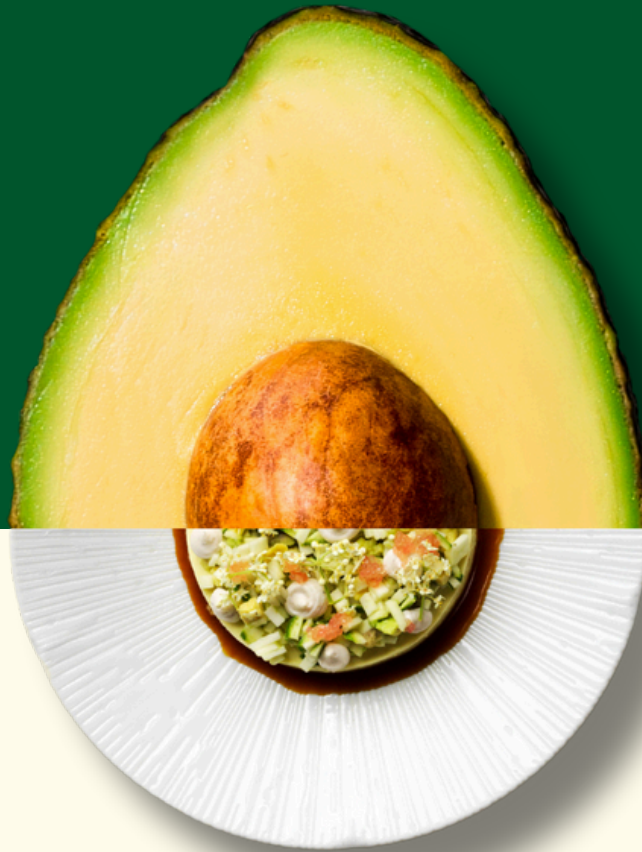


AUSTRALIAN AVOCADOS

A FRESH TAKE ON FOODSERVICE



FOODSERVICE GUIDE



www.aussieavosfoodservice.com.au



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WHY AUSTRALIAN AVOCADOS ADD VALUE

HIGH PERCEIVED VALUE

Avo dishes command premium pricing across all types of venues throughout the year.

COST-EFFECTIVE

Avocados offer big value and have the potential for high return - especially when used across multiple menu parts.

YEAR-YOUND SUPPLY

Thanks to Australian-grown Hass & Shepard varieties, avocados are available all year long.

NO WASTE, BIG VALUE

Bruised or overripe avocados are perfect for guacamole, desserts, dressing or smoothies - saving on waste and boosting profit.

MINIMAL LABOUR

They're fast to prep, and pair with everything from toast and tacos to fish and fried chicken.

HASS



Hass avocados will change from green to purple as they ripen. How to tell if they're ripe? Use your thumb to gently press near the stem end - if it gives to gentle pressure, it's ripe!

SHEPARD



Shepard avocados will always be green, even when ripe. How to tell if they're ripe? Use your thumb to press gently near the neck - if it gives to gentle pressure, it's good to go!

If the avocado does not give to gentle pressure and is feeling a little firm, don't worry - give it an extra day or so to ripen. Leaving avocados near other fruit and storing them at room temperature will help speed up the ripening process.

If the avocado gives easily to gentle pressure, it's ripe or very ripe - a perfect candidate for smashing, spreading and slicing.

STAGES OF RIPENESS

HASS

SHEPARD

Vibrant
greenStage 1
HARD

Fresh off the tree, the avocado is very hard with no give to gentle pressure.

5
days

Until ripe if stored at room temperature.

Deeper
greenStage 2
**PRE-
CONDITIONED**

Ripening has begun, but the avocado is still very firm.

3-4
days

Until ripe if stored at room temperature.

Green to
purpleStage 3
BREAKING

As it ripens, the avocado is firm but yields slightly to gentle pressure around the neck.

2
days

Until ripe if stored at room temperature.

Purple
to blackStage 4
FIRM-RIPE

The avocado is ripe and yields slightly to gentle pressure around the neck.

Ripe

*Best for slices and cubes.
Store in fridge.*

Black

Stage 5
RIPE

The avocado is ripe and yields easily to gentle pressure around the neck.

Ripe

Store in fridge. Best for slicing, spreading and smashing.

Shepards stay green even when ripe!

SUITABILITY FOR RECIPES

Find your perfect match: the stage of ripeness you choose depends on your recipe - picking the right one is key to getting the best flavour and texture!



STAGE 4

Best for slicing
and dicing



STAGE 5

Best for mashing,
smashing and
blending



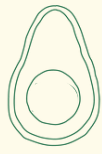
SIZING & GRADING

Avocados come in different sizes and grades, each with its own purpose and star quality. Understanding which size and grade is best for your kitchen and dishes will save time and ensure cost-effectiveness.



SMALL

LARGE



PREMIUM TRAY

Highest grade product.
Minimal skin markings that do not impact flesh.
Suitable for all venues using sliced, diced or
smashed.



CLASS 1 TRAY

Minor skin markings that do not impact flesh.
Suitable for all venues with dishes. using sliced
or diced.



