

Avocado Fries

Circle B Kitchen

Recipe Adapted from Sunset Magazine

Canola oil for frying
1/4 cup flour

- 1 tsp kosher salt
- About 1/4 tsp. kosher salt
- 2 large eggs, beaten to blend
- 1 1/4 cups panko (Japanese bread crumbs)
- 2 firm-ripe medium avocados, pitted, peeled, and sliced into 1/2-in. wedges

Grated parmesan for serving (optional)



Preheat oven to 200°. In a medium

1. Saucepan, heat 1 1/2 in. oil until it registers 375° on a deep-fry thermometer.
2. Meanwhile, mix flour with 1/2 tsp. salt in a shallow plate. Put eggs and panko in separate shallow plates.
3. Sprinkle the avocado slices with the remaining 1/2 tsp salt. Dip each slice in flour, shaking off excess. Dip in egg, then panko to coat. Set on 2 plates in a single layer.
4. Fry a quarter of avocado slices at a time until deep golden, 30 to 60 seconds. Transfer slices to a plate lined with paper towels. Keep warm in oven while cooking remaining avocados. Sprinkle with salt and a little grated parmesan. Serve warm or room temperature.