

Avocado Cheesecake

Ingredients

8 servings

Cheesecake mixture

- 12.5 oz (360 g) cream cheese
- $\frac{3}{4}$ cup (96 g) sugar
- $\frac{1}{2}$ cup (112 g) whipping cream
- 2 eggs
- 1 avocado

Crumble

- $\frac{1}{2}$ cup (100 g) muscovado sugar
- 1 stick (100 g) butter, cold
- $\frac{1}{2}$ cup (120 g) flour
- 1 avocado seed, grated*

* **Tip:** Toast it in a pan to remove the brown seed coating and then grate it.

Avocado ice cream

Yield 1 pint

- 4 egg yolks
- 1 cup (120 g) sugar
- 1 cup (250 ml) milk
- 1 cup (250 ml) whipping cream
- 4 avocado leaves



Preparation

Cheesecake mixture

1. In a bowl, cream together the cream cheese and sugar. Add the whipping cream and the eggs and beat to produce a smooth mixture.
2. Divide the mixture in half. Put one half in the blender with the avocado and blend until it is smooth.
3. Grease a round 11 in (28 cm) pan and coat it with sugar. Alternate the cheesecake mixtures, starting with the plain layer and then the avocado layer to create a marbled effect.
4. Place the pan in a container of water and bake at 350 °F (177 °C) for 35 to 40 minutes. Remove and let cool. When it is lukewarm, unmold it, and refrigerate for at least 4 hours or overnight.

Crumble

1. Put the ingredients in a bowl and mix it until they are barely incorporated in a sandy texture, without overmixing.

2. Put mixture on a tray lined with Silpat or wax paper and bake at 350 °F (177 °C) for 20 minutes, taking it out to stir occasionally in order to obtain a soil-like texture. Set aside.

Avocado ice cream

1. In a bowl, beat the egg yolks with the sugar until it is light, fluffy, and white.
2. Heat the milk with the cream and the avocado leaves. When it is hot, turn off the heat and gradually add the beaten egg yolks, beating constantly to avoid lumps from forming. Once it is all combined, return it to a medium heat and warm it until it coats the back of a spoon (nappe consistency). Pass the mixture through a sieve and set aside.
3. Put the mixture in a container and place in the freezer, stirring it every half hour until it produces a smooth ice cream.



Karla and Mario Papa García

**Chefs, Teté Cocina de Barrio
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These siblings form a team in the kitchen: Karla defines her style as a blend of traditions and techniques aimed at achieving the perfect balance of flavors, sensations, and memories; Mario has fifteen years of experience at establishments like Quintonil and was a student with mentors like the chef Alfredo Heredia. They opened the restaurant Teté Cocina de Barrio in 2015 with different tasting menus, one of them entirely plant-based.

Their story with this dish

We devised this dish to avoid wasting any part of the avocado: the cheesecake is made with the pulp, the leaf and toasted grated seed is for the ice cream. It's an exercise that shows the versatility of this Mexican ingredient.

Assembly

1. Cut the cheesecake into slices, put a slice on a flat dish, sprinkle with the crumble, and add a tablespoon of the crumble on the side of the cheesecake. Top with a ball of avocado ice cream.

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