

# 19

## Hot & Cold Sandwiches

CHAPTER

**Section 19-1**  
Sandwich  
Making Basics

**Section 19-2**  
Preparing  
Hot & Cold  
Sandwiches



# Sandwich Making Basics

## OBJECTIVES

After reading this section, you will be able to:

- Describe different types of sandwiches, spreads, fillings, and cheeses.
- Identify common types of sandwich accompaniments.
- List the tools needed at a sandwich preparation workstation.
- Prepare sandwiches efficiently.

ALL it takes to make a sandwich is bread, a spread, and fillings. But from this simple set of ingredients, you can make a wide variety of tasty sandwiches. Depending on its ingredients, a sandwich can be a nutritional powerhouse or a high-fat meal. The vast array of ingredients also increases the skill level needed by foodservice workers. Through organization and practice, you can learn to make fresh, flavorful sandwiches.



## KEY TERMS

- Pullman
- focaccia
- phyllo
- crêpes
- pesto

## SANDWICH TYPES

Types of hot and cold sandwiches include closed, open-face, triple-decker, finger, and wraps.

- **Closed sandwiches.** These sandwiches have two pieces of bread with the filling in between.
- **Open-face sandwiches.** With two pieces of bread plated side by side, the spread and fillings are added to the top of one or both pieces of bread.
- **Triple-decker sandwiches.** These sandwiches include three pieces of bread stacked with fillings between each layer.
- **Finger sandwiches.** These small, fancy closed sandwiches with the crusts removed are often cut into various shapes.

- **Wraps.** These easy-to-eat sandwiches are made with soft, flat breads that are folded, or “wrapped,” around the fillings. A wide variety of fillings can be used in these sandwiches.

## BREADS & SPREADS

Bread provides the base to a sandwich and adds to the look and taste of the final product. If you choose a fresh and tasty bread, you’ll be building a sandwich on a solid foundation. The spread acts as a barrier, preventing moist fillings from soaking into the bread.

## Types of Bread

As shown in Fig. 19-1, there is a vast array of tasty and nutritional sandwich breads. These range from bagels to buns to **Pullman** breads, or rectangular loaves of sandwich bread with flat tops and even texture. Croissants (kruh-SAHNTS) and fruit breads can also be used to make flavorful sandwiches. Use the following guidelines when choosing breads:

- Choose breads that aren't too hard or crusty.
- Select breads that don't overpower the filling.
- Choose breads that are thick enough to hold the filling without tearing.

White, rye, and wheat bread are typical cold sandwich choices. Today, however, many types of flatbreads are also used. One popular flatbread is **focaccia** (foh-KAH-chee-ah), an Italian bread flavored with olive oil and herbs.

Flat loaves of white or rye bread are also used for finger sandwiches. These breads can be sliced thinly and still hold a circle, diamond, or triangle shape. Some breads crumble easily when sliced. Avoid using these breads for thin-sliced sandwiches unless they have been frozen before being sliced.

In addition to traditional hot dog and hamburger rolls, there are many other types of rolls. These rolls include hard, kaiser (KIGH-zerr), onion, and torpedo (tour-PEE-dough), a crusty, chewy Italian roll.

Pita (PEE-tah), a round-shaped bread cut open to form a pocket, makes whole-meal sandwiches. Tortilla (tohr-TEE-yuh), a flattened, round bread baked on a griddle or deep-fried, can be cut into pinwheel sections. Tortillas; chapati (chah-PAH-tee), which is a whole wheat flat bread; or **phyllo** (FEE-loh), a type of pastry can also be used to create sandwich wraps. Another option is **crêpes** (KRAYPS), small, thin pancakes made with egg batter.

Fig. 19-1.

### Specialty Breads



TORTILLAS



FRUIT BREAD



FOCACCIA



PITAS



BAGELS



CROISSANTS



ROUND LOAVES

## Types of Spreads

There are three main types of sandwich spreads: butter, mayonnaise, and vegetable purées (pyuh-RAYS). Butter and mayonnaise keep wet fillings from soaking into the bread as well as falling off of the bread.

Butter adds a smooth, rich flavor to a sandwich. Flavored butters, such as red chili butter or garlic butter, can add zip to a blackened fish or pork sandwich. Be sure to whip or soften butter to increase its volume and softness for easy spreading. That way it won't tear the bread when it is spread. This will also cut food costs.

Mayonnaise has been the spread of choice of sandwich makers for generations. It's hard to imagine a BLT without mayonnaise. Even mayonnaise, however, can be flavored with herbs, fruits, pesto, and condiments such as mustard. **Pesto** (PEH-stoh) is a sauce made by combining olive oil, pine nuts or walnuts, a hard cheese such as parmesan, and fresh basil, garlic, salt, and pepper.

Vegetable purées made with chopped olives, avocados, or eggplant are an alternative spread. Purées add interesting flavors, but usually do not provide a moisture barrier for the filling.

## SANDWICH FILLINGS

Sandwich fillings may include hot or cold meats, poultry, fish, cheeses, vegetables, or a combination of items. The filling is the “main act,” so prepare each item carefully. For example, a chicken breast must be carefully cooked and sliced. The lettuce must be crisp and completely rinsed and dried. Tomatoes and onions should be evenly sliced.

