

Avocado Rits (correct spelling for SA!)

4 avocado pears
Juice of 1 lemon
1 and ½ cups of small shrimp or crab meat
2 Tbs mayonnaise
2 Tbs whipped cream
Cayenne pepper
Salt and pepper
Butter Lettuce, tomatoes, cucumber for garnish

Method

Cut avocado pears in half, remove stones and scoop out and dice the flesh
Sprinkle with lemon and mix lightly with the seafood.
Stir in the mayonnaise and whipped thick cream and seasonings.
Pile back into the avocado shells and serve on bed of butter lettuce.
Garnish with slices of tomatoes and cucumber slices.

Serves 8