



AVOCADO WITH PONZU



Pot, grill rack, strainer,
heat-resistant gloves

SERVES 2

- 2 tbsp. buckwheat berries
- 3 avocados

Mayonnaise

- 1 egg yolk
- 1 tbsp. apple vinegar
(see page 183)
- 1 tsp. salt
- ½ tsp. sugar
- 1 tbsp. rice wine
- 1 cup (200 ml) neutral oil
(grapeseed, canola, or corn)

Ponzu

- 1 tbsp. mirin
- 1 tbsp. soy sauce
- 1 tsp. sugar
- 1 tbsp. rice vinegar
- 1 tbsp. lime juice

Light the fire and let it burn to embers.

In the meantime, make the mayonnaise and ponzu sauce. For the mayonnaise, mix the egg yolk with the vinegar, salt, sugar, and rice wine, then whisk in the oil, a little at a time, until the mixture emulsifies into a mayonnaise. Add more vinegar, salt, sugar, and/or rice wine to taste.

For the ponzu sauce, combine the mirin and soy sauce in a pot and quickly bring to a boil over the fire. Remove from the heat and add the sugar, rice vinegar, and lime juice.

When the flames of the fire die down, put the buckwheat into a strainer and toast over the embers, shaking constantly, until golden and crispy. Wear heat-resistant gloves for this.

Halve the avocados and remove the pit, but leave the flesh unpeeled. Position the grill rack about 8 inches (20 cm) above the embers. Grill the avocados, cut side down, until well colored and practically charred, then turn over and grill for 1 minute on the skin side. Remove from the heat.

Fill the hole left by the pit with a tablespoon of mayonnaise and a tablespoon of ponzu sauce. Sprinkle with the toasted buckwheat.