Eat with Ease Recipe

Fried Avocado Slices with Spicy Lime Crema

Approx. 32 slices

**Ingredients**

* 1 1/2 cups buttermilk
* 3 tablespoons hot sauce
* 4 firm-ripe [avocados](http://www.foodterms.com/encyclopedia/avocado/index.html), peeled, pitted, and each sliced into 8 even pieces
* 1 1/2 cups sour cream
* 1/4 cup fresh lime juice
* 1/4 cup plus 2 tablespoons minced cilantro leaves
* 1/4 cup minced red onion
* 1 Serrano pepper, seeded and minced
* 1 1/2 teaspoons salt, divided
* [Vegetable oil](http://www.foodterms.com/encyclopedia/vegetable-oils/index.html), for frying
* 1 1/2 cups fine yellow [cornmeal](http://www.foodterms.com/encyclopedia/cornmeal/index.html)
* 3 tablespoons flour
* 3/4 teaspoon Essence, plus more for seasoning, recipe follows
* 3/4 teaspoon baking powder
* Lime wedges, for [garnish](http://www.foodterms.com/encyclopedia/garnish/index.html)

## Directions

In a medium bowl, combine [buttermilk](http://www.foodterms.com/encyclopedia/buttermilk/index.html), hot [sauce](http://www.foodterms.com/encyclopedia/sauce/index.html) and avocado slices. Soak for 30 minutes.

In a small bowl, combine the [sour cream](http://www.foodterms.com/encyclopedia/sour-cream/index.html), lime juice, [cilantro](http://www.foodterms.com/encyclopedia/cilantro/index.html), red onion, Serrano pepper, and 1/2 teaspoon of salt. Make sure all ingredients are chopped/minced very finely. Stir to combine. Chill spicy lime crema until ready to use.

In a medium skillet, fill oil to about halfway up the sides of the pan. Heat oil to 375 degrees F over medium-high heat.

Combine cornmeal, flour, Essence, baking powder, and the remaining teaspoon of salt in a shallow dish. [Dredge](http://www.foodterms.com/encyclopedia/dredge/index.html) soaked avocado slices in the cornmeal mixture, shaking to remove excess cornmeal.

Place avocado slices in the hot oil and fry until golden, about 1 to 2 minutes each side. Using a slotted spoon, remove slices and drain on a paper towel-lined plate. Season with additional Essence. Serve immediately with spicy lime [crema](http://www.foodterms.com/encyclopedia/crema/index.html) and garnish with lime wedges.

## Emeril's ESSENCE Creole Seasoning (also referred to as Bayou Blast):

* 2 1/2 tablespoons [paprika](http://www.foodterms.com/encyclopedia/paprika/index.html)
* 2 tablespoons salt
* 2 tablespoons [garlic](http://www.foodterms.com/encyclopedia/garlic/index.html) powder
* 1 tablespoon black pepper
* 1 tablespoon [onion powder](http://www.foodterms.com/encyclopedia/onion-powder/index.html)
* 1 tablespoon [cayenne pepper](http://www.foodterms.com/encyclopedia/cayenne-pepper/index.html)
* 1 tablespoon dried [oregano](http://www.foodterms.com/encyclopedia/oregano/index.html)
* 1 tablespoon dried [thyme](http://www.foodterms.com/encyclopedia/thyme/index.html)

Combine all ingredients thoroughly.

**Original recipe (before we altered it) from:**

**Emeril Lagasse posted on** [**www.foodnetwork.com**](http://www.foodnetwork.com) **under the food title above.**