice vinegar and crushed chili; finally, season with salt and pepper.

In a hot pan add olive oil and butter, seal the marinated fish fillet inside the pan; to finish cooking add some white wine to the fish and leave it in the oven at 360° F for 5 minutes.

Assemble the dish with the creamy avocado, fish, and chimichurri at the end.



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S M O K E D A V O C A D O A N D T U N A T A T A K I

SMOKED AVOCADO AND TUNA TATAKI

INGREDIENTS

• Hass avocado	300 g
• Yellowfin tuna	100 g
• Local mango	30 g
• Totoaba skin	30 g
• Slow bolt cilantro	5 g
• Avocado oil	45 ml
• Yuzu	30 ml
• Low-sodium soy sauce	20 ml
• Coconut milk	50 ml
• Ginger	5 g
• Lemongrass	20 g
• Rice vinegar	15 ml
• Salt	3 g
• Black pepper	1 mg
• Apple wood chips	

PROCEDURE

Peel two medium pieces of avocado to cold-smoke with the apple chips for 15 minutes. Set aside for later use.

Scrape a small portion of the totoaba skin to completely remove the attached meat and leave it to dehydrate. Take the tuna loin, get the portion indicated and set aside for later use.

For the marinade: incorporate the soy sauce, yuzu juice and avocado oil in a bowl, mix well with a whisk to slightly emulsify and integrate the flavors. Cut the tuna into a thick sashimi and marinate for 5 mins.

Cut the side of the avocado and make some cuts to the tuna.

The rest of the avocado will be used to make a creamy substance; liquify with infused coconut milk, ginger, and lemongrass.

Roast a few cubes of the local mango and season them with avocado oil, salt, rice vinegar, and black pepper; mix with the slow bolt cilantro and preserve cold.

For the assembly: place the avocado and tuna slices on a plate with a dome, then bathed with the marinade sauce.

On one side place a small portion of the mango and cilantro salad and place some crispy totoaba skin. Add the creamy avocado and coconut next to the apple chips.



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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, over it add the avocado salad and decorate with sorrel leaves and edible flowers, finish the salad with a few flakes of Maldon salt.



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GRILLED AVOCADO TACO
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 S M O O T H I E

AVOCADO SMOOTHIE

INGREDIENTS

- Greek yogurt 200 g
- Natural yogurt 200 g
- Avocado pulp 50 g
- Honey 20 g
- Almond milk 200 ml
- Raspberry 1 pc.
- Blackberry 1 pc.

PROCEDURE

Blend the Greek and natural yogurt with the avocado pulp and honey, reduce the density of the mixture with almond milk. Lastly, decorate with a piece of raspberry and blackberry.



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D O L O R E S

DOLORES

INGREDIENTS

- Montelobos Mezcal 1½ oz.
- Ancho pepper liqueur 1 oz.
- Mango puree 1 oz.
- Avocado puree 1½ oz.
- Lemon juice ¾ oz.
- Worm salt
- Chicatana ants

PROCEDURE

In a cocktail shaker, add the ingredients with enough ice, stir vigorously and serve in a small glass with a pinch of worm salt and decorate with chicatana ants over the cocktail.



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