

# Cooking Corner Tips To Help You

## Piled High: Steak and Avocados



**Mexican Hass avocados top a delicious dinner-sized sandwich.**

(NAPSA)—It's called a hero or sub in the U.S., but in Mexico an overstuffed sandwich on a roll is known as a *torta*.

Steak and avocados make an especially tasty combination. Just layer lettuce, tomato and slices of broiled flank steak onto a split Italian loaf. Instead of mayonnaise, spread on mashed, seasoned avocado.

For authentic Mexican flair, be sure to buy Hass avocados from Mexico—the pebbly-skinned ones that soften and turn from dark green to almost black as they ripen.

To get more recipes and serving ideas, just send an e-mail to [info@lewis-neale.com](mailto:info@lewis-neale.com) (subject line: Mexican Avocado Recipes).

### AVOCADO AND BEEF TORTA

- 1 ripe Mexican Hass avocado
- 1 tablespoon lime juice
- $\frac{1}{2}$  teaspoon salt, divided
- Pinch ground red pepper
- $\frac{1}{2}$  teaspoon ground cumin
- $\frac{1}{2}$  teaspoon chili powder
- 1 pound flank steak

- 1 loaf Italian bread
- 1 cup torn salad greens
- 8 thin tomato slices

**Preheat broiler.** Cut avocado lengthwise around the pit; twist halves to separate; strike pit with a knife blade and pull to remove; scoop out pulp; place in a small bowl. Mash avocado; stir in lime juice,  $\frac{1}{4}$  teaspoon of the salt and the red pepper; set aside. In a cup, combine cumin, chili powder and remaining  $\frac{1}{4}$  teaspoon salt. Rub seasoning mixture over steak; place in a broiler pan. Broil steak until cooked as desired (about 5 minutes on each side for medium). Remove to a cutting board; let rest for 5 minutes; cut diagonally in thin slices. Split bread horizontally. Spread avocado mixture on top half; layer salad greens, beef and tomato on bottom of loaf; close sandwich. Cut crosswise in 4 pieces.

**YIELD:** 4 portions