



SANDWICHES



What is a sandwich?



A filling or spread combined with bread creates a sandwich. Sandwiches are the most popular lunch food in the United States. Their popularity as a breakfast food is increasing, due the ease at which they're eaten.

John Montagu, also known as Lord Sandwich of 18th century England, was not the inventor of the modern-day sandwich. He did popularize it, however. Being quite a gambler, this form of food allowed him to continue playing cards while eating, without getting his hands greasy.

The 3 Sandwich components...

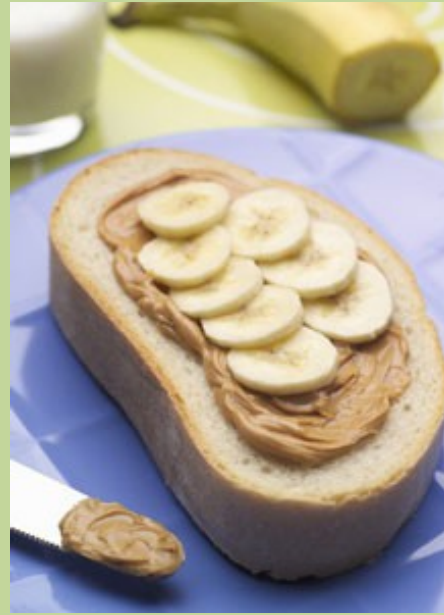
The bread is the basic ingredient of any sandwich. Use the freshest bread available; day-old bread can be used for toasting without loss of quality.



The spread has 3 functions: to prevent the bread from soaking up the filling; to add flavor; and to add moistness. Butter and mayonnaise are the most commonly used spreads.

The filling provides the main flavor of the sandwich, and the choices are nearly unlimited. Meat, fish, poultry, cheese, eggs and salads (tuna, chicken, egg) are all common protein fillings.

Open-faced sandwiches...



An open-faced sandwich can be hot or cold, and is made from a single slice of bread on the bottom.

A canapé (CAN-uh-pay) is a tiny open-faced sandwich served as an hors d'oeuvre (o DERV) (or DERV). These are hot or cold bite-sized finger food that is served before a meal as an appetizer.



Tea sandwiches...



A variety of textures, shapes, colors, and a burst of flavor are appropriate for this finger-food item or very light lunch.... perfect served with a cookie and tea!

A tea sandwich is a small cold sandwich, usually served on bread or toast with the crusts removed. They are most commonly cut into shapes, and garnished attractively.



Choosing the bread...



The loaves of sliced white breads are called pullman loaves. The interior part of the loaf is called the crumb; the darker exterior is called the crust.



The crusty Kaiser roll resembles a 5-petal flower. Hard or soft rolls/buns can be cut lengthwise for sandwiches.



The term baguette (bă-gět') refers to the long shape of a bread also known as French bread. The 'crumb' is soft; the crust is crispy. The loaf is long in length, and may have slits in the top to allow the crumb to expand during baking.



Choosing the bread...



Whole wheat bread is made with the bran, endosperm, and germ of the wheat kernel. The bread is more nutritious, moister, heavier or denser. Multi-grain breads may include grains such as oats, rye, wheat, barley, etc.



Vienna bread is similar to French bread, but uses steam in the baking process for a moister 'crumb'.



Choosing the bread...



A croissant (krwä-säN', krə-sänt') is a buttery flaky pastry, named for its distinctive crescent shape. It is also sometimes called a crescent or crescent roll.



The breakfast croissant sandwich may be filled with sausage, ham, bacon, eggs, and/or cheese.

Choosing the bread...



German-style pumpernickel, a dark, dense, and close-textured loaf, is made from crushed or ground whole rye grains, usually without wheat flour, baked for long periods at low temperature in a covered tin.

Rye bread is a type of bread made with various percentages of flour and rye grain. It can be light or dark in color, depending on the type of flour used and the addition of coloring agents. It is typically denser, higher in fiber, darker in color, and stronger in flavor.