CLASS 2

Moderate skin markings and minor internal
imperfections.
Suitable for all venues with dishes using smashed,
in dressings or spreading.



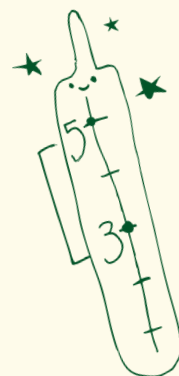
BULK VALUE BOX

A cost effective option with a range of sizes
available and moderate imperfections.

HOW TO HANDLE AVOCADOS WITH CARE

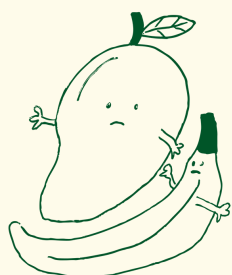
INSPECT ON DELIVERY

1. Firm avocados? They're unripe and good for room temperature storage.
2. Inspect the quality to decide what dish they are suitable for e.g. set aside bruised avocados for dressing.



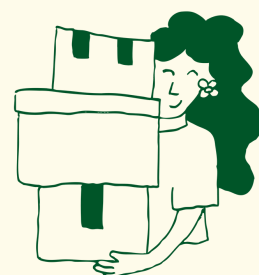
STORE SMARTLY

1. Temperature is everything: Store ripe avocados in the fridge and firm avocados at room temperature, away from hot surfaces.
2. Tip: Need to speed up ripening? Store avocados with other tropical fruits like bananas and mangoes.



PREVENT DAMAGE

1. No stacks allowed: Don't pile boxes or trays on top of one another, as this can cause bruising.
2. Gentle handling: Always lift and handle avocados with care - no tossing or squeezing!



Pro Tip: Always use the ripe fruit first to minimise waste.



SEASONALITY

Knowing when to source Hass and Shepard avocados is the key to keeping your menu fresh, flavourful and cost-effective.

In Australia, our climate blesses us with delicious avocados all year round. Hass thrives for most of the year, from May to January, while Shepard takes centre stage from February to April. Understanding seasonality will ensure you can enjoy avocados on your menu year round.



HASS AVOCADO:

The Year-Round Performer

- FLAVOUR:** Rich and creamy.
- TEXTURE:** Soft.
- SUITABILITY:** Blending, mashing, scooping, even slicing and dicing.
- PEAK SEASON:** May to January, with limited supply from February to April.

Perfect for sweet and savoury dishes. They're the star ingredient for guacamole, smooth spreads and decadent dressings.

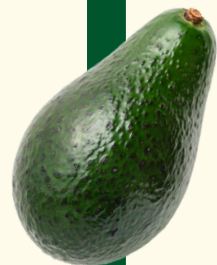


SHEPARD AVOCADO:

The Green, Nutty One

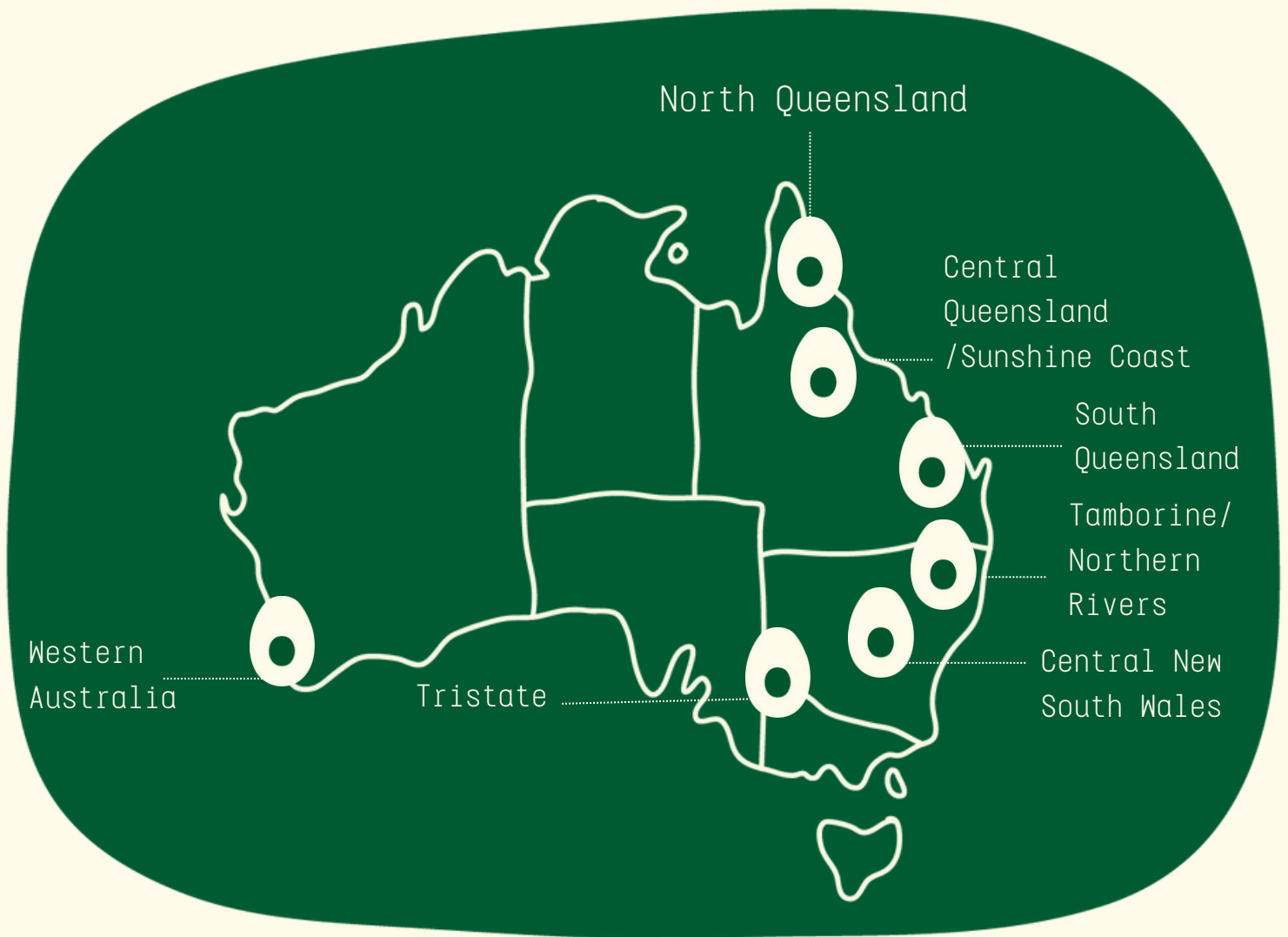
- FLAVOUR:** Nutty and buttery.
- TEXTURE:** Firm and smooth. Shepard avocados hold their shape beautifully.
- SUITABILITY:** Slicing and dishes with precision - think salads and poke bowls.
- PEAK SEASON:** February to April.