Vegetables that are grilled or marinated, such as red and yellow peppers, make elegant fillings. A pita filled with vegetables and a flavorful dressing is packed with nutrition. Finger sandwiches often contain cream cheese topped with finely chopped vegetables like zucchini, olives, or peppers. See Fig. 19-2.

## Meats, Poultry, Fish & Seafood

Chicken, turkey, beef, pork, eggs, and tuna are common sandwich fillings. They can also be combined with other fillings to create a hearty sandwich. Corned beef and sauerkraut (SOW-uh-krowt), spicy chicken sausage and red pepper, and broiled crab and cheese are good examples of combined fillings.

## Cheese

Cheese plays an important part in many sandwiches. It is high in protein, vitamin A, calcium, and phosphorus. Cheese is also higher in fat, although low-fat and nonfat processed cheeses are available. Keep in mind, however, that low-fat and nonfat cheeses do not melt as easily as regular cheese.

**Fig. 19-2.** Vegetables are a common pita sandwich filling.



## SAFETY & SANITATION

**HANDLING CHEESE**—Use the following guidelines when handling cheese:

- Wash your hands well to avoid contaminating the cheese.
- Keep your workspace, cutting equipment, and other utensils clean and sanitized to prevent cross-contamination.
- Keep cheese tightly covered in plastic wrap in the refrigerator. Cheese dries out quickly when unwrapped and sliced.

■ **Types of cheese.** Many types of soft, semisoft, and hard cheeses make good sandwich fillings. Sliced cheese may be added to closed sandwiches or melted on top of an open-face sandwich. Flavored, spreadable cream cheeses are often used for finger sandwiches made with fruit breads. For more information on cheese, see Chapter 18, Section 4.

■ **Selecting cheese.** Knowing the types and characteristics of cheeses will help you select the best cheese for a particular sandwich. Some popular sandwich cheeses are shown in Fig. 19-3.

### Sandwich Accompaniments

Sandwich accompaniments may include one or more of the following. See Fig. 19-4 on page 439.

- Whole vegetables, such as small radishes, baby carrots, green onions, or cherry tomatoes.
- Sticks of carrots, celery, or summer squash.
- Lettuce leaves or baby spinach leaves.
- Sliced cucumbers or tomatoes.
- Grilled, marinated vegetables.
- Pickle spears or green or black olives.
- Sliced fruits.

Fig. 19-3.

### Sandwich Cheeses



SWISS



FRESH  
CREAM CHEESE



RIPE & YOUNG  
GOUDA



WHITE  
CHEDDAR



MOZZARELLA

## DETERMINING AMOUNTS

Suppose you need to prepare chicken salad sandwiches for 115 guests. How will you determine how much of each ingredient to purchase? To prevent overbuying or underbuying, use your knowledge of multiplication and division. Use the following information to determine how much bread, filling, and topping to buy. Each guest will be served 2 chicken salad sandwiches.

- The sandwiches will consist of 3 oz. of chicken salad with two tomato slices on a croissant.
- Chicken salad comes in 32-oz. containers.
- Croissants are sold 12 in a package.
- One tomato can be cut into 8 slices.

### Step 1

Determine the number of sandwiches you need to make.

$$115 \text{ people} \times 2 \text{ sandwiches per person} \\ 115 \times 2 = 230 \text{ sandwiches}$$

### Step 2

Determine the amount of chicken salad you need.

$$230 \text{ sandwiches} \times 3 \text{ oz. of chicken salad} \\ \text{per sandwich}$$

$$230 \times 3 = 690 \text{ oz. of chicken salad} \\ 690 \text{ ounces} \div 32 \text{ oz. per container} \\ 690 \div 32 = 21.56 \text{ containers}$$

Round 21.56 up to 22 containers of chicken salad.

### Step 3

Find the number of packages of croissants you need.

$$230 \text{ sandwiches} \times 1 \text{ croissant per sandwich} \\ 230 \times 1 = 230 \text{ croissants}$$

$$230 \text{ croissants} \div 12 \text{ croissants per package} \\ 230 \div 12 = 19.17 \text{ packages of croissants}$$

Round 19.17 up to 20 packages of croissants.

### Step 4

Determine the number of tomatoes you need.

