

Chapter 22



Grilled Chicken Aioli Sandwich with Tomato and Avocado, page 777.

Sandwiches

The sandwich is a favorite and convenient lunchtime food. It is quickly made and served, and it is adaptable to so many variations that it satisfies nearly every taste and nutrition requirement.

Sandwiches have long been the domain of the pantry department, along with salads and other cold preparations. However, when you consider that the most popular sandwich today is the hamburger, you realize that sandwich preparation is as much the responsibility of the short-order cook as it is of the pantry cook.

Preparing hot and cold sandwiches to order is one of the fundamental skills required in modern food service. In this chapter, we start by looking at the fundamentals of sandwich making, the basic ingredients, and basic sandwich types. We then look at the setup of the sandwich station and methods for efficient production.

After reading this chapter, you should be able to

1. Select, store, and serve fresh, good-quality breads for sandwiches.
2. Use sandwich spreads correctly.
3. Identify the most popular types of sandwich filling.
4. Set up an efficient sandwich station.
5. Prepare the major types of sandwiches to order.
6. Prepare sandwiches in quantity.

Breads

One of the functions of the bread in a sandwich is to provide an edible casing for the food inside. Ideally, though, the bread should do more than this. Good-quality breads provide variety, texture, flavor, and eye appeal to sandwiches, as well as bulk and nutrients.

Types

Pullman or sandwich loaves of white bread are most frequently used for simple sandwiches. These are long, rectangular loaves that provide square slices of specified thickness, from $\frac{3}{8}$ to $\frac{5}{8}$ inch (10 to 16 mm) thick.

Commercial sandwich bread should be of fine rather than coarse texture and firm enough to accommodate spreads well. Supermarket white bread is unsuitable because it is too soft for spreading and for holding most fillings, and it becomes pasty in the mouth.

Because of its neutral flavor, white bread is suitable for the largest variety of fillings.

Other kinds of breads add variety and interest, provided they harmonize with the filling. The following are some possibilities:

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

Storage

Fresh bread is essential for top-quality sandwiches. Stale or dry bread is undesirable. The following measures can be taken to ensure freshness.

1. Daily delivery, or delivery as frequent as possible, depending on your location. Bread stales rapidly, and day-old bread has lost much of its freshness.
2. Keep bread tightly wrapped in moistureproof wrapping until it is used. This prevents drying and guards against absorption of odors.



Breads made of various flours: top row: multigrain, white pan loaf, marble rye, whole wheat, and olive loaf. Bottom row: raisin swirl, pumpernickel, and Jewish rye.



Breads in various shapes: Top row: Pullman loaf, baguette, home-style, bâtard, sub roll, and hearth. Middle row: Cuban, kaiser, hot dog, New England hot dog, hamburger roll, ciabatta, and steak roll. Bottom row: naan, flour tortillas, whole wheat wrap, and pita.

3. French bread and other hard-crust breads should not be wrapped, or the crusts will soften. These breads stale rapidly and should be used the day they are baked.
4. Store at room temperature, away from ovens or hot equipment. Do not refrigerate, because refrigerated bread becomes stale faster.
5. If bread must be kept more than one day, it may be frozen. Thaw frozen bread without unwrapping.
6. Day-old bread may be used for toasting without loss of quality.

Spreads

Purposes of Spreads

1. To protect the bread from soaking up moisture from the filling.
2. To add flavor.
3. To add moisture or mouthfeel.

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.

Whipping gives the butter greater volume, and this cuts food cost. However, whipped butter does not keep as well because the incorporated air speeds the development of rancidity.

Some operators whip a small amount of water or milk into the butter. This increases both spreadability and volume. However, it adds nothing to the quality of the sandwich and increases the likelihood of soaking the bread.

Margarine is sometimes used instead of butter, if food costs require it or if customers request it.

Flavored butters, such as those listed on page 194, may be used with appropriate fillings.

Mayonnaise

Mayonnaise is often preferred to butter as a spread because it contributes more flavor. However, it does not protect the bread from moisture as well as butter does.

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.

Other Spreads

Although butter and mayonnaise are the most widely used spreads, almost any food of a spreadable consistency can be used to add flavor interest to sandwiches, including Pesto (p. 669), Tapenade (p. 800), Liver Pâté (p. 804), Hummus (p. 788), Babaganouj (p. 788), Guacamole (p. 789), and Romesco (p. 788). Be aware, however, that most of these do not protect the bread from soaking up moisture from the filling. Moist spreads are best if applied just before serving.

Fillings

The filling is the heart of the sandwich. As we have already said, nearly any kind of food may be served between two slices of bread. The following are possible fillings that may be used separately or in combination.

Meats and Poultry

Most meats for sandwiches are precooked, though some are cooked to order. Sliced meats dry out and lose flavor, so avoid slicing farther ahead than necessary, and keep sliced meats covered or wrapped.

Leftovers may be used, but only if they are of good quality and have been properly handled and stored to avoid contamination.

Thin slices are more tender, and sandwiches made with them are easier to eat. Also, many thin slices make a thicker sandwich than one or two thick slices of the same total weight.

1. Beef

Sliced roast beef, hot or cold
Hamburger patties
Small steaks
Corned beef
Pastrami
Tongue, fresh or smoked

2. Pork products

Roast pork
Barbecued pork
Ham, all kinds
Bacon
Canadian bacon

3. Poultry

Turkey breast
Chicken breast

4. Sausage products

Salami
Frankfurters
Bologna
Liverwurst
Luncheon meats
Grilled sausages

Cheese

Like meats, cheese dries out rapidly when unwrapped and sliced. When slicing is done ahead, the slices should remain covered until service time. See Chapter 25 for a summary of cheese varieties.

