

Avocado Caesar Cream

Internet Address:



Description:

1. With the food processor running, drop the garlic, cilantro and anchovies into the feed tube and process until the garlic is finely chopped. Cut open the avocado and scoop the flesh into the food processor bowl. Pour the lime and lemon juices and sour cream over the avocado. Pulse just long enough to mix up the avocado.
2. Add the Parmigiano, olive oil, and Worcestershire. Pulse until well blended with little green cilantro flecks. Taste to correct the seasonings. Garnish with pepper. Serve immediately or refrigerate to serve later or the next day. Bring to room temperature for fullest flavor. (The cream will hold for a day or two at most.)

2 cloves garlic
1/2 cup fresh cilantro
1 tablespoon anchovy fillets, or to taste
2 medium avocados, ripe
2 tablespoons fresh lime juice
2 tablespoons fresh lemon juice
1/2 cup light sour cream
1/3 cup Parmigiano-Reggiano cheese, finely grated
2 teaspoons extra virgin olive oil
3/4 teaspoon Worcestershire Sauce
Coarsely ground black pepper and salt to taste

Serving Ideas: Serve with tortilla chips or bagel chips, or pita chips.

Per Serving (excluding unknown items): 95 Calories; 8g Fat (72.6% calories from fat); 3g Protein; 4g Carbohydrate; 1g Dietary Fiber; 4mg Cholesterol; 115mg Sodium. Exchanges: 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 1/2 Fat; 0 Other Carbohydrates.

Carolyn T's Tasting Spoons blog:
<http://tastingspoons.com>