Light rye bread may be flavored with caraway seed.



Marbled rye

Choosing the bread...

Sourdough refers to the process of leavening bread by capturing wild yeasts in a dough or batter, as opposed to using a domestic yeast. This gives the bread a distinctively tangy or sour taste (hence its name), due mainly to the lactic acid and acetic acid produced in the process.



Sourdough bread is made by using a small amount of “starter” dough, which contains the yeast culture, and mixing it with new flour and water. As long as the starter dough is fed flour and water daily, the sourdough mixture can stay at room temperature indefinitely and remain healthy and usable.

Choosing the bread...

Ciabatta (*cha-BAHT-ta*) is an Italian white bread that is somewhat elongated, broad and flattish and, like a slipper, may be sunken in the middle of the loaf. It is often used for panini sandwiches.



Focaccia (*foe-CAH-cha*) is a flat oven-baked Italian bread, which may be topped with herbs, onion, cheese, olive oil, vegetables, or other ingredients. Focaccia is often used as a base for pizza or as sandwich bread.



Choosing the bread...



Corn or flour
tortilla



PITA

A flatbread is a simple bread made from flattened dough like pita or pocket pitas OR without a leavening agent such as the tortilla.



Pita and pocket pita

Choosing the spread...

The spread must be soft enough to spread easily without tearing the bread. A cold butter or cream cheese spread can be softened by whipping in a mixer or allowing it to stand at room temperature for about 30 minutes.



Butter, mayonnaise, or cream cheese can be flavored with lemon, chives, mustard, honey, spices, horseradish, and other ingredients for added flavor. Be sure to cover the entire piece of bread... all the way to the edges!

Hot sandwiches...

The two most popular hot sandwiches in America are the hamburger and hotdog.



Hot dogs and hamburgers have many variations, depending on the toppings: chili, cheese, relish, catsup, mustard, pickles, lettuce, tomato, and onion are

Hot sandwiches...

Many sandwiches that start out cold, can be put on the griddle or grill or under the broiler to warm them up. They are called 'grilled' or 'toasted' sandwiches such as the grilled ham and cheese sandwich below.



Hot sandwiches include cold breads with hot fillings, hot breads with cold fillings, OR the entire sandwich may be hot.



A Reuben sandwich is a combination of pastrami or corned beef with sauerkraut, Swiss cheese, and Russian or Thousand Island dressing on rye bread.

Hot sandwiches...



A Monte Cristo sandwich features turkey or chicken with ham and Swiss cheese on bread. It is dipped in beaten egg and deep-fried, and often served with a sweet berry sauce or dusted with confectioners sugar. Deep-fried sandwiches may also be cooked on the griddle or in the oven to reduce fat.



A cheese or tuna 'Frenchee' is dipped in egg and then some combination of flour and bread, cracker, potato chip, or cornflake crumbs. It is then deep-fried.

Hot sandwiches...



The Hot Beef Sandwich consists of stacked, hot, roast beef on white bread, served alongside mashed potatoes, and smothered in gravy. It is a common menu item in American diners... comfort food that is 'filling or satisfying'.

A French Dip sandwich is roast beef served on a roll, and served with some of the natural juices the meat was roasted with... 'au jus' (ō zhūs' or ō zhü').



Hot sandwiches...



← A 'melt', such as a tuna or beef patty melt sandwich, always contains cheese that is heated until it starts to melt.



A London Broil sandwich has a sliced steak filling.



The addition of cheese (and sometimes peppers and onions) turns this sandwich into the Philly Cheesesteak Sandwich, popular cuisine in Philadelphia, Pennsylvania.

Hot sandwiches...

The panini sandwich originated in Italy, and is made in a sandwich press that leaves characteristic parallel lines on the outside of the bread.



