

Sushi-style Sandwiches 麵包壽司

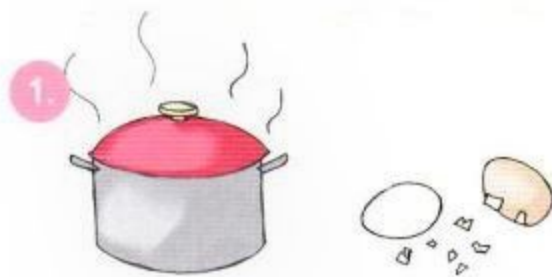
文：編輯組

童軍集會時，可有做過一些簡單小食呢？以下是我們的好介紹。Hot summer delights for all scout brothers and sisters.

材料

- | | | |
|---|---|---|
| 白方包或麥包 (2-3 塊)
White or brown bread (2-3 pieces) | 熟透雞蛋 (5 隻去殼)
5 hard boiled eggs | 青瓜 (切條)
cucumber (chopped in sprigs) |
|  |  |  |
| 紫菜 (4-6 片)
seaweed (4-6 sheets) | 香芹 / 芫茜 (切碎)
parsley (finely chopped) | 牛油 (少許)
butter |
|  |  |  |
| 沙律醬 (4 茶匙)
mayonnaise (4 teaspoonful) | 鹽、胡椒粉 (少許)
salt, ground pepper | |
|  |  | |

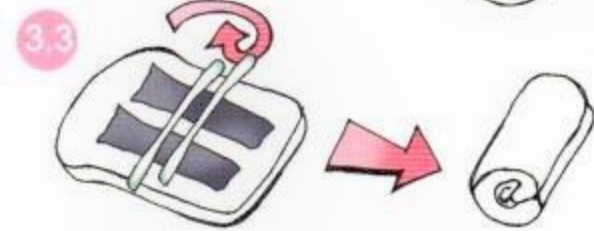
Ingredients



1. 將雞蛋煲熟去殼切碎。
Peel and chop the hard-boiled eggs.



2. 將雞蛋及香芹切碎放入大碗中，用沙律醬、鹽和胡椒粉調味拌勻。
Put the finely chopped eggs and parsley in a mixing bowl. Add a bit of mayonnaise, season with salt and pepper and mix well.



塗少許牛油在麵包上，依次序放上紫菜1片，再塗上約2茶匙的沙律蛋，上面放一條青瓜，再小心捲實成筒狀，最後斜切或切成齒輪狀便成。
Butter one side of the bread and place a sheet of Japanese seaweed on top. Spread evenly approximately 2 teaspoonful of egg salad. Add a sprig of cucumber right on top of the egg spread. Roll up the sandwich tightly by compressing it. Cut it in pinwheels or a slight bias shape in order to present them in sushi style.



小貼士 Tips
將剛煲熟的雞蛋即時放進冰水中，去殼既易，蛋黃會又黃又靚！
Put the boiled eggs immediately into the ice cold water would help to remove skin easily and keep the yolk yellow and nice.

Add in your own favours and create all assortments of sushi sandwiches. 發揮你們的創意，做出更多不同口味吧！

紫菜+豬肉鬆
Seaweed with dried minced pork

芥醬+香腸
Mustards with sausages

花生醬+脆米
Peanut butter with cereal

芝士+鹹牛肉
Cream cheese with salty minced beef

沙律醬+蘋果碎
Mayonnaise with finely chopped crunchy apple

A real treat to your friends! Bon Appétit!