

AVOCADO SAUCE FOR FISH

(adapted from Gourmet Magazine, February 2004, page 172)

1 ripe medium avocado, pitted, peeled and chopped
1 tablespoon low-fat mayonnaise
1 tablespoon lime juice
1/4 teaspoon salt
3/8 cup half and half or heavy cream

Put all ingredients except half and half into the blender. Add part or all of the half and half so that the blender feeds properly to blend the ingredients. Beat until fluffy and thick.

Unless to be immediately used, transfer to a bowl, cover the surface closely with Saran wrap to exclude air, and refrigerate.

Serve with baked or grilled salmon filets (as served at Santa Fe Restaurant, NYC, November 2003). Also good with crab cakes or any firm fish such as halibut. Bake salmon at 375 degrees F for 15 to 18 minutes, or grill 5 minutes, turn over, then grill an additional 5 to 10 minutes. To cook halibut, need 390 degrees for 20 minutes.

(Original recipe also has sugar and chiles, which we omitted.)