

Preparing Hot & Cold Sandwiches

KEY TERMS

- au jus
- club sandwich

OBJECTIVES

After reading this section, you will be able to:

- Describe different types of hot and cold sandwiches.
- Explain guidelines for preparing and plating hot and cold sandwiches.
- Prepare sandwiches.
- List several garnishes and accompaniments for hot and cold sandwiches.

FROM the all-American hot dog to the elegant Monte Cristo, hot sandwiches are popular with customers of all ages. Likewise, cold sandwiches, such as tuna salad, are ordered by customers every day. Many of the same types of ingredients can be used in hot and cold sandwiches.



✕ TYPES OF HOT SANDWICHES

Examples of closed hot sandwiches include grilled ham and cheese and hot barbecued chicken. Popular open-face sandwiches are hot turkey and hot beef sandwiches, usually served with mashed potatoes and gravy. Hot crab with cheese and avocado is another example of a hot open-face sandwich.

One of the most popular hot open-face sandwiches is pizza, made with either thin or thick crust. There are many pizza topping combinations, such as pepperoni and mushroom. Many restaurants regularly offer individual-size pizzas. See Fig. 19-6.

Basic Sandwiches

Basic sandwiches contain at least one hot filling. The filling may be sandwiched between two slices of bread as a closed sandwich or served open-face. Basic closed sandwiches include the standard hamburger and hot dog. Tortillas are used to make burritos or tacos, with a hot filling of chicken, beef, or seafood inside. These fillings are often combined with cold vegetables such as lettuce, tomatoes, onions, or avocado.



Fig. 19-6. Gourmet pizzas are a specialty of some restaurants. What might you serve with this hot, open-face sandwich?

Grilled Sandwiches

To make a grilled sandwich, butter and then brown the outside of each slice of bread on the griddle. Grilled cheese sandwiches are a traditional favorite. However, you can also create interesting varieties, such as grilled cheese and avocado or grilled tuna and cheese.

Fried Sandwiches

Have you ever heard of a Monte Cristo sandwich? There are many varieties of this elegant sandwich. Some old, elegant hotel dining rooms built their reputations on their own special versions of the Monte Cristo.

Monte Cristos are closed, shallow-fried or deep-fried sandwiches. Some chefs make Monte Cristos with thin slices of ham and Swiss cheese and Dijon mustard. Others include turkey or chicken breast and use butter or mayonnaise between the layers. Some chefs also add a layer of strawberry or raspberry jam. The sandwich is then dipped in egg batter and either deep-fried or shallow-fried. See Fig. 19-7.

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The History of the Sandwich

The sandwich is named after Sir John Montagu of England (1718–1792), the Fourth Earl of Sandwich. To satisfy his appetite, his servants brought him bread and meat. Sir John combined the two so he could eat with one hand. This combination became known as the sandwich.



One of America's most popular sandwiches—the hamburger—was originally called a Hamburg steak after its city of origin, Hamburg, Germany. German immigrants introduced the hamburger to the United States.

The Earl of Sandwich's idea of not letting a meal interrupt other activities became a popular concept in the twentieth century. People wanted food in a hurry that could be eaten on the run. In 1954, Ray Kroc founded the McDonald's franchise, based on the concept of fast service at a low price. Fast food sandwiches as we know them today were born.





Fig. 19-7. The three types of hot sandwiches are basic, grilled, and fried.

COOKING TECHNIQUE:
Grill

Grill/Broil:
1. Clean and heat the grill/broiler.
2. To prevent sticking, brush the food product with oil.

HACCP:
Hold at 135° or above.

HAZARDOUS FOODS:
Ham
Cheese

NUTRITION:
Calories: 440
Fat: 28.1 g
Protein: 16.7 g

CHEF NOTE:
Do not prepare the sandwiches too far in advance, because they will become soggy.

Grilled Ham and Cheese Sandwich

YIELD: 50 SERVINGS

SERVING SIZE: 1 SANDWICH

INGREDIENTS

| | |
|----------|--|
| 5 loaves | Sliced sandwich bread |
| 4 lbs. | Ham, boneless, cooked, cut into 1-ounce slices |
| 3 lbs. | American cheese, sliced |
| 1½ lbs. | Clarified butter |

METHOD OF PREPARATION

1. Lay out the bread slices on a clean, dry table.
2. Place one slice of ham and cheese on each second slice of bread.
3. Cover with the first slice of bread, and cut on an angle to create two triangle sandwiches.
4. Lightly coat with clarified butter.
5. Grill until golden brown on both sides.
6. Serve hot.