Shepard avocados do not turn brown after cutting, giving you extra time to plate and serve without compromising on quality.



HOME GROWN

The Australian avocado industry comprises
800 talented growers across seven
commercial growing regions.



CHAMPION HEALTH WITH AVOCADOS ON YOUR MENU

Support a healthy functioning immune system

Avocados are rich in folate - a B-group vitamin essential for a healthy functioning immune system.

Energy booster and fatigue fighter

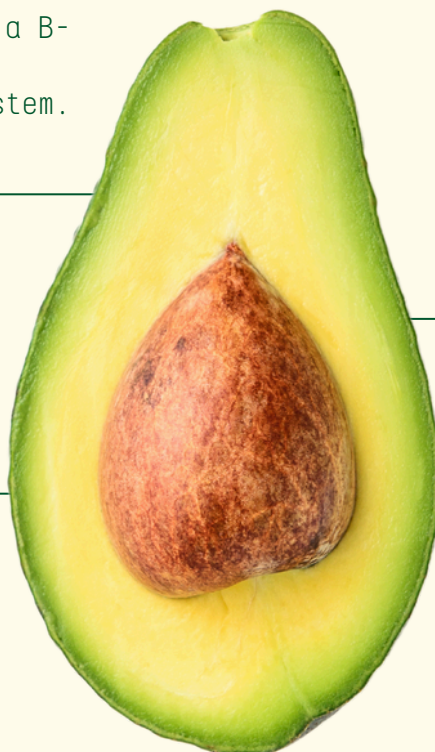
Packed with niacin, pantothenic acid and folate - they are a source of energy and nutrients.

Gut health hero

Avocados are a gut-friendly source of fibre.

The good mood food

Avocados contain niacin, pantothenic acid and folate for a healthy brain and nervous system.



Glowing skin

Avocados look after your skin from within thanks to niacin - a vitamin essential for skin structure and function.

NUTRITIONAL BENEFITS ADD VALUE TO MENUS

Today's diners are savvier than ever about what's on their plate - and avocados punch way above their weight when it comes to adding nutritional value to your dishes.

Avocados are renowned for being naturally packed with monounsaturated fats - the kind that support heart health and keeps customers feeling satisfied. But that's not all! Avocados are rich in folate, a vitamin essential for a healthy, functioning immune system. They're an energy booster and a gut-friendly source of fibre - the list goes on!*

For you, that's more than just nutrition - it's an opportunity to meet the growing demand for healthy options while enhancing the flavour and texture of your dishes.

Avocado-topped grain bowls, hearty breakfasts, or even indulgent desserts, avocados flip the script by adding creaminess without relying on dairy. Even the Australian Dietary Guidelines recommend replacing butter with healthy avocado. It's all about giving your customers what they want - delicious food that's as healthy as it is satisfying.

**as part of a healthy, varied diet.*

LOOKING TO ELEVATE YOUR MENU?

Brought to you by Australia's leading chefs, our website hosts recipes that showcase the creativity, versatility and value avocados bring to your menu.

Visit:

www.aussieavosfoodservice.com.au