

## **GUIDELINES FOR SANDWICH PREPARATION**

Sandwiches may be served hot or cold, closed or open-faced. Variation in the bread and rolls will provide variety in flavor, texture, size, and shape. Enriched white, rye, whole wheat, pumpernickel, French, raisin, and Italian breads, plus hot dog, hamburger, soft and hard rolls, English muffins, and pita bread can be used in sandwiches. Bread with a relatively firm texture makes good sandwiches for eating out-of-hand without bending or losing filling.

### **DIRECTIONS FOR MAKING SANDWICHES**

#### **PRE-PREPARATION**

1. Have sandwich counter, tools, and equipment clean and sanitary.
2. Following recipe card, have all ingredients ready to use:
  - Wash lettuce thoroughly; core, separate leaves, drain, and crisp.
  - Evenly slice foods such as tomatoes, cheese, and meats. Cross-stack sliced ingredients such as cheese and meat for quick and easy pickup.
  - Prepare mixed sandwich fillings.
3. Allow plenty of space to work.
4. Assemble all equipment and ingredients in advance, and place within easy reach toward back of work space.
5. Arrange ingredients in the order to be used.

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#### **SANDWICH ASSEMBLY**

1. Using both hands, grasp bread slices, rolls, or buns, and lay in two rows.
2. Place sliced filling or scoop of filling in center of each slice.
3. Use a stroke of the spatula away from you and a stroke towards you to spread filling evenly to edges of bread.
4. With both hands, grasp bread, rolls, or buns, and drop over each filled slice matching edges.
5. Repeat Steps 2 through 4 stacking sandwiches 3 high.
6. Hold sandwiches together with thumb and first finger of left hand. Cut through one stack at a time with a sawing motion. Place in waxed paper or in pans with covers. Refrigerate until ready to heat or serve.
7. DO NOT add tomatoes or lettuce to sandwiches until just before serving. For box or bag lunches, wrap tomatoes and lettuce separately.
8. Serve sandwiches the same day they are made.

#### **SANDWICH HANDLING PRECAUTIONS**

1. Make prepared fillings only in such quantities as will be used during one serving period. AVOID LEFTOVERS. Chill meat, fish, poultry, egg or protein mixture fillings thoroughly before spreading on sandwiches. DO NOT HOLD these fillings at room temperature for more than three hours from preparation to consumption.
2. Handle bread and fillings as little as possible during preparation. Avoid the use of hands in direct contact with foods if tools or equipment can do the job efficiently.
3. DO NOT stack sandwiches for refrigeration more than 3 high. A high stack will insulate the filling and prevent it from quickly reaching the desired temperature.
4. Sandwich mixes or spreads with salad dressings, ground meat, or chopped eggs should not be used for box lunches or bag meals.

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### **SANDWICH DEFINITIONS**

1. **BOX OR BAG LUNCH SANDWICH:** 2 slices of bread and a filling. Fillings that are potential food hazards, such as egg, tuna, and ham salad, ground beef, or any chopped or mixed food, should not be used. Cold sliced turkey, chicken, roast beef, ham, cheese, and peanut butter and jelly are suitable. The sandwich is cut in half for convenience in eating.
2. **CLUB SANDWICH:** 3 or more slices of toasted bread, Salad Dressing, and put together with a different filling in each layer. Sandwich is cut in triangles. Toothpicks are used to hold layers together, if necessary.
3. **GRILLED OR TOASTED SANDWICH:** 2 slices of bread filled with desired filling (cheese is often used). The whole sandwich is grilled on a lightly greased griddle or is placed on a sheet pan and toasted in an oven. Serve hot.
4. **FINGER SANDWICH:** 2 slices of bread and a filling such as egg, tuna, or ham salad. The sandwich is cut into 3 equal rectangular-shaped strips. For variety, sandwiches may be prepared with more than 1 filling.
5. **“SLOPPY JOE” SANDWICH:** Barbecued ground beef spread between a split sandwich bun.
6. **HOT SANDWICH:** 2 slices of bread or toast placed on a plate with hot sliced meat. Gravy or sauce is poured over the sandwich.
7. **OPEN-FACED SANDWICH:** 1 or 2 slices of bread, topped with any desired sandwich spread or covered with sliced meat, cheese, tomato, etc.
8. **SUBMARINE SANDWICH (HERO, HOAGIE, OR POOR BOY):** A loaf of French bread or a hard roll is cut in half lengthwise. On bottom half, layers of thinly sliced salami, cheese, ham, bologna, turkey, roast beef, or tuna salad, and lettuce are arranged. Sandwich is covered with the top half and cut into portions.

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