

CHAPTER 2

SANDWICHES

HIR3406 BREAKFAST AND
SANDWICH PREPARATION

SANDWICH



A **sandwich** is a food typically consisting of vegetables, sliced cheese or meat, placed on or between slices of bread, or more generally any dish wherein two or more pieces of bread serve as a container or wrapper for another food type.

Sandwiches are a popular type of lunch food, taken to work, school, or [picnics](#) to be eaten as part of a [packed lunch](#). The bread may be plain or be coated with [condiments](#), such as [mayonnaise](#) or [mustard](#), to enhance its flavor and texture.

The sandwich is named after its supposed inventor, [John Montagu, 4th Earl of Sandwich](#)

VARIETIES

These are the most popular sandwiches in America

To what extent do you like or dislike each of the following sandwiches? (% who say they "really like" or "somewhat like" the following sandwiches)



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THE ANATOMY OF THE WORLD'S MOST POPULAR SANDWICHES



www.tasteatlas.com/sandwiches

tasteatlas

COMPONENTS: HOT SANDWICH

A simple hot sandwich consists of hot fillings between two slices of bread or two halves of a roll (hot dog or hamburger)

Sandwiches may be served open-faced on one slice of bread, rolled up in a piece of bread, or even on a flat crust:

- Grilled sandwiches: grilled cheese and tuna melt
- Panini sandwiches: grilled on a panini press.
- Deep-fried sandwiches: dipping the sandwich in beaten egg and then deep-frying it.
- Pizza: hot, open-faced Italian pie with a crisp, yeast-dough bottom.

COMPONENTS: COLD SANDWICH

A simple cold sandwich consists of two slices of bread or two halves of a roll, a spread, and a filling:

- **Submarine sandwich:** served on a long, sliced roll with several types of cheese, meat, lettuce, tomato, etc.
- **Wrap sandwich:** flat bread, cold sandwich filling then rolled up.
- **A multi-decker sandwich** has more than two slices of bread with several ingredients in the filling (club sandwich); cut into four triangles.
- **Open faced sandwiches:** canape' (single slice of bread, cracker, etc. with topping
- **Tea sandwiches** are small cold sandwiches usually served on bread or toast, trimmed of crusts, and cut into shapes.

BREAD, SPREAD & FILLING

- Bread: store between degrees (moisture proof wrapping)
- Spread serves three main purposes:
 - prevent the bread from soaking up the filling,
 - adds flavor adds moisture.
 - butter and mayonnaise are the most common spreads.
- Filling: to provide the primary flavor (sliced or grilled meat, cheeses, salad mixtures such as egg or tuna)
- Sandwiches are often served with accompaniments such as ketchup, mustard, lettuce, onion, tomato, and sweet pickles.
- Pizza is generally composed of a crust, sauce, and toppings.

SANDWICH STATION

- Mise en place means that everything needed to prepare an item is ready and at hand.
- Portion sliced items by count and by weight.
- Portion fillings by weight as well.
- Most sandwich stations include:
 - work table
 - hand tools
 - portion control equipment
 - cooking equipment for hot sandwiches.

