

# Sandwiches and Appetizers

## SECTIONS

19.1 Sandwich-Making Basics

19.2 Sandwiches

19.3 Hot Appetizers

## WRITING ACTIVITY

### Step-By-Step Guide

Sandwiches are prepared in steps. Write a step-by-step guide for making your favorite type of sandwich. Be clear and concise with your directions.

### Writing Tips

- 1 Explain any terms your reader may not know.
- 2 Write each step in chronological order.
- 3 Use appropriate transition words and verbs.

### EXPLORE THE PHOTO

Sandwiches are a convenient meal choice for many occasions. *What makes sandwiches a convenient meal?*



# Sandwich-Making Basics

*Learn the fundamentals of sandwich making.*

## Reading Guide

### Before You Read

**Use Diagrams** As you read through this section, write down the main idea. Write down any facts, explanations, or examples you find in the text. Start at the main idea and draw arrows to the information that directly supports it. Then, draw arrows from these examples to any information that supports them.

### Read To Learn

#### Key Concepts

- **Identify** different types of sandwiches.
- **Distinguish** between various breads and spreads for sandwiches.
- **Select** appropriate sandwich fillings.

### Content Vocabulary

- Pullman loaf
- croissant
- focaccia
- kaiser roll
- torpedo roll
- pita
- tortilla
- chapatti
- phyllo
- crêpe
- mayonnaise
- pesto
- sauerkraut

### Main Idea

A sandwich consists of bread, a spread, and fillings. It takes skill to make sandwiches that are both delicious and nutritious.

### Academic Vocabulary

- foundation
- maintain

### Graphic Organizer

There are five different types of sandwiches. Use a diagram like this one to write notes about the five common sandwich types.

Closed Sandwiches	Open-Face Sandwiches	Triple-Decker Sandwiches	Finger Sandwiches	Wraps

 **Graphic Organizer** Go to this book's Online Learning Center at [glencoe.com](http://glencoe.com) for a printable graphic organizer.

### ACADEMIC STANDARDS

#### English Language Arts

**NCTE 7** Conduct research and gather, evaluate, and synthesize data to communicate discoveries.

#### Mathematics

**NCTM Problem Solving** Solve problems that arise in mathematics and in other contexts.

#### NCTM Measurement

Understand measurable attributes of objects and the units, systems, and processes of measurement.

**NCTE** National Council of Teachers of English

**NCTM** National Council of Teachers of Mathematics

**NSES** National Science Education Standards

**NCSS** National Council for the Social Studies

# Sandwich Types

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 the ingredients that you choose, a sandwich can be a nutritional powerhouse or a high-fat meal. The vast array of ingredients also increases the skill level that is needed to prepare sandwiches by foodservice workers. Through organization and practice, you can learn to make fresh, flavorful sandwiches that will appeal to a wide variety of customers. Types of hot and cold sandwiches include closed, open-face, triple-decker, finger, and wraps.

- **Closed Sandwiches** These sandwiches have two slices of bread with the filling placed in between them.
- **Open-face Sandwiches** The spread and fillings of an open-face sandwich are added to the top of one or two pieces of bread. The bread slices are not closed together after the filling is put into place.
- **Triple-Decker Sandwiches** These sandwiches include three slices of bread that are stacked. Fillings are placed between each layer.

## Safety Check

✓ **Guard Against Bacteria Growth**  
Sandwiches often combine hot and cold items. This is a perfect environment for bacteria growth. Follow these guidelines to avoid cross-contamination:

- Keep hot foods hot and cold foods cold.
- Wash your hands with hot, soapy water before, during, and after handling different foods.
- Minimize the cross-use of utensils.
- Frequently clean and sanitize all work surfaces and utensils.

**CRITICAL THINKING** *How does keeping hot foods hot and cold foods cold help avoid cross-contamination?*

- **Finger Sandwiches** These small, fancy closed sandwiches often have their crusts removed, and are usually cut into various shapes. Finger sandwiches are also sometimes used as appetizers.
- **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.



**Describe** What does an open-face sandwich look like?

# Breads and Spreads

Bread provides the base to a sandwich and adds to the appearance and flavor of the final product. If you choose a fresh and tasty bread, you will build a sandwich on a solid **foundation**, or starting point. It is important to keep the bread fresh and dry for a tasty, appealing sandwich.

Spreads act as a barrier between the fillings and the bread. They prevent moist fillings from soaking into the bread, making the sandwich difficult to pick up and unappealing.

## Types of Bread

There is a vast array of tasty and nutritional sandwich breads from which to choose. These can range from bagels to buns to Pullman loaves. A **Pullman loaf** is a rectangular-shaped sandwich bread loaf with a flat top and an even texture. Croissants (krò-'sänts) and fruit breads also can be used to make flavorful sandwiches. A **croissant** is a flaky, crescent-shaped roll that makes an interesting sandwich. When you choose breads for sandwiches, choose ones that are not too hard or crusty, or that overpower the taste of the filling. Also, choose breads that are thick and firm enough to hold the filling without tearing when the sandwich is picked up. If a bread choice is soft, you may want to cut the sandwich in half to make it easier to pick up.

