

Ingredients

1 lb.	Ground beef
1	Florida avocado,
	diced small
¹ / ₄ cup	Greek yogurt, plain
1 tbsp.	Apple cider vinegar
2 tbsp.	All purpose seasoning,
	divided
1 tsp.	Ground black pepper
8	Slider buns

Pickle Ingredients

8	Cucumbers, Florida, ¼ in. slices
3 cups	Water
2 cups	Apple cider vinegar
1 tsp.	Sugar
1 bunch	Dill, fresh
3	Garlic cloves
15	Black peppercorns
2 tbsp.	Sea salt

Florida Beef Sliders with Avocado Salad & Pickles

Directions

1. Preheat grill to medium-high. In a small bowl combine diced avocado, yogurt, vinegar, and 1 tbsp. all-purpose seasoning. Mix thoroughly and store in refrigerator until ready to use.

2. Season ground beef with 1 tbsp. all-purpose seasoning and mix thoroughly. Form into 8 (2-oz.) patties and season with pepper.

3. Place onto grill and grill for 3-4 minutes per side, depending on the desired internal temperature.

4. Remove from heat and assemble burgers with avocado salad and pickles as desired. Serve immediately.

Pickles

1. In a large pot combine the water, vinegar, sugar, and salt. Bring to a boil over mediumhigh heat long enough to dissolve the sugar and salt. Remove from heat and set aside.

2. Fill three mason jars with 1 garlic clove, 5 peppercorns, 2-3 sprigs fresh dill, and sliced cucumbers. Avoid packing the cucumbers tightly to allow room for brine mixture. Carefully pour brine into each jar, covering the contents completely.

3. Allow to cool to room temperature before securing with lid. Once cool, store in refrigerator for up to 4 weeks.



Ingredients

2 qts.	Water, salted, boiling
1 lb.	Wild caught shrimp
¹∕₂ cup	Mayonnaise
½ cup	Onion, minced
¹ / ₂ cup	Celery, minced
1 tbsp.	Lemon juice, fresh
½ tsp.	Salt, kosher
⅓ tsp.	Pepper, black, ground
4	Hot dog buns, split top
3 tbsp.	Butter, melted
½ tsp.	Old Bay Seasoning
¹ / ₂ tsp.	Chives, snipped

Shrimp Roll

Directions

1. Bring 2 qts. of salted water to a boil in a sauce pot.

2. Add the shrimp, turn off the heat and let steep for 2-3 minutes or until the shrimp are opaque throughout.

3. Cool the shrimp in the refrigerator until they are cold, 40°F or below.

4. Roughly chop the shrimp into ½ in. pieces. Put the shrimp in a bowl and toss with the mayonnaise, onions, celery, lemon juice, salt and pepper. Cover and refrigerate for next step.

5. Melt the butter and brush onto the open buns being sure to evenly butter the top surface.

6. Toast the buns in your oven broiler until golden brown and toasty. Evenly distribute the shrimp salad among the 4 buns and top with a sprinkle of Old Bay and snipped chives.



Ingredients

8 slices	Country sourdough loaf
2	Florida beefsteak
	tomatoes, ripe, large
4 tbsp.	Mayonnaise
1 tsp.	Kosher salt
½ tsp.	Black pepper,
	freshly ground

Tomato Sandwich

Directions

- 1. Toast the bread to your liking.
- 2. Core and cut the tomato into ¼-in. slices.

3. Slather one side of each piece of toast with one tablespoon of mayonnaise (more or less if you like) and layer as many of the tomato slices as you can on the bottom piece of toast.

- 4. Season the tomatoes evenly with salt and pepper.
- 5. Top with the other piece of toast, cut in half



Ingredients

3 medium	Florida sweet potatoes
¹∕₃ cup	Olive oil
1 tsp.	Salt, kosher
¹ / ₂ tsp.	Black pepper, ground
2 tbsp.	Rosemary, fresh,
	finely chopped

Sweet Potato Wedges

Directions

1. Preheat oven to 400°F.

2. Thoroughly wash sweet potatoes, slice in half lengthwise and then into wedges.

3. Toss wedges in a large bowl with olive oil, salt, pepper and rosemary.

4. Place on a baking sheet skin side down.

5. Transfer baking sheet to oven and roast for 35-40 minutes or until potatoes are golden brown and tender.

6. Can be served with ketchup or your favorite fry sauce.



Ingredients

6	Corn on the cob
2 tbsp.	Olive oil
¹ / ₂ cup	Mayonnaise
2 tbsp.	Lime juice, fresh
2 tsp.	Chili powder
1 tsp.	Salt, kosher
½ tsp.	Black pepper, groun
½ cup	Peppers, red, diced
¼ cup	Cilantro, fresh,
	chopped
½ cup	Cotija cheese

Elote Salad

Directions

1. Preheat oven to 425°F. Shuck corn, removing as much silk as possible. Brush ears of corn with oil and place on a parchment lined baking sheet.

2. Place corn in oven and roast for 12-15 minutes or until the kernels start to blister and turn golden brown. Remove corn from oven and refrigerate to cool completely.

3. While corn is cooling, make the dressing. In a large bowl combine mayonnaise, lime juice, chili powder, salt, pepper and red peppers.

4. Remove corn from refrigerator. Stand the corn on end and, using a knife, shave the kernels onto a plate. Discard cobs. Add corn to the dressing and mix well to coat.

5. Add the cilantro and Cotija cheese, mix well to combine, refrigerate until ready to serve.



Ingredients

Mango, Florida, diced small
Orange blossom honey
Bread, stale, $\frac{1}{2}$ in. cubes
Eggs, beaten
Whole milk
Heavy cream
Vanilla extract, pure
Cinnamon, ground
Butter, unsalted
Peanuts, salted, crushed
Ice cream, vanilla

Florida Mango Bread Pudding

Directions

1. Preheat oven to 350° and spray a 9 x 11 in. casserole dish with nonstick cooking spray. Combine diced mango and bread and pour into casserole dish.

2. Combine milk, heavy cream, and honey in a small sauce pot. Heat over low just until combined.

3. Remove and allow to cool slightly, then whisk in eggs. Add salt, vanilla, and cinnamon and mix. Pour over bread and mango mixture.

4. Place small pats of butter on top of bread pudding and bake for 40-45 minutes or until golden brown. Remove from oven and allow to cool slightly.

5. Serve with crushed peanuts and vanilla ice cream.