PREPARING HOT SANDWICHES

Here are some tips to keep in mind when preparing hot sandwiches:

- When grilling sandwiches, the filling is only heated. Make sure all hot meat fillings are thoroughly cooked before grilling them.
- Completely assemble the sandwiches before grilling. Since most of them contain cheese, they cannot be pulled apart to add other fillings after heating.
- Make sure that cold fillings, such as lettuce, are crisp and cold. If they are placed under hot fillings such as cheese, they may be “cooked.”
- Some cooks place cold fillings on the side for the customer to add to the sandwich when it is served. This is almost always done with hamburgers: the lettuce, tomato, and onion are placed to the side.
- Don't overload hot wraps or they will become messy to eat. If one ingredient is too chunky, it can break the wrap or cause everything to fall out.
- Make sure that hot sandwiches are served on warm plates.

PLATING HOT SANDWICHES

Hot sandwiches may be served either open-face or closed. Grilled cheese sandwiches, for example, are always served closed. Hamburgers may be served either open or closed. Hot turkey or crab sandwiches are always served open-face with gravy or sauce spooned over the top.

Fig. 19-8. Do not let a sandwich's gravy or sauce touch any cold foods on the plate.

Hot sandwiches are often served with a side salad or a cup of soup. Potatoes, such as French fries, are another popular accompaniment.

Tips for Hot Open-Face Sandwiches

Here are some tips to keep in mind when serving hot open-face sandwiches:

- If the sandwich has gravy, sauce, or melted cheese on top, don't let the sauce run onto any cold items on the plate. No one wants to eat carrots covered in gravy or lettuce drowning in barbecue sauce. See Fig. 19-8.
- Don't oversauce items.
- Make sure the sauce is not too thin or too thick.
- Make a nest for the lettuce or put cold relishes in a seashell for an elegant presentation.
- **Garnishing.** Hot sandwich garnishes include lettuce, tomato, onion, and different condiments. Customers often appreciate sandwich garnishes being served on the side. That way they can add the ones they want and leave the rest off.

Open-face sandwiches are sometimes served *au jus* (oh ZHEW), or accompanied by the juices obtained from roasting meat. A barbecued chicken sandwich might be accompanied by a cup of barbecue sauce.

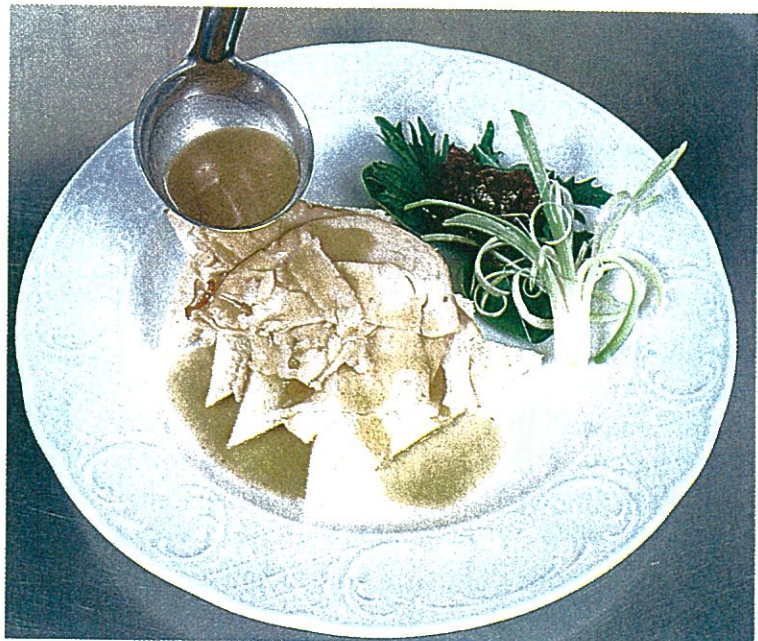




Fig. 19-9. Prepare salad sandwiches such as this egg salad sandwich immediately before serving, or the bread will become soggy.