A Sloppy Joe is a mixture of ground beef, onions, sweetened tomato sauce or ketchup and other seasonings, served on a hamburger bun.

Sloppy Joes are a simpler variant of the barbecue sandwich which uses shredded beef or pork and barbecue sauce.

Hot sandwiches...

Gyros or gyro (jī'rō, jē'rō, or yē'rō) is a Greek dish consisting of lamb, beef or pork, tomato, onion, and tzatziki sauce, and is served with pita bread. Tzatziki (dzah-DZEE-kee) is made of yogurt with cucumbers, garlic, salt, olive oil, pepper, dill, and sometimes lemon juice, parsley, or mint.

The classic BLT is served on bread or toast, and is a combination of bacon, lettuce, tomato, and mayonnaise.

The taco is served on a hard or soft corn or flour tortilla, or other soft flat bread, and is filled with a spicy ground beef, tomato, onion, lettuce, and cheese.



Hot sandwiches...



The Runza Sandwich is called a Bierock (brock or beerock) in some areas, and is a sandwich of German-Russian heritage. They are a yeast dough (a bread pocket) with a filling of beef, cabbage or sauerkraut, onions, and seasonings. They are baked in various shapes like half-moon, rectangle, round, square, triangle, etc. The Runza Restaurant originated in Lincoln, Nebraska.

Cold sandwiches...



Submarines, heroes, hoagies, poor boys, and grinders are regional names for the same sandwich. They all have numerous ingredients, layered on a long loaf of bread.

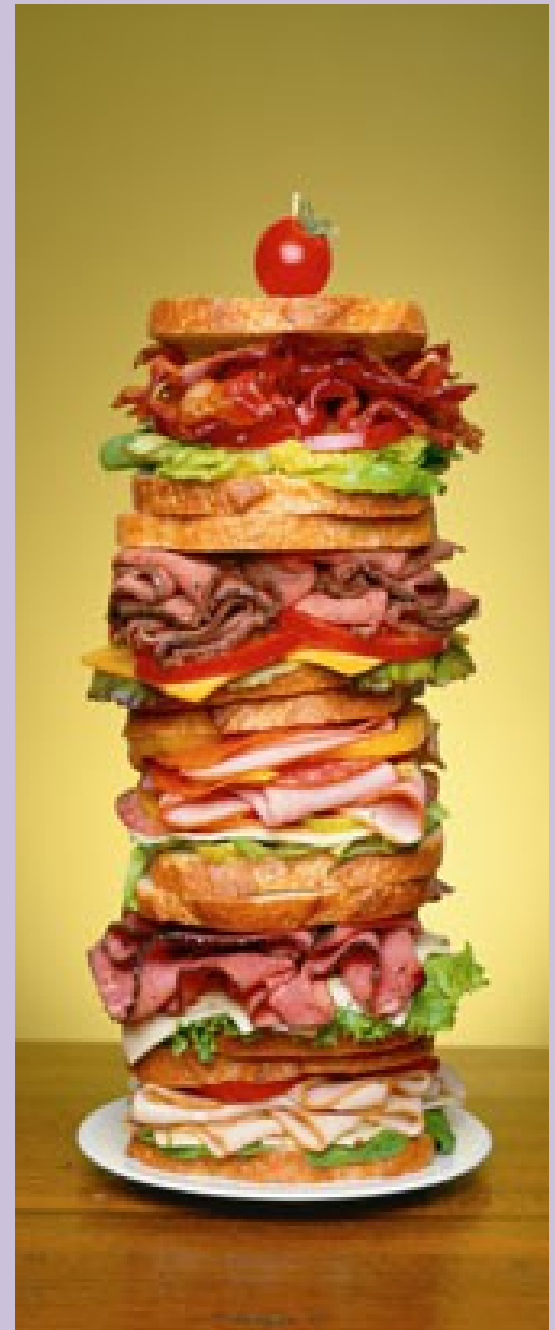
A club or clubhouse sandwich is usually a double-decker. That means there are two layers of fillings sandwiched between 3 slices of bread. It is often cut into quarters and held together by cocktail picks. Traditional club ingredients are turkey or chicken, bacon, lettuce, tomato, mayonnaise or honey-mustard, Swiss, American, or cheddar cheese, and toasted bread.



