



Shrimp-stuffed avocados
with fresh mango

The Ripe Choice Catering

TAMMY LIPPS
EXECUTIVE CHEF/OWNER

312 Rosecrans Avenue
Manhattan Beach
310-962-4597 | 310-546-4800
theripechoice.net



The busy kitchen of full-service catering company The Ripe Choice is open to the public for gourmet grab-n-go sandwiches, soups, salads and sweets—all house-made. The company also provides catering for events large and small. Owner/executive chef Tammy Lipps was a professional actor, singer and dancer in theatre, television, voice-overs and jingles for many years before attending culinary school. She was a private chef to celebrities when she decided to start The Ripe Choice.

How do you feel about what you do each day?

"I love what I do, and I work almost every day. There is little 'time off.' Catering is hard work and takes a lot of time and planning. A lot more goes into creating a menu/event than most people realize. I couldn't do it without my great team and am grateful every day for the collaborative and creative atmosphere that we have in our kitchen. Teamwork makes the dreamwork!"

Tell us about the featured dish.

"Our shrimp-stuffed avocados with fresh mango is an easy, satisfying,

beat-the-heat summer meal that keeps cooking to a minimum. There is so much that is perfect about this dish for healthy summer fare!"

Any gluten-free or vegan dishes on your menu?

"As a custom catering company, we create many dishes to accommodate all kinds of eating styles, preferences and dietary restrictions. We have a personal chef service where we deliver custom dinners to busy families, executives and people who just don't have time or the interest in cooking. The meals are designed to fit you and your eating styles, and we deliver them to you ready to go. In our storefront, there are always vegetarian and gluten-free options available."

Do you enjoy entertaining when you're off the clock?

"Yes, that's what helped me find my new passion. My husband and I have always loved entertaining, and I have cooked my whole life—never thinking of it as a career. It was a light bulb moment for me when I realized that I already love doing this anyway ... this is my new direction."