

persiMon® and Serrano Sushi Bites



Spain is known for its Serrano ham and delicious persiMon® from Ribera del Xúquer. The pairing of these two ingredients puts a new spin on sushi. This quick and easy recipe can be made ahead and served as an amuse bouche or as part of a holiday party platter.

Makes 42 sushi bites

INGREDIENTS

1-½ cups (375 ml) sushi rice	100 g Serrano ham
2 cups (500 ml) water	1 tbs (15 ml) wasabi
¼ cup (60 ml) seasoned rice vinegar	2 tbs (30 ml) mayonnaise
1 persiMon® thinly sliced crosswise	2 tbs (30 ml) crushed wasabi peas
1 small avocado, thinly sliced	2 tbs (30 ml) julienned radish
2 sheets nori	

PREPARATION

- Wash and rinse rice in a sieve until water runs clear. In a small saucepan, combine rice and water. Bring to simmer then reduce heat to lowest setting. Cook rice covered for 20 minutes; transfer to a bowl and stir in rice vinegar using a rudder spatula or rice paddle being careful not to over stir. Let cool.
- In a non-stick 8"x 8" baking pan, arrange persiMon® slices in overlapping rows. Top with avocado slices. With wet hands add 1-½ cups cooked and cooled rice over avocado, pressing gently and firmly into an even layer. Top with 1 sheet nori. Arrange serrano ham slices over nori followed by remaining rice in an even layer. Finish with 1 sheet nori. Cover with plastic wrap and top with another 8"x 8" baking pan or other strong flat square of equal size and weigh down with heavy cans or weights.
- Let sit refrigerated for 30 minutes to 1 hour before serving. Do not chill for more than 3 hours or rice may become hard.
- To serve, remove top pan and plastic wrap. Reverse sushi on to a cutting board and using a wet sharp chef knife, slice square into 6 equal rows and each row into 7 pieces, rinsing blade in between each cut. Transfer pieces to a platter. Stir together wasabi and mayonnaise and top each piece with a small dollop. Garnish with a bit of radish and a sprinkling of wasabi peas.

PER SERVING (3 BITES):

133 calories, 5 g fat, 1 g saturated fat, 7 mg cholesterol, 219 mg sodium, 20 g carbohydrates, 2 g fibre, 2 g sugars, 5 g protein.
% RDI: 0% calcium, 2% iron, 0% vitamin A, 4% vitamin C.

Source: www.persimoncanada.com