The most popular sandwich cheeses are:

Cheddar types	Process cheese	Cream cheese, mascarpone
Swiss types	Provolone	Cheese spreads

Fish and Shellfish

Most seafood fillings for sandwiches are highly perishable and should be kept well chilled at all times.

Some popular seafood fillings are:

Tuna	Shrimp	Fried fish portions
Sardines	Anchovies	Grilled or pan-fried fish fillets
Smoked salmon and lox		

Bound Salads

Refer to page 739 for preparation of bound salads. The most popular salads for sandwich fillings are tuna salad, egg salad, chicken or turkey salad, and ham salad.

Vegetable Items

Lettuce, tomato, and onion are indispensable in sandwich production. In addition, nearly any vegetable used in salads may also be included in sandwiches. See page 722 for a listing. Grilled vegetables are popular not only in vegetarian sandwiches but also as part of the filling in meat sandwiches.

Miscellaneous

Peanut butter	Fruits, fresh or dried
Jelly	Nuts (such as sliced almonds)
Egg	

Types of Sandwiches

Cold Sandwiches

1. **Simple cold 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 just two slices of bread, not because they are necessarily simple in construction. Simple cold sandwiches range from a single slice of cheese or meat between two slices of buttered bread to complex constructions like the submarine sandwich (also called a *hero sandwich* or *grinder*), a long Italian roll filled with salami, ham, capocollo, mortadella or bologna, provolone cheese, peppers, onions, olives, tomatoes, and more.

Most popular sandwiches fall into this category.

2. **Multidecker sandwiches** are made with more than two slices of bread (or rolls split into more than two pieces) and with several ingredients in the filling.

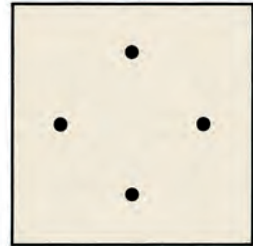
The **club sandwich** is a popular multidecker sandwich made with three slices of toast and filled with sliced chicken or turkey breast, mayonnaise, lettuce, tomato, and bacon. It is cut into four triangles, as shown in Figure 22.1.

3. **Open-faced sandwiches** are made with a single slice of bread, like large canapés, which is what they are. Also as in canapés, the filling or topping should be attractively arranged and garnished. Canapé ingredients and method are discussed in Chapter 23.

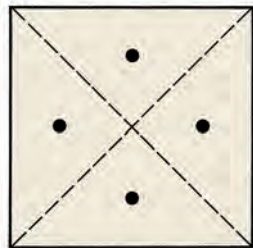
4. **Tea sandwiches** are small, fancy sandwiches generally made from light, delicate ingredients and bread trimmed of crust. They are often cut into fancy shapes. Fillings and spreads can be the same as those for canapés.

5. **Wraps** are sandwiches in which the fillings are wrapped, like a Mexican burrito, in a large flour tortilla or similar flatbread. They may be served whole or cut in half if large.

Figure 22.1 Cutting a club or multidecker sandwich.



(a) Place four picks in the sandwich in the locations shown by the dots in the illustrations.



(b) Cut the sandwiches into quarters from corner to corner. Plate the sandwich with the points up.

Hot Sandwiches

1. **Simple hot sandwiches** consist of hot fillings, usually meats but sometimes fish, grilled vegetables, or other hot items, between two slices of bread or two halves of a roll. They may also contain items that are not hot, such as a slice of tomato or raw onion on a hamburger.

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 on a serving plate, covering it with hot meat or other filling, and topping with a sauce, gravy, cheese, or other topping. Some versions are browned under the broiler before serving. This type of sandwich is eaten with a knife and fork.

3. **Grilled sandwiches**, also called *toasted sandwiches*, are simple sandwiches buttered on the outside and browned on the griddle, in a hot oven, or in a panini grill (see sidebar, p. 766). Sandwiches containing cheese are popular for grilling.

4. **Deep-fried sandwiches** are made by dipping sandwiches in beaten egg and, sometimes, in bread crumbs, and then deep-frying. This type of sandwich is often cooked on a griddle or in a hot oven instead, as deep-frying makes it greasy.

5. If wraps are classified as cold sandwiches, then hot burritos, quesadillas, and filled enchiladas could be considered hot sandwiches. **Pizzas** could be considered open-faced hot sandwiches, and we can define them as thin sheets of lean bread dough baked with a topping. In fact, one could classify any food made with a dough product filled or topped with another food product as a sandwich. Dough products, whether breads, puff pastry, tortillas, or egg roll skins, make useful and versatile bases or cases for foods, whether or not the result resembles something we might think of as a sandwich. Several of these items (enchiladas, quesadillas, and egg rolls) are considered in



Panini grill

PANINI

The basic meaning of the Italian word *panino* (plural: *panini*) is “roll,” as in bread roll or dinner roll—literally, “little bread.” By extension, *panini* are sandwiches made of small rolls plus fillings. The filling for a typical *panino* is a slice or two of cured meat, such as salami, mortadella (Italian bologna), or prosciutto. Cheese may also be used, as well as a variety of other items, such as sliced tomato and canned tuna. In summary, Italian *panini* are most often small, simple, cold sandwiches.

Outside of Italy, *panino* has come to mean something quite different. It is usually a hot grilled sandwich, often with a fairly substantial filling. What distinguishes *panini* from other grilled sandwiches is that they are made on a special griddle called a *panini grill* or *panini press*, which grills the sandwich on both sides at once while compressing or squeezing the bread and filling together. The griddle surfaces may be smooth or grooved. Grooved griddles toast grill marks onto the bread for the typical *panino* look.

