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Avocado, quinoan wasabe and mozzarella smushi

Serves 6, can be gluten free

Smushi is a dish invented by the Royal Café in Copenhagen. It combines the Danish open sandwich or smorrebrod and sushi – hence smushi. The base is usually some kind of bread and the following layers are usually piled on top a bit like sushi into stunning displays of presentation. They are eaten cold and therefore make great starters or appetisers.

This dish uses quinoa – the supergrain – which if cooked correctly adds a nutty, pleasing crunch to the dish



Cook the quinoa

150g (5oz) quinoa

Water for cooking

1 vegetable stock cube

You will see a few ways of cooking quinoa online but this is how we cook it and I think we get good results. First of all place your quinoa into a fine sieve and wash it thoroughly under cold running water. This is supposed to remove any bitterness but, to be honest, I have cooked it without washing first and it was fine. Maybe it varies according to where it comes from. Wash it anyway. Place the quinoa into a small pan, look at the volume and add twice as much water as you have quinoa by volume.



Add your crumbled stock cube and turn on the heat. Bring it to the boil and then put on a tight fitting lid. Turn down the heat and cook until all of the liquid has been absorbed. This will take about 15 minutes. Take off the lid, give it a stir to make sure all of the liquid has been absorbed, and allow to cool it to room temperature before you use it.

Marinate the tomatoes

6 tomatoes
12 leaves of basil
Olive oil to drizzle
Balsamic vinegar
Salt and black pepper

This is the most delicious way to serve tomatoes and can be added to any salad or served simply with slices of soft mozzarella.

Thinly slice the tomatoes and place them into a container. Chop the basil and place over the tomatoes. Drizzle over plenty of olive oil and a little balsamic vinegar. Sprinkle lightly with salt and freshly cracked black pepper and leave for an hour or two to marinate.

Don't forget to save the juices and use them as a dressing another time. Or just sup them! Hmm!



Make the filling

2 ripe avocados
2 balls of soft mozzarella
cooked quinoa
4 to 6 tablespoons of mayonnaise
2 teaspoons wasabe
1 teaspoon salt
juice of 1 lime

Peel, de pip and chop the avocados into small chunks and place them into a large bowl. Squeeze the lime juice over the avocado. Drain the mozzarella and chop into to small cubes and add to the bowl. Add the remaining ingredients and stir together. You might have too much quinoa, depending on the size of your avocados, so add most of it and then add enough to bind everything so the mixture is quite firm and can be moulded. It mustn't be too sloppy

This filling also makes a great sandwich filling if you have any left over.

Assemble the dish

You will need:
The tomatoes
Quinoa filling
6 slices of rye bread
rocket leaves to garnish
6 black olives to garnish
thin strips of nori seaweed (optional)



To assemble this dish you will need a pastry cutter or ring. First of all take one slice of bread and cut a circle of bread. Leave the bread in the ring and place the bread (in the ring) on your serving plate. Place some of the filling into the ring pressing it onto the bread with the back of a spoon. The filling will mould to the shape of the ring. Leave some space at the top of the ring. Add 3 or 4 slices of tomato to top it off and then lift off the ring. Repeat for each serving. Top with an olive, leaves of rocket and strips of nori seaweed cut with scissors.

Enjoy!