

BOOK: AVOCADO: MEXICAN GREEN GOLD, MICHOACAN'S PRIDE

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Avocados, native from America, represented for the indigenous peoples from immemorial times a delicious fruit, highly requested, with extraordinary properties that go from aspects such as nutrition, healing, religion to cosmetics. Given their versatility of use and current commercial importance, this book was written, compiling 150 recipes, where this exquisite fruit is the main character. The recipes include a great variety, easy to prepare. Some of the recipes in the book are: traditional Mexican guacamole, with 9 ways of preparation; six recipes of sauce; 25 nutritious and fresh salads; delicious soups and creams (20), meats and rice (20); 20 recipes of tasty Mexican appetizers; fish and shellfish (17) and 5 desserts and snow. All these have the unique touch of the Mexican cuisine; but also, 10 recipes of international haute cuisine are included. Regarding cosmetology, 5 avocado-based preparations for the care of skin, hair and eyelashes are presented. With this work, Mexico and Michoacan spread and pass on to the world the culinary tradition of their valuable fruit: the avocado. They also contribute to the promotion and development of the culture of avocado consumption.