

SANDWICHES

Two slices of bread enclosing a plain or mixed filling based on cooked meats, raw vegetables, or cheese, cut into thin slices or small spices. Sandwiches are made with tin loaf bread (whole slices, with or without crusts, sometimes cut into triangles or rectangles after filling), French bread (chunks of French sticks or slices of farm house bread), rye or brown bread in thin slices, and long or round soft rolls or brioche rolls. Various condiments complete the filling: gherkins, herbs, plain or flavored butter, black (ripe) olives, etc. Canape garnishes are all suitable for sandwiches.

Sandwiches are named after John Montagu, 4th Earl of Sandwich, an inveterate gambler who acquired the habit of sending for cold meat between two slices of bread so that he would not have to leave the gambling tables to eat. Although the name is relatively recent, dating from the beginning of the 19th century, the concept itself is ancient. It has long been the custom in rural France to give farm laborers working in the fields meat for their meal enclosed in two slices of brown bread. In southwestern France, it was customary to provide those setting out on a journey with slices of cooked meat (especially pork or veal), sprinkled with their juices, sandwiched between two pieces of bread. The pan-bagnat of Nice is also a type of sandwich, made from a copiously filled round roll impregnated with olive oil; it is found in a number of Mediterranean countries.

The greatest variety of sandwiches is found in England and the United States, where they range from very large, composed of several layers of different fillings, to small and delicate, with elaborate or exotic fillings, for serving at luncheons and cocktail parties.

The services of sandwiches vary with the purpose for which it is used. Snack bar sandwiches are substantial and a meal unto themselves. With rapid industrialization and the speed in tempo of work, the use of sandwich as a meal in itself is becoming popular. It is served for tea parties, barbecues, supper or with coffee. Used for picnic baskets. Sometimes sandwiches are taken as a full meal with fruit and milk.

Accompaniments of sandwiches are wafers, chiffonade (shredded) lettuce, watercress. Julienne of cabbage or carrots. The different kinds of bread that are used for the preparation of sandwiches are: White bread, brown bread, French loaf and bread rolls, or boat shaped bread.

Approximate quantities for average portions :

Bread - Allow 2 slices of bread per serving. The thickness and number of slices will vary in different catering establishments.

Buns - One sandwich bun per serving.

Butter - Softened 500 gms. butter will spread 96 bread slices if one teaspoonful is used per slice.

Bread Slices - 2 lb, sandwich loaf white bread cuts 28 (1/2) slices or 36 3/8" slices with end crust.

Approximate quantities for average portions for various fillings of sandwich are:

Cheese Sliced - 480gms. average 16 slices (approx. 30gms. each).

Chicken - 500 gms. average 12 slices or 16 slices.

Peanut Butter - 455 gms, average 1 3/4 cups.

Tomatoes - 455 gms. average 3-4 medium tomatoes.

Other fillings used are cucumber slices, tomato slices, tuna fish, hard-boiled eggs, meat, olives, etc.

Cutting of Sandwiches

It is done in a number of ways, the type of filling and the method of serving the sandwiches determine the way to cut it-Method of cutting filled layers into sandwiches, if it is to be prepared in bulk.

Important points to be observed for the preparation of sandwiches:

- § Use stale bread (one day old), because it cuts better and finer.
- § The bread should have close fine texture.
- § Thinly sliced bread appeals more than thick slices.
- § Crust should be removed neatly,
- § Use a sharp knife preferably with a saw-edge and dip occasionally in hot water.
- § Store bread at 75 degree Fahrenheit to 85 degree Fahrenheit Refrigerator temperature accelerates staling, though in moist, warm climate, store - in refrigerator to prevent mould growth.
- § Sandwiches may be stored for 12-24 hours at temperature below 40°F.
- § Cream fresh butter facilities easy and even spread, as the creamy consistency glides over the slice.
- § Use only fresh ingredients, e.g. crisp lettuce, watercress, tomato, etc.
- § The filling should consist of ingredients which do not clash in flavour, e.g. avoid mixing a sharp flavoured cheese with anchovies.
- § If the filling contains moisture, apply it just before serving, otherwise the sandwiches become soggy and will appear unappetising.
- § If sandwiches are prepared well in advance, they should be wrapped mostly in a foil or alternatively in a sterilized damp napkin; this keeps them supple and fresh.

