

## Recipe stacks up well in contest

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Robert Anderson, a culinary arts student at Salt Lake Community College (SLCC), and his recipe for a stacked avocado salad with red wine vinaigrette earned the \$1,000 second prize in the 2007 Avocados From Mexico "Fiesta Time" Student Recipe Contest.

The contest, sponsored by the Avocado Producer and Exporting Packers Association of Michoacán, included entries from several top culinary schools.

Chef Leslie Sieferle, Anderson's advisor, received \$300, for a fund to encourage other students to enter recipe competitions, Sieferle said.

- *Kathy Stephenson*

### **Stacked avocado salad with red wine vinaigrette**

#### *Vinaigrette:*

3 tablespoons olive oil, divided  
1 clove garlic, finely minced  
1 tablespoon fresh shallot, finely minced  
4 tablespoons red wine vinegar  
1 teaspoon granulated sugar  
Salt, to taste  
Semi-coarse black pepper, to taste

#### *Salad:*

2 slices (about 3 inches in diameter) fresh mozzarella cheese  
4 slices Roma tomato, about 1/8 -inch thick  
1 avocado, cut into 10 slices, about 1/8 -inch thick  
6 leaves fresh basil, cut into thin strips

For vinaigrette, in a small sauté pan heat 1 tablespoon olive oil over medium-high heat. Add garlic and shallot and sauté until translucent, about five minutes. Set aside to cool. In a second bowl, combine vinegar, sugar and garlic/shallot mixture. Whisk in remaining 2 tablespoons olive oil until thoroughly blended. Season with salt and pepper. Set aside.

For salad, place one slice of mozzarella in the middle of a two small salad plates. Add two slices of tomato on top of each slice of mozzarella, overlapping each other. Place five slices of avocado decoratively on top of the tomato. Whisk vinaigrette and spoon about 4 tablespoons of the dressing onto the center of each salad. Garnish by sprinkling with basil leaves. Makes 2 servings.

Source: Robert Anderson, Salt Lake Community College