Grilled *panini* often contain cheese as one of the filling ingredients. The melted cheese as well as the crisp toasted crusts are part of the attraction of this type of sandwich.

If a sandwich press is not available, you can create a similar kind of sandwich by toasting it on a standard flat griddle or grooved griddle, putting a grill brick on the sandwich to compress it, and turning it over when heated halfway through to toast both sides.

For pressed sandwiches, avoid making the fillings too thick. Unlike for grilled sandwiches, it is not always necessary to butter or oil the outside surfaces of the bread. The moisture and fat in the filling may be enough to moisten the bread as it grills. Adding more sometimes makes the sandwich too greasy.

other chapters of this book. Pizzas are included in this chapter for convenience. The recipe on page 778 gives the basic procedure for baking pizzas. For other flavors, vary the toppings as desired, using the same technique for baking.

KEY POINTS TO REVIEW

- What kinds of spread are used for sandwiches? What is their purpose?
- What categories of ingredients are used for sandwich fillings? List as many examples of each category as possible.
- What are the major kinds of hot and cold sandwiches?

Making Sandwiches

The preparation of sandwiches requires a great deal of handwork. Many individual motions may be required, especially if the sandwiches are multideckers or have several ingredients. Whether you are making sandwiches in quantity or to order, your goal must be to reduce your motions to make the production as efficient and quick as possible.

Setting Up the Station for Prepared-to-Order Sandwiches

A station setup depends on the menu and on the available equipment and space, so there is no single correct way to set up.

Any setup involves two elements: ingredients and equipment.

INGREDIENTS

This phase of the setup has two parts:

1. Prepare ingredients.

Mix fillings, prepare spreads, slice sandwich meats and cheeses, separate lettuce leaves, slice tomatoes, prepare garnishes, and so on. In other words, have everything ready ahead of time, so nothing is left to do but assemble the ingredients.

2. Arrange or store ingredients for maximum efficiency.

To reduce your movements to a minimum, the ideal setup has everything you need within easy reach of both hands. Depending on the kitchen layout, this may not be possible, especially if the sandwich menu is large. But try to get as close to it as possible.

Arrange ingredients so you can use both hands. For example, while the left hand reaches for the bread, the right hand reaches for the butter spreader. Then, while the right hand puts the spreader back, the left reaches for the sliced ham. The right hand, on its way back from the butter, picks up a slice of cheese and so on. On a busy sandwich station, every second counts.

Two other considerations are important while we're talking about ingredients:

1. Sanitation.

Because cold sandwiches are subjected to a lot of handling and are not cooked, it is especially important that ingredients be properly refrigerated and protected at all times. A refrigerated table—sort of a cold version of a steam table—is usually used. Refrigerated drawers or under-the-counter reach-ins are used for less frequently needed items.

Wash hands carefully and thoroughly before beginning work. In addition, be aware of local sanitation requirements. In some places, laws require that workers wear gloves when handling ready-to-eat foods (see p. 26).

2. Portion control.

Sliced items are portioned by the count and by weight. If portioning is by the count, you must take care, during pre-prep, to slice to the proper thickness. If done by weight, each portion can be placed on squares of waxed paper and stacked in a container.

EQUIPMENT

The equipment needed for a sandwich station depends, of course, on the menu and the size of the operation.

1. *Storage equipment* for ingredients includes refrigeration equipment for cold ingredients and a steam table for hot ingredients, such as roasted meats.
2. *Hand tools* are basic requirements for sandwich making and are often the only tools necessary. These include spreaders, spatulas, and knives, including a serrated knife and a sharp chef's knife for cutting the finished sandwich. A cutting board, of course, is also required. A power slicer may be necessary for any slicing not done ahead.
3. *Portion control equipment* includes scoops for fillings and a portion scale for other ingredients.
4. *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.

Setting Up and Preparing Sandwiches in Quantity

Once the ingredients are prepared and the hand tools assembled, all that's needed for a complete sandwich station is a large table.

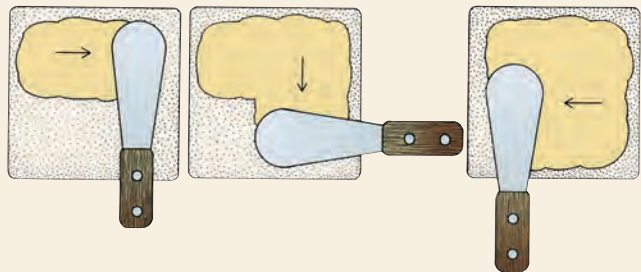
Assembly-line production is the most efficient method because it simplifies movements.

This is the same method applied to producing salads in quantity in Chapter 21.

Procedure for Making Simple Cold Sandwiches in Quantity

1. Prepare and assemble all ingredients.
2. Assemble necessary equipment, including wrapping materials.
3. Arrange bread slices in rows on the tabletop.
4. Spread each slice with butter or whatever spread is required.
5. Place fillings evenly and neatly on alternate slices, leaving the other slices plain. Fillings should not hang over the edges of the bread. If the filling is spreadable, spread it evenly to the edges. See Figure 22.2 for spreading technique.
6. Top the filled slices with the plain buttered slices.
7. Stack two or three sandwiches and cut with a sharp knife.
8. To hold, do one of the following:
 - Wrap separately in plastic, waxed paper, or sandwich bags.
 - Place in storage pans, cover tightly with plastic wrap, and cover with clean, damp towels. The towels must not touch the sandwiches; their purpose is to provide a moisture barrier to help prevent drying.
9. Refrigerate immediately and hold until served.

