

Chapter-7

SANDWICH

Learning Objectives:

After completing this chapter learners would be able to:

- Explain the meaning of Sandwich.
- Explain the different parts of sandwich
- Explain the different types of sandwich

I. Introduction and History:

Slices of meat, cheese, or other food placed between two slices of bread is known as sandwich. Although this mode of consumption must be as old as meat and bread, the name was adopted only in the 18th century for John Montague, 4th Earl of Sandwich, who had sliced meat and bread brought to him at the gaming table so that he could continue to play as he ate. His title lent the preparation cachet, and soon it was fashionable to serve sandwiches on the European continent, and the word was incorporated into the French language. Since that time sandwich has been incorporated into virtually every cuisine of the West. By virtue of its simplicity of preparation, portability, and endless variety it has gain popularity among people.

Any type of roll or bread and any type of food that can be conveniently so eaten can go into a sandwich, hot or cold. British tea sandwiches are made with thin-cut bread filled with fish paste, cucumber, watercress, or tomato. Scandinavian smorrebrod are served open-faced, with artfully composed toppings of fish, sliced meats, and salads. In France, hollowed-out rolls are a popular base. The United States contributed elaborate sandwich formulas, two of the most successful being the club sandwich of sliced chicken or turkey, bacon, lettuce, and tomato, and the Reuben of corned beef, Swiss cheese, sauerkraut, and Russian dressing served grilled on black bread. Hot sandwiches, notably the hamburger on a bun, are a staple of the American diet, with the peanut butter and jelly sandwich.

II. Parts of Sandwich: -

- Base:** Very often the bread or the base, which sandwiches anything in between, could be of any type such as white bread, brown bread, and rye bread.





2. **Spread:** Each sandwich has a variety of fillings but prior to that the sides of the bread are usually coated either with butter or mayonnaise.
3. **Filling:** The main filling of the sandwich includes tomatoes, cucumber, lettuce, chicken, ham, tuna, and eggs.
4. **Accompaniment:** The usage of French fries, tomato, cucumber, coleslaw is common.
5. **Garnish:** This is the item, which enhances visual appeal. It may or may not be edible. For example, A cocktail stick for a club sandwich.

(a) Base

The most common base of sandwich is Bread. Function of the bread is to provide an edible casing for the food inside. Alongwith bulk and nutrients, breads provide a variety, texture, flavor, and eye appeal to sandwiches.

White breads are most frequently used for simple sandwiches. These are long, rectangular loaves that provide square slices. Sandwich bread should be of fine rather than coarse texture and firm enough to accommodate spreads. Fresh white bread is unsuitable because it is too soft for spreading and for holding most fillings, and it becomes pasty in the mouth. Due of its neutral flavor, white bread is suitable for the largest variety of fillings. Other kinds of breads are:

Rolls, including hard and soft rolls, hot dog rolls, long rolls for submarine sandwiches

French or Italian bread and rolls

Whole wheat

Pita bread

Raisin bread

Cinnamon bread

Fruit and nut breads

(b) SPREADS

FUNCTION OF SPREADS

- To protect the bread from soaking up moisture from the filling.



- To add flavor.
- To add moisture.

(i) BUTTER

Butter should be soft enough to spread easily without tearing the bread. It may be softened by whipping in a mixer or by simply letting it stand at room temperature for half an hour.

Margarine is sometimes used instead of butter.

Flavored butters may be used with appropriate fillings.

(ii) MAYONNAISE

Mayonnaise contributes more flavor. Because of the danger of food borne disease, sandwiches made with mayonnaise should be served immediately or refrigerated at once and kept refrigerated until served.

(c) FILLINGS

The filling is the main part of a sandwich. Any kind of food may be served between two slices of bread. The following are few types of fillings that may be used separately or in combination.

(i) MEATS AND POULTRY

Most meats for sandwiches are precooked. Thin slices of meat are more tender, and sandwiches made with them are easier to eat.

(ii) CHEESE

The most popular sandwich cheeses are

- Cheddar
- Swiss
- Provolone
- Cream cheese
- Processed cheese
- Cheese spreads

(iii) FISH AND SHELLFISH

Some popular seafood fillings are

- Tuna





Smoked salmon

Shrimp

Anchovies

Fried fish

Grilled fish fillets

VEGETABLE ITEMS

Lettuce, tomato, and onion are most common in sandwich production. Otherwise any vegetable used in salads may also be included in sandwiches.

III. TYPES OF SANDWICHES

A) COLD SANDWICHES

1. **Simple sandwiches** are those made with two slices of bread or two halves of a roll, a spread, and a filling. They are called simple because they are made with two slices of bread.
2. **Multi layered sandwiches** are made with more than two slices of bread and with several ingredients in the filling. One of the example of this category is club sandwich, made of three slices of toast and filled with sliced chicken breast, mayonnaise, lettuce, tomato, fried eggs and ham or bacon.
3. **Open-faced sandwiches** are made with a single slice of bread, The filling or topping should be attractively arranged and garnished.
4. **Tea sandwiches** are small, fancy sandwiches generally made from light, delicate ingredients and bread that has been trimmed of crusts. They are often cut into fancy shapes.

B) HOT SANDWICHES

1. Simple sandwiches consist of hot fillings, usually meats but sometimes fish, grilled vegetables, or other hot items, between two slices of bread. They may also contain items that are not hot, such as a slice of tomato or raw onion. Hamburgers and hot dogs and all their variations are the most popular hot sandwiches.
2. Open-faced hot sandwiches are made by placing buttered or unbuttered bread, covering it with hot meat or other filling, and topping with a sauce, gravy, cheese, or other topping.



3. Grilled sandwiches are simple sandwiches that are buttered on the outside and browned on the griddle. Sandwiches containing cheese are popular for grilling.

C) OTHER TYPES OF SANDWICHES:

- 1) Bookmaker sandwich: plain bread with rare rump steak and English mustard filling.
- 2) Sweet sandwich: prepared with thin slice of bread with crust removed and spreads applied, rolled.
- 3) Ribbon sandwich: alternate dark and light bread.
- 4) Pinwheel sandwich: use unsliced bread. Cut the sandwich loaf into half lengthwise. Spread butter and add filling. Seal edges with butter. Slice down through the roll.
- 5) Croquet monsieur: Gruyere cheese: ham sandwich in bread cut by a fluted cutter.
- 6) Croquet Madame: as for croquet monsieur, but with a shallow fried egg.
- 7) Alsatian sandwich: famous German sandwich with rye bread + melted butter spread + Strasbourg sausages, grated horse radish and thin slices of black radish.

Conclusion :

Sandwich is a most convenient and quick to make lunchtime food. It is adaptable to so many variations that it satisfies nearly every taste and nutrition requirement.

● Review Questions:

1. Explain the meaning Sandwich.
2. Explain the different parts of a sandwich?
3. What are the different types of sandwich?

