

## WEEK 48

# egg & tomato salad 'danish smørrebrød'



### ingredients

dark rye bread  
tomatoes, thinly sliced  
4 (hardboiled) eggs  
green onion, chopped  
handful of sprouts  
1 tsp curry powder  
2 tbsp mayonnaise  
2 tbsp yoghurt  
pinch of salt and pepper

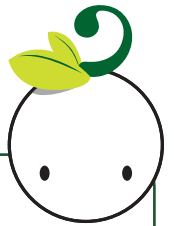
### instructions

Boil the eggs for about 8 minutes (until hardboiled). In a bowl, stir together the mayo, yogurt, curry powder and a pinch of salt. Taste and adjust to your flavor. Chop the hardboiled eggs and gently fold them into the curry dressing. Season with salt and pepper.

Build the toppings one on top of the other. First spread the curried egg on the rye, then lay the tomatoes on top and sprinkle the onion and the sprouts. A perfect match.

### potato & pickled onion 'smørrebrød'

Another classic 'smørrebrød' is made with small potatoes & mayonnaise. Use this weeks spinach as a 'bed' for your small boiled potatoes – and top with mayonnaise, lots of salt, and red onion.



### hi goma friends!

Smørrebrød is an open-faced traditional and typical Danish sandwich, made with just any ingredient. It's easy to make yourself!

Where to buy rye bread? Baker&Spice!



You can easily create your own combination; simply use a creamy spread like butter, mayonnaise or sour cream on dense rye bread. Top with classic combos like roast beef and crisp/fried onions, or smoked salmon and scallions. Finish with herbs (like parsley), spices, lemon (juice/zest), radishes, watercress – anything, except a second piece of bread.

# 第48周

## 鸡蛋土豆色拉

### 丹麦开放三明治



#### 食材

黑面包  
土豆，切成薄片  
4枚煮熟的鸡蛋  
青葱，切碎  
1小把豆芽  
1茶匙咖喱粉  
2汤匙蛋黄酱  
2汤匙酸奶  
1小撮盐和胡椒粉

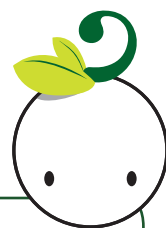
#### 步骤

水煮鸡蛋大约8分钟  
将蛋黄酱，酸奶，咖喱粉和一小撮盐放在碗里进行搅拌。尝试一下味道，依照个人口味进行调整。  
把煮熟的鸡蛋切碎，轻轻拌入做好的咖喱酱中，用盐和胡椒粉进行调味。

将食材一层层叠在面包上。首先就将咖喱鸡蛋酱涂在黑面包上，接下来铺上番茄，最后撒上青葱和豆芽。完美的搭配。

#### 土豆&腌洋葱 开放三明治

另有经典版本可供参考：用小土豆和蛋黄酱制作开放三明治。  
可将菠菜（本周蔬菜箱已含）平铺在黑面包上，再放上煮熟的小土豆，最后撒上蛋黄酱，盐和红洋葱。



果玛的朋友们，  
你们好！

Smørrebrød是丹麦传统经典开放式三明治，可任意搭配食材进行制作。食用时通常使用刀叉。非常简单易做！

在Baker&Spice即可买到黑面包。



你也可以尝试创作属于自己独一无二的三明治；可选用各式各样的酱（例如黄油，蛋黄酱或者酸奶油）在黑面包上涂上厚厚一层。可搭配各种经典组合，像是烤牛肉和炸洋葱/炒洋葱，烟熏三文鱼和香葱。最后用香草（像是香菜），香料，柠檬（挤汁/柠檬皮屑），小萝卜，豆苗等任何你喜爱的食物进行点缀，千万记得不要盖上另一片面包哟。