Figure 22.2 Spread sandwiches efficiently with three quick strokes as shown.



Service

With a few exceptions, such as hamburgers and hot dogs, sandwiches are cut before serving. Cutting serves two purposes: It makes the sandwich easier to handle and eat, and it makes possible a more attractive presentation.

The first purpose is usually accomplished by simply cutting the sandwich in half or, if it is very large or thick, into thirds or quarters.

The second purpose can be served by displaying the cut edges rather than the crust edges to the outside. If the sandwich was neatly made of good ingredients and tastefully garnished, it will be appetizing and attractive. Little purpose is served by cutting and arranging the sandwich in complicated ways.

Hamburgers and other uncut sandwiches may be presented open-face to display the attractive ingredients. For example, a hamburger version often called a *California burger* is presented with the meat on the bottom half of the bun and, alongside, a lettuce leaf and a slice of tomato on the top half of the bun.

Hot sandwiches prepared to order offer the same challenges for creative and attractive presentation as other hot foods, as discussed in Chapter 28. The most important factors in the presentation are using good, fresh ingredients and preparing them with care, using proper techniques for cooking meats, poultry, fish, vegetables, and any other components of the sandwich.

Cold Sandwich Combinations

The following suggestions are only a few of the many sandwiches that can be made from the ingredients listed in the first part of this chapter.

1. Roast beef on rye bread spread with a mixture of softened cream cheese and horseradish.
2. Beef tongue, lettuce, and tomato on onion roll; mayonnaise.
3. Bologna, provolone cheese, tomatoes, and chopped pimiento on hard roll; mayonnaise.
4. Liverwurst, onion slices, and sour pickles on pumpernickel; mayonnaise or butter.
5. Corned beef or ham, Swiss cheese, mustard, and dill pickle slices on rye; mayonnaise or butter.
6. Corned beef, coleslaw (well drained), and Swiss cheese on rye; mayonnaise or butter.
7. Ham, salami, tomato slice, Russian dressing, and lettuce on rye toast.
8. Chicken or turkey, ham, Swiss cheese, and lettuce on white or whole wheat toast; mayonnaise.
9. Chicken and cucumber slices on whole wheat; mayonnaise.
10. Turkey, bacon, Swiss cheese, and lettuce on white or whole wheat toast; mayonnaise.
11. Deviled ham, pineapple slice, and lettuce on white toast.
12. Tuna salad, lettuce, tomato, and shredded cheddar cheese on white toast.
13. Sardines and onion slices on dark rye spread with cream cheese; served open-face.

KEY POINTS TO REVIEW

- How is a typical sandwich station set up and organized? What equipment is used?
- What are the steps in the procedure for making simple cold sandwiches in quantity?

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.

VARIATIONS

California Cheeseburger

Prepare as in the 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 cooked bacon on the cheese.

California Cheeseburger Deluxe

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

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.



California Burger

Submarine Sandwich

YIELD: 1 SANDWICH

U.S.	METRIC	INGREDIENTS
1	1	Submarine roll
2 tbsp	30 mL	Mayonnaise
1 oz	30 g	Salami, cut in thin slices
1 oz	30 g	Ham, cut in thin slices
1 oz	30 g	Bologna, cut in thin slices
1 oz	30 g	Provolone cheese, cut in thin slices
2	2	Tomato slices
2	2	Onion slices, very thin
3	3	Green bell pepper rings

Per serving: Calories, 770; Protein, 28 g; Fat, 51 g (60% cal.); Cholesterol, 85 mg; Carbohydrates, 50 g; Fiber, 5 g; Sodium, 1650 mg.

PROCEDURE

1. Split the roll horizontally, but leave it hinged on one side.
2. Spread the roll with mayonnaise.
3. Arrange the meats and cheese in the sandwich in layers. If the slices of meat are too wide to fit, fold them in half.
4. Arrange the tomato, onion, and pepper slices on top of the meats and cheese.
5. Close the sandwich. Leave it whole or cut it in half for service.
6. Serve the sandwich with mustard and olives or pickles on the side.

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. (0.5 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.



Club Sandwich

PROCEDURE

1. Place the toast slices 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.

VARIATION

Bacon, Lettuce, and Tomato Sandwich (BLT)

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

Reuben Sandwich

YIELD: 1 SANDWICH

U.S.	METRIC	INGREDIENTS
2 slices	2 slices	Dark rye bread
4 tsp	20 mL	Russian or Thousand Island dressing
2 oz	60 g	Corned beef, sliced very thin
1 oz	30 g	Sauerkraut, well drained
1 oz	30 g	Swiss cheese (1 or 2 slices)
as needed	as needed	Butter

Per serving: Calories, 590; Protein, 25 g; Fat, 39 g (59% cal.); Cholesterol, 105 mg; Carbohydrates, 35 g; Fiber, 4 g; Sodium, 1580 mg.

PROCEDURE

1. Place the slices of bread on a clean work surface.
2. Spread each slice with about 2 tsp (10 mL) dressing.
3. On one of the slices, place the corned beef, then the sauerkraut, then the cheese.
4. Place the second slice of bread on top, spread side down.
5. Butter the top of the sandwich and place buttered side down on a preheated griddle. Immediately butter the other side of the sandwich, which is now on top. (This method is less messy than buttering both sides before placing it on the griddle.)
6. Griddle the sandwich, turning once, until browned on both sides and hot through.
7. Cut the sandwich into halves and serve immediately.

