

I'm not a robot































**Sandwich**, the small bread to the quantity and flavors of the other ingredients. All sandwiches fall into one of two general categories-hot or cold. A simple hot sandwich is either heated whole or consists of hot fillings, such as hot roast beef or grilled vegetables, between two slices of bread or two halves of a roll. Additional items such as fresh tomato, lettuce, onion, cheese, or pickles may be added. A flavor is added to a sandwich by adding hot fillings such as hamburgers and hot dogs are among the most popular hot sandwiches. A submarine sandwich usually refers to a sandwich with a long, slender, crusty roll. A cold sandwich is made up of cold fillings, such as cold roast beef, turkey, chicken, meat, tuna, cheese, or onion, with other toppings. These sandwiches are typically referred to as subs, grinders, hoagies, or hoagies. In some instances, the filling may be hot, such as in meatball subs.Wrap sandwich is made on any type of flat bread-for example, tortillas, pita bread, cracker bread, or rice-paper wrappers-and spread with a hot or cold sandwich filling. It is then rolled up. A pita, or pita bread, is a flatbread that can be opened for to form a pocket, as shown in the falafel pita sandwich here.A multidecker sandwich has more than two slices of bread, with several ingredients in the filling, as in this double-decker Bacon, Lettuce, and Tomato sandwich.The club sandwich is one example of a multidecker sandwich. A traditional club sandwich is three slices of toasted bread spread with mayonnaise and filled with an assortment of sliced chicken and/or turkey, ham, bacon, cheese, lettuce, and tomato. Serve club sandwiches cut into four triangles. Hold the slices together with toothpicks.An open-faced sandwich has only one slice of bread, without a second slice top of the fillings. Open-faced cold sandwiches can be made with a single slice of bread, with the filling or topping attractively arranged and garnished. Pictured here is an open-faced cold turkey, apple, and brie sandwich. Very simple cream cheese, dill, and cucumber hors d'oeuvres an open-faced tea sandwich Hors d'oeuvres are hot or cold bite-sized finger food items served before a meal. A classic type of Hors d'oeuvres is a tea sandwich or finger sandwich. Tea sandwiches are small, cold sandwiches usually served on bread or toast, trimmed of crusts, and cut into shapes. Tea sandwiches may also be served open-faced. Sometimes, cooks serve a single tiny slice of bread, a cracker, or other base with ingredients arranged on top in which case they are called canapés. Make canapés from bread or toast outcups, English muffins, crackers, Melba toasts, or tiny unsweetened pastry shells. Spreads can be as simple as flavored butter or softened cream cheese. Use meat or fish spreads to give a zestier flavor. Canapè Tea SandwichTo make an open-faced hot sandwich, first place one slice of buttered or unbuttered bread or half a roll on a serving plate. Then top it with hot meat or other fillings and cover it with a hot topping, such as sauce or cheese. Smaller versions of some types open-faced hot sandwiches can be made for hors d'oeuvres. Pictured here is an open-faced egg,rico (a frico is a northern Italian recipe for baking cheese until it forms a crispy disk).Grilled (or toasted) sandwiches are another type of hot sandwich. These are made by placing a filling between two pieces of bread, buttering the outside of the bread, and browning it in a hot oven. Grilled cheese, grilled ham and cheese, and tuna melt (grilled tuna salad and cheese)are popular varieties. Pictured here is a salami and pickle grilled cheese.Panini (PAH-nee-nee) sandwiches are made by grilling sandwiches on a panini press. This compresses the sandwich and warms the ingredients without adding additional fat to the outside of the sandwich.Deep-fried sandwiches are made by dipping the filled sandwich in beaten egg batter (and sometimes coating it with breadcrumbs) and deep frying it. Cook the sandwich on a flat griddle to reduce fat and make it less greasy. The most famous example of the deep-fried sandwich is the Monte Cristo, with is filled with turkey, ham, and swiss cheese, and made popular in the U.S. by the Walt Disney World Theme Park (and Bennigans).What Makes a Sandwich? Bread, Spread, Filling Preparing hot and cold sandwiches to order is an important skill for anyone who works in foodservice. Many operations prepare sandwiches to order to ensure their freshness. Cover sandwiches prepared ahead