

Snack ideas with gherkins / Tesco.

Contributors

Tesco (Firm)

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*Cream Cheese with Lumpfish Caviare
and chopped Gherkin Spears*

*Tesco Ardennes Pâté, Orange Zest
& a Mini Gherkin*

*Smoked Salmon and Chopped
Burger Gherkins*

*Peeled Prawns,
Seafood Sauce
& Mini Gherkins*

TESCO
SNACK IDEAS

WITH

Gherkins

GHERKIN CANAPE
Top slices of Tesco French Bread
or Ficelle with any of the ideas shown.

*A Slice of Ripe Brie, Ground Black Pepper
& sliced Gherkin in Sweet Vinegar*

*Stilton crumbled with black grape
& chopped Gherkin in
sweet Vinegar*

*Tesco Brussels Pâté, a slice of
Apple & chopped Gherkins
in sweet Vinegar*

*Cheddar Cheese, Smoked
Ham & Mini Gherkin*



TOMATO & GHERKIN SALSA

Enough for 10 Hamburgers
or Steaks

INGREDIENTS

- 6 Ripe Tomatoes
- 1 large Onion, peeled and cut into quarters
- 175g (6oz) Burger Gherkins
- 2 x 15ml sp (2 tbsp) Freshly chopped Parsley
- 2 x 15ml sp (2 tbsp) Olive Oil

METHOD

1. Skin the tomatoes by plunging them into boiling water for 1 minute. 'Spike' them with a knife in the water to encourage the skin to peel away. Drain tomatoes. Cool, peel and deseed them.
2. Place all ingredients in a food processor and process for 30 seconds until roughly chopped and well mixed. Chill.
3. Serve with Hamburger Steaks.

MINI OMELETTES

Serves 6

INGREDIENTS

- 2 Eggs
- 3 x 15ml sp (3 tbsp) Water
- 50g (2oz) Burger Gherkins, drained and chopped
- Oil for frying
- Salt and Black Pepper

METHOD

1. Lightly beat together all the ingredients
2. Fry teaspoons of the mixture in a non-stick pan for 30 seconds on each side. Fold in half. Serve straight away.

The Ancient Egyptians introduced the Gherkin as we know it today, and through tried and tested successes, their popularity grew and grew until now, in the 1990's, Gherkins are popular in nearly every European country.

Tesco Gherkins have been grown in Holland where they are picked, washed and sorted to meet the Tesco standard. As a result, we can now offer you a range of quality Gherkins under the Tesco brand, both full of flavour and with a superbly crunchy texture.

Ideal as a 'slim snack' or with food, why not try some of our recipe ideas to begin with!



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