Grilled Cheese Sandwich

YIELD: 1 SANDWICH

U. S.	METRIC	INGREDIENTS
1 slice (1 oz)	1 slice (30 g)	Cheddar or American cheese cut to the size of the bread
2 slices as needed	2 slices as needed	White bread
		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.

Croque Monsieur

Make like the Grilled Ham and Swiss Sandwich, above, except use 1 oz (30 g) Gruyère cheese and 1½ oz ham, sliced thin. As a variation, a croque monsieur may also be coated in Mornay Sauce (p. 184) and heated in an oven until lightly browned.

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 the basic recipe.

Monte Cristo Sandwich

YIELD: 1 SANDWICH

U. S.	METRIC	INGREDIENTS
2 slices as needed	2 slices as needed	White bread
1 oz	30 g	Butter
1 oz	30 g	Sliced turkey or chicken breast
1 oz	30 g	Sliced ham
1 oz	30 g	Sliced Swiss cheese

1	1	Egg, beaten
2 tbsp	30 mL	Milk

Per serving: Calories, 570; Protein, 35 g; Fat, 30 g (48% cal.); Cholesterol, 285 mg; Carbohydrates, 37 g; Fiber, 1 g; Sodium, 650 mg.

VARIATION

Alternative Method: Omit the picks and cook on a griddle until browned on both sides.

PROCEDURE

1. Place the bread on a clean work surface. Spread the tops with butter.
2. Place the turkey, ham, and cheese slices on one of the pieces of bread. Top with the remaining slice of bread, buttered side down.
3. Secure the sandwich with 2 picks placed in opposite corners.
4. Beat the egg and milk together to form a batter.
5. Dip the sandwich in the batter until it is completely coated and the liquid has partially soaked into the bread.
6. Fry the sandwich in deep fat at 375°F (190°C) until golden brown.
7. Cut in half or quarters and serve immediately.



Monte Cristo Sandwich

Turkey BLT Wrap

YIELD: 1 SANDWICH

U.S.	METRIC	INGREDIENTS
1	1	Flour tortilla, 10 in. (25 cm) in diameter
½ oz	15 g	Mayonnaise
½–1 oz	15–30 g	Lettuce leaves
3	3	Tomato slices, thin
1 oz	30 g	Cooked bacon, crumbled
2 oz	60 g	Turkey breast, sliced thin

Per serving: Calories, 810; Protein, 32 g; Fat, 35 g (52% cal.); Cholesterol, 75 mg; Carbohydrates, 42 g; Fiber, 3 g; Sodium, 920 g.

PROCEDURE

1. Spread the tortilla with the mayonnaise, leaving a ½-in. (15-mm) border around the outside unspread. (For a richer, moister sandwich, double the quantity of mayonnaise.)
2. Arrange the lettuce leaves in the center of the tortilla, leaving a border of about 2 in. (5 cm) uncovered.
3. Arrange the tomato, bacon, and turkey on top of the lettuce.
4. To roll the wrap, first fold the uncovered rim of the tortilla on opposite edges of the circle toward the center. This closes the ends of the roll to hold in the filling. Then roll the tortilla tightly. The mayonnaise on the edge of the tortilla helps seal it closed.
5. Serve whole or cut in half on the diagonal.

Figure 22.3 Making a wrap sandwich.



(a) Spread the tortilla with the desired spread. Arrange the fillings toward one edge.



(b) Fold over the sides of the tortilla so the ends of the wrap will be closed.



(c) Roll up.



(d) The finished, cut Turkey BLT Wrap.

Vegetarian Wrap with Mixed Beans

YIELD: 1 SANDWICH

U.S.	METRIC	INGREDIENTS
1	1	Flour tortilla, 10 in. (25 cm) in diameter
as needed	as needed	Olive oil
½–1 oz	15–30 g	Lettuce leaves
3 oz	90 g	Mixed Bean Salad (p. 736)
1½ oz	45 g	Cooked rice, white or brown, cold
½ oz	15 g	Green bell pepper, diced

Per serving: Calories, 510; Protein, 13 g; Fat, 21 g (38% cal.); Cholesterol, 0 mg; Carbohydrates, 65 g; Fiber, 6 g; Sodium, 360 mg.

PROCEDURE

1. Lay the tortilla flat on the workbench. Brush it very lightly with olive oil.
2. Arrange the lettuce leaves in the center of the tortilla, leaving a border of about 2 in. (5 cm) uncovered.
3. Place the bean salad in a sieve to drain excess vinaigrette, reserving the vinaigrette. Mix the bean salad and the rice. If the mixture is dry, add enough of the dressing back to the mixture so it is just sufficiently moistened.
4. Mix in the diced pepper.
5. Place the bean mixture on the tortilla in an oblong mound. Roll and wrap the tortilla tightly around the filling as in the recipe for Turkey BLT Wrap above.

Falafel and Roasted Vegetables in Pita

YIELD: 1 SANDWICH

U.S.	METRIC	INGREDIENTS
1	1	Pita
1 fl oz	30 mL	Tahini Yogurt Dressing (below)
2 oz	60 g	Falafel (p. 697), 1-oz (30-g) balls, hot
2 oz	60 g	Roasted Summer Vegetables (p. 590), hot

Per serving: Calories, 350; Protein, 12 g; Fat, 11 g (28% cal.); Cholesterol, 20 mg; Carbohydrates, 53 g; Fiber, 5 g; Sodium, 660 mg.