of time with a sheet of plastic wrap and store them in a refrigerator for service within three hours, or wrap them individually and refrigerate them for two to three days. While bread serves as an edible container for the food inside, it also provides bulk and nutrients. Pullman loaves, sandwich loaves of sliced white bread, are still the most frequently used sandwich bread. But hard rolls, pita bread, French bread, tortillas, flatbreads, multigrain bread, and cinnamon-and-raisin bread are also very popular. Many restaurant and Foodservice operations also offer a variety of whole wheat, marbled rye, and non wheat or gluten-free breads. Regardless of the type, any bread or roll must be served fresh. Pullman Loaf Classic French Baguette Swirled Rye Bread There are many different types of spread that can be used when preparing a sandwich. A spread serves three main purposes: to prevent the bread from soaking up the filling, to add flavor, and to add moisture. Butter and mayonnaise are the most common spreads. Butter must be soft enough to spread easily without tearing the bread. Butter can be softened by whipping it in a mixer. Butter flavored with lemon, chive, mustard, honey, or other ingredients is often used to add a unique flavor to a sandwich. An especially popular spread in recent years is avocado. While mayonnaise is often used instead of butter because it has more flavor, it actually adds moisture to the bread and can make it soggy. Commercially prepared mayonnaise has been made with pasteurized eggs, and is therefore less hazardous than homemade mayonnaise. Raw, unpasteurized eggs should never be used to make mayonnaise in Foodservice kitchens because of the increased risk of spoilage and food poisoning. There are hundreds of spreads and spread combinations which can make a sandwich truly special!

The filling of the sandwich is the main attraction. The purpose of the filling is to provide the primary flavor to the sandwich. Generally, the filling is protein based, but it does not have to be. Vegetable-based sandwiches are popular today, such as Caesar salad wraps or Portobello mushroom sandwiches. Fillings can vary from sliced or grilled meat and cheese to salad mixtures such as egg or tuna salad. The filling may be sliced, ground, blended, or tossed-any form that fits the type of sandwich being prepared. The flavors of a sandwich are limited only by the creativity of the sandwich cook. Sandwiches are often served with accompaniments. These vary from additional condiments such as ketchup, mustard, or horseradish sauce, to fresh and pickled vegetables such as lettuce, onion, tomato, and sweet or dill pickles. French fries or chips are also a popular accompaniment, as are potato salads and slaws. The three primary components to all sandwiches are bread, spread, and filling. The bread serves as an edible container for the food inside and provides additional bulk and nutrients. The spread prevents the bread from soaking up the filling and adds flavor and moisture. The filling is the main attraction and is generally the primary flavor of the sandwich,the least you need to know chef The Giant Chart of Primary Sandwich Components and Ingredients BeefRoast Beef (cold or hot); ham; bacon; Canadian bacon; liverwurstPoultryTurkey and chicken (roasted or deli)CheesesCheddar; Swiss; Monterey Jack; mozzarella; pepper jack; provolone; American; cream cheesePickled vegetablesDill and sweet pickles; olives, peppers, artichoke hearts; giardiana; kimchiCondimentsMayonnaise, mustard; horseradish sauce; ketchup; hot sauce; relish; barbecue sauce; butter;VegetablesLettuce; Tomato; onions, raw or grilled; sprouts (alfalfa, bean); spinach or other greens; eggplant; mushrooms (button and portobello)Assorted fillingsPeanut Butter and other nut butters; jelly; sliced, hard-cooked egg; fruit, fresh or dried; hummus; tabbouleh Professional Sandwich Stations Sandwich preparation involves a great deal of handwork, precision, and speed. It is important to reduce hand motions, whether preparing sandwiches in quantity or to order. The setup for a sandwich station depends on the operations menu and on available equipment and space. Like every other station in a professional kitchen, the sandwich station needs two basic things-ingredients and equipment. Many sandwich ingredients must be prepared ahead of time. This is called mise en place-preparing everything you need for the dish and having it all in its place. Depending on the sandwich, this could mean separating and cleaning lettuce leaves, slicing