

Chlebičky - Open sandwiches

Serves 30

Growing up in Australia, my mum kept the traditional Czech food alive in our household, for that i'm eternally grateful! Not only will I be able to keep my heritage alive through delicious food, but the memories they spark for me as a young child growing up in Czechoslovakia are warming. These Chlebičky were on our table at every special occasion, from birthdays through to Christmas, and there was never a morsel to be spared!

Ingredients.

Salad filling.

- 200g ham, finely cut.
- 100g whole egg mayo.
- 2 large parsnips.
- 6 sweet and sour pickles, finely diced.
- 1/2 small red onion, finely diced.
- 1 cup green peas.
- 1 tsp dijon mustard.
- 1/2 tsp salt.
- 1/4 tsp pepper.
- 2 Tbsp pickle juice.

Toppings.

- 100g ham.
- 1 red capsicum, sliced thinly.
- 4 boiled eggs, sliced thinly.
- 6 sweet and sour pickles, sliced thinly.
- 30g tasty cheese, finely grated.
- 1 1/2 french sticks, sliced diagonally.

Method.

1. Bring a medium saucepan of water to the boil. While the water is getting ready, peel and roughly cut the parsnips into similar sized pieces. Once the water is ready, add your parsnips. Cook for about 5 mins, or until a fork can almost go through easily. Add your peas at that stage and cook for a further 2-3 mins. Drain and cool.
2. While your parsnips are cooking, prepare your remaining salad ingredients, placing them into a bowl.
3. Also prepare your topping ingredients at this stage.
4. When your parsnips have cooled down, finely dice them (don't worry if they're a little mushy, it's better than if they are too firm) add them and your peas to the bowl with the other salad ingredients and mix well.
5. Now we are ready to assemble, cut your French stick in diagonal slices, so that there is a good surface area. Spread your salad onto each slice, top with a piece of ham, followed by egg, then place on a slice of pickle and a piece of capsicum. When they are all assembled, finely grate some cheese over the top.

Notes.

The salad can be made the night before, as can the preparation of topping ingredients, leaving you to simply assemble the following day.

For a lower carb option, you could simply serve the salad up in small bowls and top with extra topping ingredients. My mum will do this for me occasionally, she calls it 'Russian Eggs'.

You can also vary up the toppings by using salami on half of your platter.

A sharp cheese can also add extra depth to the finished platter, but I personally prefer a milder cheese. A 1/2 tsp of garlic powder can also be a nice little addition to the salad mix.

Prep 25min

Assembly 10min

Nutritional Information (per serve approx.)

Cal 116 KJ 485

Fat 2g

Protein 5g

Carb 17g