For serving, they may be dressed on a paper doiley surrounded with lettuce leaves, chiffonade, etc.

Savoury Butters, or Spreads Used for Sandwiches

Lemon - 225 gms of butter, 1 teaspoon of lemon juice and fish paste, used for fish sandwiches.

Onion - 225 gms of butter, 2 teaspoons onion juice & 1 teaspoon of water - Cold meats and sandwiches.

Olive - 225 gms butter, $\frac{1}{4}$ cup minced olives - for fish or chicken sandwiches.

Sardine - 225 gms butter, $\frac{1}{3}$ cup mashed sardines, 2 teaspoons of lemon juice.

Paprika - For watercress or tomato sandwiches.

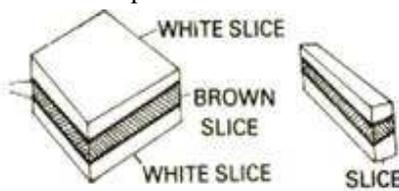
Mayonnaise - For egg and salmon sandwiches.

English Mustard - Buller and English mustard for ham and beef sandwiches.

French Mustard - Butter and French mustard for cheese and tinned meat sandwiches.

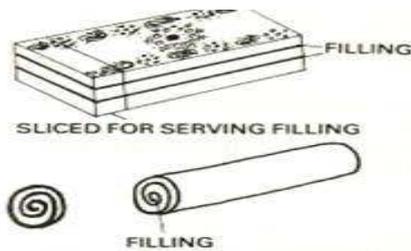
Types of Sandwiches

- 1) **Sandwich Cake** - These look like iced layer cakes and for these, round bread leaves are used. They are sliced in two or three round slices, soft icing containing butter, cheese, etc. It is cut into wedges like cakes.
- 2) **Loaf** - The loaf bread is taken and sliced lengthwise, filled and diced in the same way as sandwich cake. It is sliced across the bread and served.
- 3) **Pinwheel** - The top crust is taken out of the sandwich loaf. It is then sliced lengthwise, and butter and soft filling spread evenly, which is of a color to contrast with the bread. Each slice is rolled and wrapped firmly in a foil and chilled till it is set. It is cut into thin slices and served.
- 4) **Ribbon** - They are prepared by using two colored breads. Two slices of brown bread and one of white or vice versa. The sandwiches are made with three slices, and two different colored fillings are used. They are cut into thin strips and served.
- 5) **Double Decker** - Three slices are used, the filling placed on top. The next slice is, buttered and placed on top, lettuce, tomato and cucumber placed on top of this slice. The final slice is placed in position. Pressed, trimmed and held together with a plastic cocktail stick with stuffed olive or cherry.
- 6) **Club** - This sandwich is usually seized hot. and consists of two buttered slices of toast. One slice is the base on which sliced cooked chicken, egg, lettuce, tomato, grilled bacon, and mayonnaise or ham is placed. The other slice of toast is placed on top, pressed, trimmed and decorated. Served between the folds of a paper napkin.
- 7) **Bookmaker** - This is buttered roll or French bread spread with French mustard and a grilled steak in between.



Example of Bookmaker

- 8) **Broadway** - Two layers of toast with smoked salmon, shredded lettuce, sliced hard-boiled egg, served with mayonnaise.