PROCEDURE

1. The sandwich may be made by splitting open the pita to make a pocket or by wrapping the whole pita around the filling. If you are splitting open the pita, spread the inside with 1 tbsp (15 mL) dressing.
2. Fill with the falafel and vegetables.
3. Drizzle the remaining dressing over the filling.
4. Serve immediately.

VARIATION

Traditional Falafel in Pita

Omit the roasted vegetables. Use two 2-oz (60-g) falafel patties or four 1-oz (30-g) balls. Fill the pita with the falafel, ½ oz (15 g) shredded lettuce, ½–1 oz (15–30 g) diced tomato, and the tahini yogurt dressing.



Traditional Falafel in Pita

Tahini Yogurt Dressing

YIELD: 10 FL OZ (300 ML)

U.S.	METRIC	INGREDIENTS
8 oz	240 g	Plain yogurt
1 oz	30 g	Tahini (sesame paste)
1 fl oz	30 mL	Lemon juice

Per 1 fl oz (29.57 mL): Calories, 30; Protein, 1 g; Fat, 2 g (60% cal.); Cholesterol, 5 mg; Carbohydrates, 2 g; Fiber, 0 g; Sodium, 10 mg.

PROCEDURE

1. Mix all ingredients together.
2. Refrigerate until needed.

Southwestern Grilled Salmon Sandwich

YIELD: 1 SANDWICH

U.S.	METRIC	INGREDIENTS
1	1	Salmon fillet, about 4 oz (120 g)
1 tbsp	15 mL	Chili Marinade (below)
1	1	Ciabatta roll or 5-in. (13-cm) length of French baguette
2	2	Tomato slices
1½ oz	45 g	Avocado, sliced
1–2	1–2	Leaf lettuce leaves

Per serving: Calories, 650; Protein, 39 g; Fat, 21 g (29% cal.); Cholesterol, 80 mg; rbohydrates, 75 g; Fiber, 8 g; Sodium, 1210 mg.

PROCEDURE

1. Rub the salmon fillet on both sides with the marinade. Let stand 10 minutes.
2. Grill or broil the salmon until just cooked through.
3. Split the roll or baguette in half horizontally.
4. Place the salmon on the bottom half.
5. Top with the tomato slices and the avocado slices.
6. Place a lettuce leaf and the top half of the bread on top.
7. To serve, leave the sandwich whole or cut it in half.



Southwestern Grilled Salmon Sandwich

Chili Marinade



YIELD: ABOUT 6 OZ (180 G)

U.S.	METRIC	INGREDIENTS
2 oz	60 g	Chili powder
1 tbsp	15 mL	Dried oregano
½ tsp	2 mL	Ground cloves
1 oz	30 g	Garlic, crushed
2 tsp	10 mL	Salt
1 oz	30 g	Brown sugar
4 fl oz	120 mL	Red wine vinegar

Per 1 ounce (28.35 g): Calories, 60; Protein, 2 g; Fat, 1.5 g (19% cal.); Cholesterol, 0 mg; Carbohydrates, 12 g; Fiber, 4 g; Sodium, 870 mg.

PROCEDURE

1. Combine all ingredients except the vinegar and grind together to make a uniform mixture.
2. Add the vinegar and mix well.
3. Refrigerate until needed.

Barbecued Pork or Beef Sandwich

PORTIONS: 20 PORTION SIZE: 1 SANDWICH WITH 4 OZ (115 G) FILLING

U.S.	METRIC	INGREDIENTS
3 lb	1.3 kg	Cooked pork or beef
2¼ pt	1 L	Barbecue Sauce (p. 214)
20	20	Hamburger rolls
as needed	as needed	Butter

Per serving: Calories, 400; Protein, 20 g; Fat, 24 g (54% cal.); Cholesterol, 65 mg; Carbohydrates, 26 g; Fiber, 2 g; Sodium, 300 mg.

PROCEDURE

1. Using a slicing machine or chef's knife, cut the meat into very thin slices.
2. Combine the meat and sauce in a saucepan. Simmer uncovered over low heat 10–15 minutes, or until the meat has absorbed some of the flavor of the sauce and the liquid has reduced and thickened slightly.
3. Keep the meat hot for service.
4. For each order, butter a hamburger roll. Place a 4-oz (115-g) portion of the meat mixture on the bottom half of the roll. Close the sandwich and serve immediately.

Smoked Ham and Taleggio Panino

YIELD: 1 SANDWICH

U.S.	METRIC	INGREDIENTS
2 tbsp	30 mL	Mayonnaise
1 tsp	5 mL	Lemon juice
¼ tsp	1 mL	Grated lemon zest
2 slices	2 slices	Firm country bread
2 thin slices	2 thin slices	Smoked ham
2 thin slices	2 thin slices	Tomato
2 slices	2 slices	Taleggio cheese
3–4 leaves	3–4 leaves	Arugula

Per serving: Calories, 770; Protein, 30 g; Fat, 42 g (50% cal.); Cholesterol, 65 mg; Carbohydrates, 66 g; Fiber, 3 g; Sodium, 2030 mg.

PROCEDURE

1. Mix the mayonnaise, lemon juice, and zest.
2. Lay the bread on the work surface.
3. Spread both slices of bread with the mayonnaise.
4. Top one of the slices with the ham.
5. Place the tomato slices on top of the ham.
6. Top the ham with the slices of cheese.
7. Top the cheese with the arugula leaves.
8. Place the second slice of bread on the sandwich, mayonnaise side down. Press the sandwich together firmly.
9. Cook in a panino press or on a griddle until the cheese is melted. If using a griddle, place a grill brick on the sandwich. Turn over the sandwich when it is half done.
10. Cut in half to serve.



