



Avo Crema

Avo crema for sushi plates.

Contains Fish - Dairy



INGREDIENTS

- 100g Avocado
- 50g Full cream yoghurt
- 18ml Lemon juice
- 0.5g Salt
- 15ml Water (approx.)

METHOD

- 1 Blend together the avo, yoghurt, salt and lemon juice.
- 2 Check the consistency and add as much water as needed.
- 3 The avo crema must be like thick yoghurt.
- 4 Once well blended (no lumps), decant into a squeeze bottle.
- 5 Date, label and store in the fridge.

EQUIPMENT

- Lemon Squeezer
- Large Spoon
- Blender
- Squeeze Bottle
- Scale

NOTES

- Stored in the fridge. Must be labelled and dated. Lasts for 2 days.

WATCH THE METHOD

Avo Crema https://www.youtube.com/watch?v=8Q5obas_TnU