Cold sandwiches...

A Dagwood sandwich is a thick, multi-layered sandwich made up of a wide variety of meats, cheeses, and condiments. It was named after Dagwood Bumstead, a character in the comic strip *Blondie*, who frequently makes enormous sandwiches. The Dagwood sandwich is characterized by size more than contents.

The Dagwood sandwich is a multi-decker sandwich. All multi-decker sandwiches have more than two slices of bread.



Cold sandwiches...



The traditional cucumber sandwich is composed of paper-thin slices of cucumber placed between two thin slices of lightly buttered bread. Chopped dill, salmon, and cream cheese are common additions. The crust would be removed for a tea sandwich.

The peanut butter and jelly sandwich (PB&J) can be served open-faced or between two slices of bread. It is called a peanut butter and jam sandwich in Canada and Australia. In England it is known as the fluffernutter, where marshmallow crème is substituted for the jelly.



Cold sandwiches...



A Caprese sandwich (kah-PRAY-zay) is made from tomato, basil, and fresh mozzarella cheese. It is named after the Italian island of Capri. The red, white, and green colors are supposed to resemble the colors of the Italian flag.

The muffuletta sandwich is a speciality of New Orleans, Louisiana. It is made with muffuletta (moo-foo-LET-ta) bread, a Sicilian bread is similar to focaccia.

The bread is a large, round, flattened loaf. Other ingredients include salami, provolone cheese, and an olive salad.



Sandwich 'presentation'...



Display the cut edges of the sandwich, rather than the crust edges. The ingredients are more easily seen, looking good and appetizing.

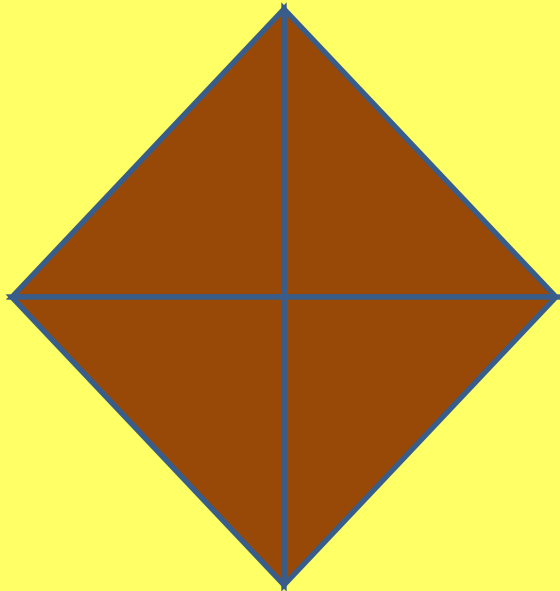
All sandwiches except hot dogs and hamburgers, should be cut before serving. A large, multi-decker or very thick sandwich should be cut into thirds or quarter with each section held in place with a toothpick.



Sandwich 'presentation'...



The direction you cut the sandwich can improve presentation. A square sandwich cut diagonally is more attractive than one cut horizontally.



Storing sandwiches...

If bread is allowed to become less fresh or dried out, it is referred to as 'stale bread'. Moisture-proof wrappings, such as plastic, are best. Refrigerating bread prolongs its shelf life, but encourages staleness. Bread can be stored in the freezer.



When packing sandwiches in sack lunches or for picnics, it may be preferable to pack the spreads or fillings separately, for assembly at the last minute. This could prevent the bread from becoming soggy. Some sandwich ingredients are potentially hazardous food, and must be handled according to correct time and temperature guidelines.



SANDWICHES THE END