Smoked Ham and Taleggio Panino with Mixed Bean Salad

Eggplant, Roasted Pepper, and Fontina Panino

YIELD: 1 SANDWICH

U.S.	METRIC	INGREDIENTS	PROCEDURE
2 slices	2 slices	Eggplant, about $\frac{3}{8}$ in. (1 cm) thick, peeled	<ol style="list-style-type: none"> 1. Brush both sides of the eggplant slices with oil. 2. Cook on a grill or griddle or in a sauté pan until just tender. 3. Remove the seeds, stem, and inner membranes from the pepper. Cut into two pieces and lay the pieces out flat.
as needed	as needed	Olive oil	
$\frac{1}{2}$	$\frac{1}{2}$	Red bell pepper, roasted and peeled (p. 546)	<ol style="list-style-type: none"> 4. Cut the roll in half horizontally. 5. Brush both halves with olive oil. 6. Lay the eggplant slices on the bottom half. 7. Top with the pepper and then the cheese. 8. Place the top half of the roll in place and press together. 9. Cook in a panino press or on a griddle until the cheese is melted. If using a griddle, place a grill brick on the sandwich. Turn over the sandwich when it is half done. 10. Cut in half to serve.
1	1	Ciabatta roll or other large, flat dinner roll or bun	
as needed	as needed	Olive oil	
2 slices	2 slices	Fontina cheese	

Per serving: Calories, 640; Protein, 27 g; Fat, 26 g (36% cal.); Cholesterol, 65 mg; Carbohydrates, 75 g; Fiber, 8 g; Sodium, 1210 mg.

Grilled Vegetable Sandwich with Goat Cheese and Sun-Dried Tomatoes

YIELD: 8 SANDWICHES

U.S.	METRIC	INGREDIENTS	PROCEDURE
8 oz	250 g	Zucchini, trimmed	<ol style="list-style-type: none"> 1. Cut the zucchini lengthwise into slices about $\frac{1}{4}$ in. (6 mm) thick. 2. If the eggplant is large, with a thick skin, peel it. Cut large eggplant crosswise into slices $\frac{1}{4}$ in. (6 mm) thick. Cut small eggplants lengthwise to make larger slices. 3. Core and seed the peppers. Cut into quarters lengthwise. 4. Cut the onion crosswise into slices about $\frac{1}{8}$ in. (8 mm) thick. Hold the rings of each slice together with a bamboo skewer. 5. Brush the vegetables with oil and sprinkle them with salt. 6. Grill the vegetables over medium heat, turning as necessary, until they are tender and lightly grill-marked. Cooking times will vary for different vegetables. Regulate the heat or the distance from the flame so the vegetables cook without browning too much. 7. Remove from the grill and brush with a little balsamic vinegar.
8 oz	250 g	Eggplant, trimmed	
8 oz	250 g	Bell peppers, any color	
8 oz	250 g	Onion, large	
as needed	as needed	Olive oil	
as needed	as needed	Salt	
as needed	as needed	Balsamic vinegar	
(see step 8)	(see step 8)	Focaccia	<ol style="list-style-type: none"> 8. Cut the focaccia into $3\frac{1}{2} \times 5$-in. (9 × 13-cm) rectangles. If the focaccia is thick, split the rectangles in half horizontally. If it is thin, use 2 rectangles per portion. 9. Arrange the grilled vegetables on half of the rectangles. 10. Arrange the tomatoes on top of the vegetables. 11. Top with the goat cheese and the rest of the bread rectangles. 12. For service, serve whole or cut in half at an angle.
4–6 oz	125–180 g	Sun-dried tomatoes, packed in oil, drained, cut julienne	
8 oz	250 g	Fresh, soft goat cheese, sliced	

Per serving: Calories, 180; Protein, 8 g; Fat, 10 g (47% cal.); Cholesterol, 15 mg; Carbohydrates, 17 g; Fiber, 3 g; Sodium, 640 mg.

Grilled Portobello and Boursin Sandwich

YIELD: 1 SANDWICH

U. S.	METRIC	INGREDIENTS
1 tbsp	15 mL	Olive oil
1½ tsp	7 mL	Balsamic vinegar
¼ tsp	1 mL	Prepared mustard, French or Dijon style
pinch	pinch	Salt
1	1	Portobello mushroom cap, large
1 oz	30 g	Boursin or other soft, creamy cheese
1	1	Whole-grain roll or bun, split in half
6–8	6–8	Arugula leaves, torn

Per serving: Calories, 390; Protein, 7 g; Fat, 28 g (64% cal.); Cholesterol, 35 mg; Carbohydrates, 28 g; Fiber, 4 g; Sodium, 560 mg.

PROCEDURE

1. With a wire whip, mix the oil, vinegar, mustard, and salt to make a vinaigrette.
2. Brush the mushroom cap with about two-thirds of the vinaigrette. Reserve the rest of the vinaigrette for step 6.
3. Place the mushroom cap on a grill or broiler grid, stem side down. Grill until about half cooked.
4. Turn the mushroom over so the bottom of the cap faces up. Top with the cheese.
5. Grill until the mushroom is tender and the cheese is partly melted.
6. Toss the arugula with the rest of the vinaigrette.
7. Place the mushroom cap, cheese side up, on the bottom half of the roll.
8. Top with the arugula and the top of the bun.

VARIATION

Grilled Portobello and Tomato Sandwich

Omit the cheese. Spread the bread with mayonnaise and top with the grilled mushroom, 2 tomato slices, and the arugula.

