



Chilean Hass Avocado Crème Brûlée with Walnut Crust Wins Grand Prize in Culinary Student Recipe Contest

WASHINGTON, D.C., February 13, 2012—The [Chilean Avocado Importers Association \(CAIA\)](#) today announced the winners of its third annual Culinary Student Recipe Contest, from among the nearly 100 entries received during the contest period, September 15 through December 15, 2011.

Based on the contest criteria of originality, taste and ease of preparation, CAIA judges selected three winning recipes. The Grand Prize of \$1,000 cash was awarded to Emme Ribeiro of the Seattle Culinary Academy in Seattle, Washington, for her [Chilean Hass Avocado Crème Brûlée with Walnut Crust](#). Two Runners-Up each received a \$250 cash prize: Lorenzo Soto of Le Cordon Bleu College of Culinary Arts in Atlanta, Georgia, for his [Guacamole Ravioli with Spicy Chipotle Tomato Cream](#), and Christine Wendland of The Culinary Institute of America in Hyde Park, New York, for her [Chilean Avocado, Wild Rice and Pomegranate Salad over Quick-Pickled Zucchini Ribbons](#).



Emme Ribeiro, a student at the Seattle Culinary Academy in Seattle, Washington, is the Grand Prize winner in the 2011 Chilean Hass Avocado Culinary Student Recipe Contest.

“We were very impressed with the variety of entries in this year’s contest, and encouraged by the ingenuity displayed by the culinary student entrants to use Chilean Hass Avocados in new and original ways across all day parts,” said Maggie Bezart, Marketing Director, CAIA. In appreciation for their efforts, Bezart mailed a personal thank

you note to each entrant along with a Chilean Hass Avocados cookbook.

The Grand Prize winner, Ms. Ribeiro, upon learning that her recipe had been chosen, said that she was “super excited,” as were her family, friends and the chef instructor who posted the contest at her culinary school. The first-year student explained that she inherited her passion for cooking from her family, the owners of *Tempero do Brasil*, a popular Brazilian restaurant in Seattle. “While most Americans are familiar with avocados in savory dishes, we also enjoy the fruit as dessert in Brazil,” said Ribeiro. “My recipe for Chilean Hass Avocado Crème Brûlée with Walnut Crust was inspired by that tradition. In fact, it will be the featured special dessert at my family’s restaurant this Valentine’s Day!”



Ribeiro's Grand Prize-winning recipe is a no-cook, contemporary version of the classic French dessert, crème brûlée, in which she cleverly uses the actual avocado skins for serving in place of standard ramekins.

Chilean Hass Avocado Crème Brûlée with Walnut Crust

Serves 12

- 6 Chilean Hass Avocados, halved and pitted
- 1 (8 oz.) container mascarpone cheese
- 3 ¼ cups granulated sugar, divided
- ¼ cup whole milk
- 1 tablespoon fresh lime juice
- ½ cup very finely chopped walnuts (2 oz. total)

Using a spoon, scoop avocado out of skin being careful to keep the skin intact. Place the skins on a baking sheet. Set aside.

In a food processor, combine the avocado, cheese, 3 cups of the sugar, milk and lime juice. Puree until smooth, about 1 minute.

Spoon equal amounts of the avocado mixture among the 12 halves of reserved avocado skins. Cover with plastic wrap and refrigerate 2 hours or until well chilled.

Preheat broiler. Remove plastic wrap and sprinkle 1 teaspoon of the remaining sugar

over each filled avocado half.

Broil 4 inches away from heat source, about 5-6 minutes to brown the sugar and form a caramelized, golden crust. Immediately sprinkle walnuts evenly over the top of the caramelized sugar. Let stand 5 minutes before serving.

Tester's Note: May use a kitchen torch and place 2 inches above surface to brown the sugar, instead of placing under the broiler.

The [Runner-Up recipes and photos](#) are available at www.chileanavocados.org, where details on CAIA's 2012 Culinary Student Recipe Contest will also be posted this September.

About the Chilean Avocado Importers Association

Established in 2002, CAIA is composed of Chilean Avocado importers, exporters and producers. The Association's main objective is to conduct market development activities and promotions to increase the consumption of Chilean Hass Avocados in the United States during the Chilean season, August through March. Chilean Hass Avocados are available throughout the fall and winter, when California avocados are out of season. For more information, visit www.chileanavocados.org.

###