✕ TYPES OF COLD SANDWICHES

Some cold sandwiches are made with pre-cooked poultry, fish, or meat. Roast beef, pastrami (puh-STRAH-mee), or turkey deli sandwiches, for example, are typically served cold. The vegetables added to cold sandwiches, such as onions or pickles, are also served cold.

Some cold sandwiches are a full meal, such as a spicy lentil pita sandwich with yogurt sauce. Even sandwich wraps may contain cold fillings, such as cold turkey salad with cold cooked rice.

Cold sandwiches are rarely served open face. Usually, they are made from two or three pieces of bread, or a split soft or multigrain roll. A triple-decker sandwich that features cold, sliced cooked turkey and ham, or bacon, is called a **club sandwich**. Club sandwiches also contain cheese, tomato, and lettuce. The ingredients are layered between three slices of toasted bread and cut into four triangles.

✕ PREPARING COLD SANDWICHES

When preparing cold sandwiches, keep in mind the following guidelines:

- Use the freshest bread possible. There is nothing worse than a cold sandwich prepared with tough, stale bread. If the bread is toasted, you can use day-old bread. However, butter it quickly after toasting. This preserves the moisture and keeps it from drying too quickly.
- Do not prepare salad sandwiches in advance. The moisture from chicken or egg salad will soak into the bread. The sandwich will be soggy by the time it is served. Use moisture barriers such as lettuce to help keep the bread dry. See Fig. 19-9.
- Make sure that cold sandwiches are served on cold plates.

✕ PLATING COLD SANDWICHES

Cold sandwiches are usually cut into halves or thirds. Triple-decker sandwiches are often cut into fourths. Each section is held together by a frilled toothpick.

COOKING TECHNIQUES:
Not applicable

GLOSSARY:
Chiffonade: ribbons of leafy greens

HACCP:
Keep all ingredients chilled to 41°F or below.

HAZARDOUS FOODS:
Mayonnaise
Ham
Salami
Turkey
Provolone and American cheese

NUTRITION:
Calories: 937
Fat: 44.5 g
Protein: 47.6 g

CHEF NOTES:

1. Serve with crosscut, seasoned French fries and cole slaw.
2. In quantity food production, the mayonnaise should be served on the side.

American Grinder

YIELD: 50 SERVINGS

SERVING SIZE: 1 SANDWICH

INGREDIENTS

| | |
|---------|---|
| 50 each | Submarine rolls, split |
| 1½ pts. | Mayonnaise |
| 2 heads | Iceberg lettuce, cleaned and washed, cut chiffonade |
| 7 lbs. | Tomatoes, washed, cored, and sliced |
| 6 lbs. | Ham, sliced thin |
| 3 lbs. | Salami, sliced thin |
| 6 lbs. | Turkey, sliced thin |
| 3 lbs. | Provolone cheese, sliced |
| 3 lbs. | American cheese, sliced |
| 50 each | Pickle spears |

METHOD OF PREPARATION

1. Split the submarine roll, spread with mayonnaise, and fill with shredded lettuce and tomato slices.
2. Fill with meats, alternating ham, salami, and turkey.
3. Top with sliced cheeses, cut in half, and serve with a pickle.

Sandwiches are often served with such accompaniments as potato chips, French fries, or soup. Salads such as cole slaw, fruit, green, potato, macaroni, and three-bean are also popular choices. Many restaurants offer a combination of a half sandwich with salad or soup as a daily special.

■ **Garnishing.** Cold sandwich garnishes should be selected carefully, as they impact the appearance of the plate. Choose items whose shape, color, and texture add interest to the dish. Some popular garnishes include fruit, radishes, and parsley.

SECTION 19-2

Knowledge Check

1. Name three types of hot sandwiches and three types of cold sandwiches.
2. What special considerations must be followed when preparing grilled and other hot closed sandwiches?
3. List three possible accompaniments for cold sandwiches.

MINI LAB

Prepare a hot sandwich with the given ingredients and equipment in your lab. List possible garnishes and accompaniments for your sandwich. Sample each other's hot sandwich creation.