tomatoes, preparing garnishes, slicing meats and cheeses, mixing fillings, or preparing spreads. Arrange and store the ingredients to reduce hand movement. All the items should be within reach so you can work quickly and safely. At a busy sandwich station, every second counts. Portion sliced items by count and by weight. Portion fillings by weight as well. To keep recipes accurate, each ingredient must be counted or weighed properly. As always, following the recipe is essential to maintaining the quality of the sandwich and meeting the expectations of the guest. The type of equipment needed at a sandwich station depends on the size of the menu and the operation. An efficient sandwich station makes it easier to prepare sandwiches in large quantities. Most stations have the following: Work table: It must be big enough to spread out ingredients and do work. Storage facilities: This includes refrigeration equipment for cold ingredients, a steam table for hot ingredients, and dry storage for breads and dry goods as well as paper products, plates, etc.Storage materials: This includes plastic wrap, deli paper, and labels.Hand tools: This includes a spreader, spatula, serrated knife, chef's knife, cutting board, and meat slicer.Portion-control equipment: This includes scoops and dishers for fillings and a portion scale for measuring ingredients.Cooking equipment for hot sandwiches: This includes griddles, grills, broilers, deep-fryers, and microwave ovens. Sandwich Prep Table (with refrigeration) Spreader/Offset Bread Knife Deli Slicer Deli Paper for Wrapping Portion Control Disher Portion Scale Panini Griddle and Press Print Keyword Culinary 2, Sandwich 1 lb. Chicken Breast cut into pieces1/4 cup Greek Yogurt2 Tablespoons Fresh Lemon Juice1 Tablespoons Extra Virgin Olive Oil Tablespoons Red Wine Vinegar1 teaspoon Salt1/2 teaspoon Fresh Dill diced1 Garlic Cloves finely diced1 cucumber grated and squeezed to drain1 Tomatoes diced1 Cucumber peeled and diced1/4 Red Onion diced1 Tablespoons Fresh Italian Parsley diced1 Tablespoon Extra Virgin Olive OilSalt and Pepper to tasteFeta Cheese2-3 Greek Pita BreadsPlace chicken, yogurt, lemon juice, olive oil, vinegar, salt, pepper, and oregano in bag and let marinate at least 30 minutes, preferably overnight.Stir together yogurt, olive oil, lemon juice, vinegar, salt, dill, and garlic. Stir in grated cucumber and taste for seasonings. Squeeze the cucumber to remove excess water before adding to rest of ingredients. Refrigerate for at least one hour and preferably overnight.Place tomatoes, cucumber, red onion, parsley, olive oil, salt and pepper in bowl. Stir to coat. Season to taste. Refrigerate for at least 30 minutes.Chicken can be cooked on grill or in skillet. To cook on grill place chicken on kebobs and heat grill to medium heat. Cook for 5-7 minutes per side or until chicken is fully cooked.To cook chicken on skillet, Heat skillet to medium high heat. Sprinkle with oil. Add chicken and cook for 8-10 minutes, or until chicken is fully cooked and golden brown.Place chicken in pita bread. You can warm the pita bread to make it pliable. Top with tzatziki sauce and greek salad. Garnish with additional feta and whole parsley leaves, if desired. Print Keyword Culinary 2, Sandwich 6 slices white bread1/3 cup mayonnaise4 romaine lettuce leaves8 slices vine-ripened tomatoesKosher salt and freshly ground black pepper to taste5 ounces extra-sharp cheddar cheese2 ounces swiss grated3 ounces extra-sharp cheddar gratedCombine the mayonnaise, mustard, and parmesan. Season with salt and pepper to taste. Spread one side of bread slices lightly with butter. 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While those are the Italian classics, chefs around the world have put their modern stamps on this traditional sandwich. Some modern takes on the panini include the following: Chicken breast, avocado, roasted tomatoes, provolone, and scallion aioli.Prosciutto, blue cheese, and candied pecans.Smoked mozzarella and grilled eggplant.Spanish ham, manchego cheese, and sliced apple.Sauteed mushrooms, onion, and taleggio cheese. Most historians agree that the panini originated in the sandwich shops of Italy, called paninoteche, sometime during the 1960s. They gained the most popularity in larger cities like Milan. From there, Americans quickly picked up on the trend, and paninis became widely prevalent in the States during the 1970s. They were popular among workers who wanted a quick, trendy, and tasty lunch. 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