

# Sandwiches: p:709



Basic Food Production

# Sandwiches

- Adaptable
- Nutritional
- Tasty
- Very popular in certain areas of the world
- Convenient for lunchtime and take-away
- Can be sophisticated as well as simple
- Growth in the sandwich market: Subway



# What do we need?

- Bread
- Spread
- Fillings

# bread

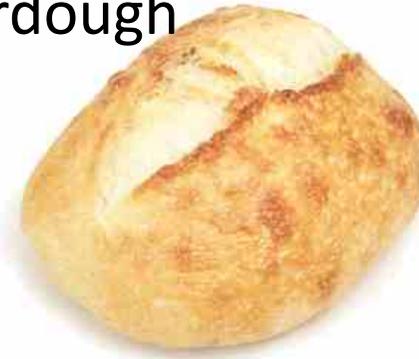
- Rolls, including hard and soft rolls,
- Hamburger and hot dog rolls, long rolls for submarine sandwiches
- French or Italian bread and rolls, including sourdough and Ciabatta, split horizontally
- Whole wheat
- Cracked wheat
- Rye and pumpernickel
- Pita bread
- Fruit and nut breads
- Focaccia

# bread



Ciabatta

Sourdough



French Bread



Foccacia



Nut bread

# PURPOSES OF SPREADS:

- To protect the bread from soaking up moisture from the filling
- To add flavor
- To add moisture or “mouth feel”
  
- Butter
- Mayonnaise
- Other fillings could include Pesto, Guacamole, pâté

# Fillings

- The filling is the heart of the sandwich.
- Meats and Poultry
  - Beef, Ham, Sausage, Pork, Bacon, Chicken, Turkey etc
- Cheese
  - Cheddar, Swiss, Cheese spread, Processed cheese
- Fish and Shellfish
  - Salmon, Tuna, Sardines, Fish fillet
- Salads/Vegetables
  - Lettuce, Tomato, Cucumber, Peppers, Onions etc..
- Others..
  - Peanut butter, Fruits (fresh or dried), Egg, Jelly

## Types of sandwiches

- HOT SANDWICHES

- **Simple**

- Between 2 pieces of bread

- **Open-faced**

- Single slice of bread. Could contain a warm topping.

- **Grilled**

- Often called toasted sandwiches. Bread is often grilled or broiled on the outside.

- **Deep-fried**

- Bread is dipped in egg or breadcrumbs, then deep-fried



# Examples of hot sandwiches



Salmon



Panini



Pita



Wrap



# COLD SANDWICHES

- **Simple**
  - Between 2 pieces of bread
- **Multi-decker**
  - Between **more than** 2 pieces of bread
- **Open-faced**
  - Single slice of bread, like a canapé
- **Tea sandwiches**
  - small, fancy sandwiches generally made from light, delicate ingredients
- **Wraps**
  - fillings are wrapped, like a Mexican burrito, in a large flour tortilla or similar flatbread

# Examples of cold sandwiches



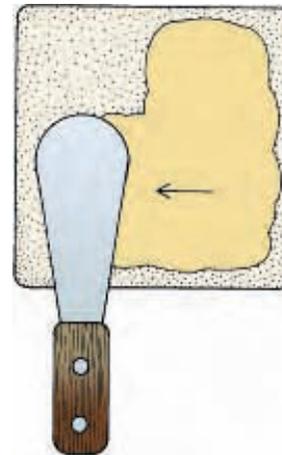
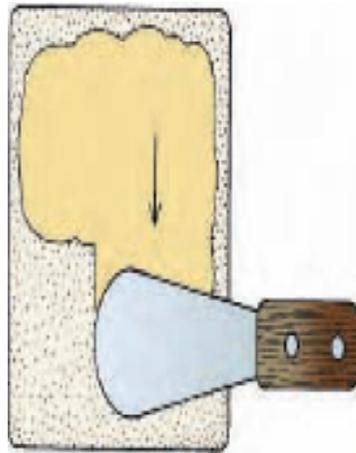
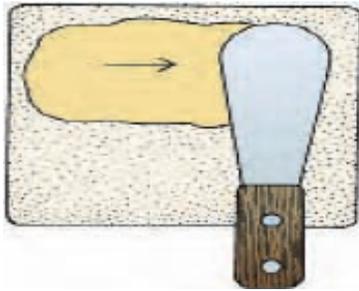
# Procedures for setting up & preparing sandwiches in quantity

- Prepare and assemble ingredients and equipment
- Arrange bread slices in rows and put spread on each slice
- Place fillings on every other side
- Top filled slices with plain slices
- Stack and cut
- Wrap and refrigerate

# Equipment

- Storage equipment could include refrigeration for cold ingredients
- Hand tools such as knife, spreader, spatulas, bread knife and cutting board
- Portion control could include scoop and weighing equipment
- Cooking equipment is necessary for most hot sandwiches. Griddles, grills, broilers, and deep fryers are all used for cooking sandwich ingredients to order. Microwave ovens are sometimes used to heat ingredients or finished sandwiches.