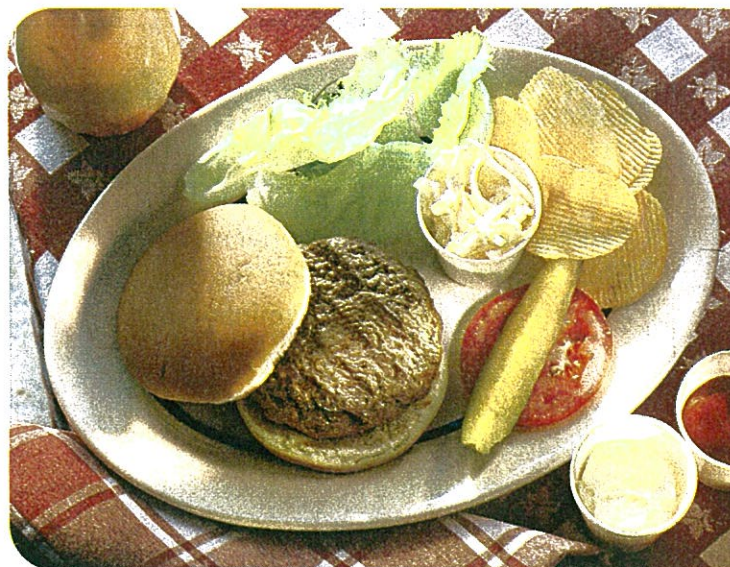
$$230 \text{ sandwiches} \times 2 \text{ tomato slices} \\ 230 \times 2 = 460 \text{ tomato slices} \\ 460 \text{ tomato slices} \div 8 \text{ slices per tomato} \\ 460 \div 8 = 57.5 \text{ tomatoes}$$

Round 57.5 up to 58 tomatoes.

## TRY IT!

You've been asked to prepare 50 egg and cheese sandwiches for a breakfast meeting. Determine how many packages of bread and cheese and how many dozens of eggs you need to buy.

**Fig. 19-4.** Cooks can use different accompaniments to enhance the taste of a sandwich. **What three foods could be used as sandwich accompaniments?**



## NUTRITION

Sandwiches contain all of the food groups, providing protein, carbohydrates, vitamins, minerals, and fats. Carefully combining ingredients can make sandwiches hearty, healthful creations.

In the past, people relied on two slices of white bread in every sandwich. Today, the choices are more varied. Lighter alternatives include small tortillas, mini-pitas, or thin pizza crust. Whole wheat breads increase the nutritional value of sandwiches.

Sandwich fillings usually contain the main protein source. It is important to use high-quality protein foods. When menu planning, remember that many customers want low-fat sandwiches. Items such as broiled chicken breast or vegetarian sandwiches can meet this need.

## SANDWICH-MAKING TECHNIQUES

Keeping your work space organized will allow you to make many sandwiches at once. You will also need an organized work space and techniques that will keep you and your customers safe.

When setting up a sandwich work station, remember to have these utensils close at hand:

- Sharp knives, including a chef's knife and a bread knife.

- Serving spoons or scoops, for controlling portions of spreads and fillings.
- Spatula, for spreading or lifting fillings and spreads.
- Toaster, for toasting bread.
- Tongs, for moving food items.
- Cutting board, for cutting food items.

## Quantity Sandwich Preparation

When preparing large quantities of sandwiches, an organized system will allow you to work safely and efficiently. Here is a 10-step method for making quantities of sandwiches:

1. Set up your work station so all necessary utensils and ingredients are close at hand. Items should be within your range of motion to avoid unnecessary movements that cause fatigue.
2. Use a sheet pan, lined with parchment paper, as the centerpiece of your work area.
3. Place bread loaves on your left if you are right-handed and on your right if you are left-handed. Bread dries out quickly. You must have everything ready to go before laying out the bread.
4. Arrange slices of bread in four equal rows on the sheet pan.
5. Use a spatula to apply a spread to each slice of bread. This seals the bread before the filling is added. It helps prevent sandwiches from getting soggy.
6. Arrange any vegetables such as lettuce or tomatoes on top of the spread. See Fig. 19-5A below.



## SAFETY & SANITATION

**GUARDING AGAINST BACTERIA GROWTH—** Sandwiches often combine hot and cold items. This is a perfect environment for the growth of bacteria. Avoid cross-contamination by:

- Keeping hot foods hot and cold foods cold.
- Washing your hands well and often.
- Minimizing the cross-use of utensils.
- Frequently cleaning and sanitizing all work surfaces and utensils.

- Add fillings to the two middle rows of bread. Use a portion scoop for fillings such as tuna or chicken salad. Carefully place fillings on top of the tomatoes. Make sure that the bread is covered well. See Fig. 19-5B below.



- Use a spatula to spread the filling evenly. See Fig. 19-5C below.



- Using both hands, cover the two middle rows with the remaining slices of bread. See Fig. 19-5D below.



- You should either plate the sandwiches immediately or wrap them in plastic wrap and refrigerate until they are served.

## CULINARY TOP

**CUTTING SANDWICHES**—The way a sandwich is cut adds to its visual appeal. The arrangement of sandwich sections on a plate also gives the customer a hint of the filling inside. Avoid pushing down on a sandwich before or during cutting. This prevents the sandwich filling from flattening or oozing out the sides of the sandwich. Cut sandwiches into neat, uniform shapes as close to serving time as possible. Decorative toothpicks can be used to hold sandwiches together when needed.

### SECTION 19-1

## Knowledge Check

- Name four different types of sandwiches and give an example of each one.
- Identify three sandwich accompaniments.
- Why does the process for making large quantities of sandwiches save time?

### MINI LAB

In teams, prepare 15 sandwiches. Choose one of the following types of sandwiches to prepare: (a) one meat and one cheese; (b) tuna, chicken, or ham salad; (c) more than one meat. Use a variety of breads and spreads.