- 9) **Conventional Closed Sandwich** - Two slices of bread with any fillings. Cut into two without cutting crust.
- 10) **Tea Sandwiches**—Thin slices of bread are used with any fillings cut into triangles and crust removed.
- 11) **Buffet Sandwich**—Smaller than conventional, triangles, fingers or squares and fancy shapes.
- 12) **French Sandwich**—Consists of thin slices cut from French loaf and fillings added between two slices.
- 13) **Grilled Sandwich**—Two slices of bread with fillings, grilled and then served- They are hot sandwiches.

Open or Smorgasbord

An abundant assortment of hot and cold dishes served in Sweden as hors d'oeuvres or a full buffet meal. The literal meaning of the word is 'table of buttered bread'; it does not simply include a few salmon canapes, cold meats and cheese but is a vast buffet from which guests serve themselves according to their appetite. A traditional order is observed: the first course is herrings, as this is the king of Scandinavian foods. On the first plate one might mix herring du verrier (marinated in sugar, vinegar, carrots and spices) with some fried marinated herring, herring with soured (dairy sour) cream, and smoked herring with raw sliced onion or cucumber. The herring dishes are followed by other fish dishes: salmon and smoked eels, jellied trout, cod roes with fennel, hard boiled eggs with caviar or salmon roe, lobster salad, crab with shrimps, peas and mushrooms or the typical smorgasbord speciality FAGELBO (a salad of sprats, lettuce, onions, capers, sliced beetroot and raw egg yolk). Then plates are changed for the third course, which consists of cold meats and Swedish charcuterie: veal in aspic, pressed tongue, roast beef and liver pate with vegetable macedoine in mayonnaise or cold pasta salads. The fourth course includes several traditional Swedish hot dishes: 'Jason's Temptation' (an anchovy gratin with potatoes, cream and onions), stuffed onions, meatballs with peppers, etc.

Several varieties of rye bread and crisp pancakes are served with the meal; there are also several types of cheese, both strong and mild (which are often eaten first, before the herrings). The dessert is usually fruit salad. Beer and a small cask of aquavit are served for drinks.

Although Smorgasbord is of Swedish origin, it is found throughout the Scandinavian countries: as Smorrebrod in Denmark, Smorbrod in Norway and Voileipapoyta in Finland. It is also related to the Russian Zakuski. The basic elements of all these meals are marinated herrings, herring salad with potatoes and beetroot, croutons of smoked goose, smoked salmon and sturgeon, and fish roe: the Norwegians and Rakorret (fermented trout with salt and sugar); in Finland, slices of salted smoked reindeer meat with scrambled eggs; and in Denmark, meatballs with red cabbage or slices of smoked goose with sauerkraut.

Traditionally, Smorgasbord is a sumptuous and carefully prepared buffet, at which the hostess can employ all her skills; at Christmas and on feast days, it is particularly lavish and artistically arranged. Historically it dates back to the ancient Norse custom of putting all the dishes for a meal on the table together. The present form dates from the 19th century, when catering helped its development considerably.

Few Examples of Smorgasbord

Capenhagener—Danish blue cheese, with raw egg yolk in raw onion ring.

Louisiana—Danish ham, Camcitibert cheese, lettuce, glace cheery.

Harlequin—Danish luncheon meat, with potato salad, watercress and radish.

Sunshine Salami—Sliced salami, with raw egg yolk in raw onion 1 ring.

Tivoli Tongue—Sliced tongue, ring green pepper, horse-radish, cream, tomato.

Guardsman—Brisket of beef, horse-radish, cream, onion, tomato and parsley.

Roskilde Special—Danish ham, topped with chicken mayonnaise, tomato and cucumber.

Kronberg Salad—Ham, topped with Russian Salad and apple, sliced onion.

Frinkadeller—Danish meat balls, red cabbage and Fanned gherkin.

Bacon and Apple—Savoury apple puree, two rashers of cold bacon, lettuce and tomato.

Captain's Breakfast—Pickled herring, slice of egg, capers, on lettuce.

Roulette—Cod's roe, Russian Salad, tomato, cucumber, gherkin

