

Avocado Fries with Cilantro Dipping Sauce

Total time: 15 minutes

Prep: 10 minutes

Cook: 5 minutes

1 ripe avocado

1 egg

1 cup panko or breadcrumbs

Vegetable or olive oil

¼ cup sour cream

1 teaspoon lime juice

1 tablespoon cilantro leaves

Salt

Pepper

Peel and deseed the avocado. Cut your avocado into strips approximately ¼ inch thick and set aside. Crack your egg into a bowl and slightly scramble with a fork until the egg is a homogenous mixture of white and yolk. Next, pour your breading out onto a plate next to your egg mixture to create a little dredging station. One at a time, place your avocado slices into the egg, coating both sides, and then into the breadcrumbs. Finish coating all of the slices in this manner before heating up the oil as you won't want to leave oil unattended as it heats up.

Pour enough oil into a small non-stick pan as to coat the bottom. We don't really want to deep fry these. Heat the oil on medium until a tiny bit of breadcrumb sizzles when it hits the oil. Gently place the dredged avocado slices in the oil one at a time so that they don't splatter too much. Don't crowd the pan. Cooking these is much easier if they aren't packed in like sardines. This took a couple batches of frying for me to get one avocado done. Fry the slices till golden brown and flip to cook the other side. This goes very quickly and I find that these burn easily. Once the slices are done, take them out of the oil and place them on a paper towel lined plate for draining. Go ahead and salt and pepper them as each batch is removed so that the salt sticks to the oil that's still coating them.

To create the sauce, combine the sour cream, lime, cilantro, salt, and pepper (to taste) either by hand or put them in a food processor and pulse until the cilantro is well incorporated.