Grilled Chicken Aioli Sandwich with Tomato and Avocado

YIELD: 1 SANDWICH

U. S.	METRIC	INGREDIENTS
1	1	Boneless skinless chicken breast, about 5 oz (150 g)
¼ tsp	1 mL	Finely chopped garlic
pinch	pinch	Salt
pinch	pinch	Pepper
1½ tsp	7 mL	Lemon juice
1½ tsp	7 mL	Olive oil

2 slices	2 slices	Hearty country-style whole-grain bread, sliced ½ in. (1 cm) thick
1 tbsp	15 mL	Aioli (p. 217 or p. 707)
2	2	Tomato slices
1 oz	30 g	Avocado, sliced
1–2	1–2	Leaf lettuce leaves

Per serving: Calories, 690; Protein, 38 g; Fat, 31 g (41% cal.); Cholesterol, 100 mg; Carbohydrates, 64 g; Fiber, 5 g; Sodium, 810 mg.

PROCEDURE

1. Place the chicken breast between two sheets of plastic film. With a meat mallet, gently pound to a uniform thickness of about ½ in. (6 mm).
2. Combine the garlic, salt, pepper, lemon juice, and olive oil.
3. Lightly coat the chicken with this mixture. Let marinate about 2 hours in the refrigerator.
4. Preheat a grill or broiler to very hot.
5. Grill the chicken until cooked through.
6. Spread the bread slices with aioli.
7. Top one of the slices with the chicken, then the tomatoes, the avocado, and the lettuce. Top with the remaining slice of bread.
8. For service, cut in half.



Grilled Chicken Aioli Sandwich with Tomato and Avocado

Pizza Margherita

YIELD: ONE 12-INCH (30-CM) PIZZA

U.S.	METRIC	INGREDIENTS
12 oz	360 g	Fresh, ripe plum tomatoes or canned Italian-style plum tomatoes
1 tbsp	15 mL	Olive oil
to taste	to taste	Salt
12 oz	360 g	French Bread dough (p. 945), fermented
6	6	Fresh basil leaves, torn in half
4 oz	120 g	Fresh mozzarella cheese, preferably Italian buffalo-milk mozzarella, sliced
1 tbsp	15 mL	Parmesan cheese (optional)
1½ tbsp	22 mL	Olive oil

Per pizza: Calories, 1450; Protein, 49 g; Fat, 63 g (39% cal.); Cholesterol, 90 mg; Carbohydrates, 170 g; Fiber, 9 g; Sodium, 1880 mg.

VARIATION

Pizza Marinara

Omit the mozzarella cheese and the basil. Increase the tomatoes to 2 lb (900 g). Increase the first quantity of olive oil to 1½ tbsp (22 mL). In step 2, cook the tomatoes with 3 cloves garlic, sliced thin, and ½ tsp (2 mL) fresh chopped oregano or ¼ tsp (1 mL) dried oregano.

PROCEDURE

1. If using fresh tomatoes, peel, seed, and chop them. If using canned, chop and drain them.
2. Combine the tomatoes and oil in a saucepan. Cook uncovered over moderate heat until the tomatoes are no longer watery.
3. Add salt to taste.
4. Cool.
5. Flatten the dough and roll it out into a circle. Drape the dough over the backs of the hands and carefully stretch the circle to a diameter of 12 in. (30 cm). Leave the dough thicker around the rim than in the center.
6. Flour a peel so the dough does not stick. Lay the circle of dough on it.
7. Spread the tomatoes over the dough, leaving the rim uncovered.
8. Distribute the basil and the mozzarella cheese over the pizza.
9. If using the parmesan, sprinkle it over the pizza.
10. Drizzle with olive oil.
11. Slide directly onto the hearth of a deck oven preheated to 500°F (260°C). Bake until the dough is browned and the cheese is melted.
12. Using the peel, remove from the oven and serve immediately.



Pizza Margherita before baking.



Pizza Margherita after baking.

ASSOCIAZIONE VERACE PIZZA NAPOLETANA

Naples, Italy, takes pride in being the birthplace of pizza. Today the Associazione Verace Pizza Napoletana sets down the rules by which its members must abide if they wish to claim they serve authentic Neapolitan pizza. The rules state the dough must contain only flour, water, salt, and natural yeast and it must be made by hand or in an approved mixer. The pizza must be shaped by hand and baked on the hearth of a wood-burning oven. Toppings are limited to a list of approved ingredients.

Two pizzas—Margherita, topped with tomatoes, basil, and buffalo mozzarella, and Marinara, topped with tomatoes, garlic, oregano, and olive oil—are considered the original and true Neapolitan pizzas.

Pizza has grown beyond its origins to become an international favorite. In North America, most of the pizzas served make no claim to being authentically Italian and instead sport toppings such as barbecued chicken, beef with peppers and taco seasonings, and smoked salmon with artichokes, in addition to old favorites like sausage and pepperoni.

TERMS FOR REVIEW

pullman loaf	club sandwich	tea sandwich	deep-fried sandwich
simple sandwich (hot or cold)	open-faced sandwich (hot or cold)	wrap	pizza
multidecker sandwich		grilled sandwich	panino

QUESTIONS FOR DISCUSSION

1. If you cannot get daily bread delivery, what are some measures you can take to ensure the bread in the sandwiches you serve is always fresh?
2. What precautions must you take when using mayonnaise as a sandwich spread?
3. Briefly describe the setup of a short-order sandwich station.
4. How does a setup for preparing sandwiches in quantity differ from a short-order sandwich setup?
5. Why are most sandwiches cut before serving?