# How to spread





## Club Sandwich

**Yield:** 1 sandwich

U.S.	Metric	Ingredients
3 slices as needed	3 slices as needed	White bread, toasted Mayonnaise
2 leaves	2 leaves	Lettuce
2 slices	2 slices	Tomato, about ¼ in. (½ cm) thick
3 strips	3 strips	Bacon, cooked crisp
2 oz	60 g	Sliced turkey or chicken breast

**Per serving:**

Calories, 580; Protein, 32 g; Fat, 25 g (40% cal.); Cholesterol, 75 mg;  
Carbohydrates, 53 g; Fiber, 3 g; Sodium, 910 mg.



### ■ Procedure

1. Place the 3 slices of toast on a clean work surface. Spread the tops with mayonnaise.
2. On the first slice, place 1 lettuce leaf, then 2 slices of tomato, then 3 strips of bacon.
3. Place the second slice of toast on top, spread side down.
4. Spread the top with mayonnaise.
5. On top of this, place the turkey or chicken, then the other lettuce leaf.
6. Top with the third slice of toast, spread side down.
7. Place frilled picks on all 4 sides of the sandwich, as shown in Figure 22.1.
8. Cut the sandwich from corner to corner into 4 triangles. Each triangle will have a pick through the center to hold it together.
9. Place on a plate with the points up. The center of the plate may be filled with potato chips, French fries, or other garnish or accompaniment.

### V A R I A T I O N

**Bacon, Lettuce, and Tomato Sandwich (BLT)**

Using only 2 slices of toast, prepare basic recipe through step 3. Omit remaining ingredients. Cut sandwich in half diagonally for service.

**Club Sandwich**



## California Burger

*Yield: 1 sandwich*

U.S.	Metric	Ingredients
1	1	Hamburger patty, 4 oz (125 g)
1	1	Hamburger roll
as needed	as needed	Butter
2 tsp	10 mL	Mayonnaise
1	1	Lettuce leaf
1	1	Thin slice of onion (optional)
1	1	Tomato slice

**Per serving:**

Calories, 480; Protein, 24 g; Fat, 32 g (61% cal.); Cholesterol, 85 mg;  
Carbohydrates, 23 g; Fiber, 2 g; Sodium, 370 mg.

California Burger



### ■ Procedure

1. Cook the hamburger patty on a griddle or grill to desired doneness.
2. While the meat is cooking, prepare the roll. Butter the bottom half very lightly. Spread the top half with mayonnaise.
3. Place the halves of the roll side by side on a serving plate.
4. On the top half, place the lettuce leaf, the onion slice (if used), and the tomato slice.
5. When the hamburger patty is cooked, place it on the bottom half of the roll. Serve immediately, open faced.

### VARIATIONS

#### California Cheeseburger

Prepare as in basic recipe, except place a slice of cheddar or American cheese on the hamburger patty 1 minute before it is done. Cook until the cheese melts.

#### Cheeseburger (plain)

Omit mayonnaise, lettuce, onion, and tomato, but add the slice of cheese as in California Cheeseburger.

#### Cheeseburger with Bacon

Prepare like a Cheeseburger, but place 2 half-strips of bacon on the cheese.

#### California Cheeseburger Deluxe

Prepare like a California Cheeseburger, but place 2 half-strips of bacon on the cheese.



## Grilled Cheese Sandwich



*Yield: 1 sandwich*

U.S.	Metric	Ingredients
1 oz	30 g	Cheddar or American cheese: 1 slice cut to the size of the bread
2 slices	2 slices	White bread
as needed	as needed	Butter

**Per serving:**

Calories, 360; Protein, 13 g; Fat, 20 g (49% cal.); Cholesterol, 55 mg; Carbohydrates, 34 g; Fiber, 1 g; Sodium, 580 mg.

### ■ Procedure

1. Place the slice of cheese between the slices of bread.
2. Butter the outsides of the sandwich and place on a griddle preheated to 350°–375°F (175°–190°C).
3. Cook until golden brown on one side. Turn over and cook until the second side is golden brown and the cheese starts to melt.
4. Remove the sandwich from the griddle. Cut in half diagonally and serve immediately.

### VARIATIONS

#### Grilled Ham and Swiss Sandwich

Make the sandwich with a ½ -oz (15-g) slice of Swiss cheese and a 1-oz (30-g) slice of ham. Griddle as in basic recipe.

#### Grilled Cheese and Bacon Sandwich

Make the sandwich with 1 oz (30 g) cheddar or American cheese and 2 strips of crisp cooked bacon. Griddle as in basic recipe.

# Canapé composition

- Bread
- Spread
- Garnish



# Canapé (p430)

- Canapés are usually served at banquets and weddings. They are classed as HORS D'OEUVRES
- They are fine dining food which should be eaten with fingers and **usually in one bite**
- The bread is usually stale (hard after being left to get old) **不新鮮**
- Bread cutouts
- Toasted pita wedges
- Toast cutouts
- Tortilla chips or cups



# Spread

- **Flavoured Butters**
- **Flavoured Cream Cheese**
- **Meat or Fish Salad Spreads**



# GARNISH

- Any food item or combination of items placed on top of the spread (e.g. slice of ham or cheese)
- Major part of the Canapé
- Used to add colour, design, texture, or a flavour accent to the food