White, rye, sourdough and wheat bread are typical cold sandwich choices. Today, however, many types of flatbreads are also used to make sandwiches. One popular flatbread is focaccia (fō-'kă-ch(ē-)ə). **Focaccia** is an Italian flatbread that is flavored with olive oil and herbs. It has a hearty, robust flavor.

Small, rectangular loaves of white or rye bread are also used for finger sandwiches. These breads can be sliced thinly and still **maintain**, or keep, a circle, diamond, or triangle shape after they are cut. Some breads crumble easily when they are sliced. Avoid using these breads for sandwiches that are thinly sliced unless the bread has been frozen before being sliced. This will help the sandwiches hold their shapes.

## Rolls

In addition to traditional hot dog and hamburger rolls, there are many other types of rolls that can be used for sandwiches. These rolls include hard, kaiser ('kī-zər), onion, and torpedo (tôr-'pē-(,)dō), a crusty, chewy Italian roll. A **kaiser roll** is a round, crusty roll that is often sprinkled with poppy or sesame seeds. A **torpedo roll** is a long, skinny sandwich roll. Local terms for sandwiches made with torpedo rolls vary as to region. They are called heroes in the New York City area, hoagies in Philadelphia, grinders in New England, poor boys in New Orleans, and submarine sandwiches or subs all over the country.

Other specialty breads can also be used for sandwiches. A **pita** ('pē-tə) is a round-shaped flatbread cut open to form a pocket. A **tortilla** (tôr-'tē-yə) is a flattened, round bread baked on a griddle or deep-fried. It can be cut into pinwheel sections for open-face sandwiches, or used as a wrap for sandwich fillings. A **chapatti** (chə-pä-tē) is an Indian whole-wheat flatbread. **Phyllo** ('fē-(,)lō) is a very thin, layered pastry dough. Both of these can also be used to create sandwich wraps. Another option is a crêpe ('krāp). A **crêpe** is a small, thin pancake made with egg batter. Crêpes make excellent wraps for sweet sandwiches.

## ❖ Nutrition Notes ❖

### Sandwich Nutrition

Sandwiches can contain ingredients from all of the food groups, and provide a variety of nutrients. Carefully combine ingredients to make sandwiches hearty, healthful creations. Lighter alternatives to bread 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.

**CRITICAL THINKING** *What are some other ways to lower the fat in sandwiches?*

## Types of Spreads

There are three main types of sandwich spreads: butter, mayonnaise, and vegetable purées. Butter and mayonnaise keep wet fillings from soaking into the bread as well as from falling off of the bread. Mustards are also a popular sandwich spread, although they are usually combined with other spreads because they do not provide a barrier against moisture for the bread. There are many different types of mustards to use.

### Butter

Butter adds a smooth, rich flavor to a sandwich. Flavored butters, such as red chili butter or garlic butter, can add zip to a fish or pork sandwich. Whip or soften the butter to increase its volume and softness for easy spreading. This way, the butter will not tear the bread when it is spread. Whipping the butter can also help cut food costs because you will use less butter overall on the bread.

Some people prefer to use margarine instead of butter. Both contain partially saturated fat. Butter has more essential fatty acids and vitamins than margarine. However, margarine has no cholesterol. The choice between butter and margarine for a sandwich spread is a matter of preference and taste. Some people prefer the taste of butter.

## Mayonnaise

Mayonnaise has been the spread of choice of sandwich makers for generations. **Mayonnaise** is a permanent suspension of egg yolks, oil, and vinegar or lemon juice. It is used as a spread on many different types of sandwiches. There are low-fat and nonfat versions of mayonnaise that are available. It is hard to imagine a bacon, lettuce, and tomato sandwich or a tuna salad sandwich without mayonnaise. Even mayonnaise, however, can be flavored with herbs, fruits, pesto, and condiments such as mustard to give it more flavor and make a sandwich more interesting. **Pesto** (pes-(,)tō) 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.

Mayonnaise is usually purchased ready-made. However, mayonnaise can be made by hand. Even though most culinary professionals will not have to make mayonnaise, it is good to know how. Some specialty foodservice businesses make mayonnaise by hand every day. To make mayonnaise, you would combine the ingredients and whisk while slowly adding oil to create the emulsion.

## Small Bites

**Sandwich Accompaniments** Sandwich accompaniments may include one or more of the following:

- Raw vegetables
- Salad or fruit
- Grilled, marinated vegetables
- Pickle spears, or green or black olives
- Chips or French fries

## Vegetable Purées

Vegetable purées are often made with chopped olives, avocados, or eggplant. These purées make an interesting alternative spread to use on sandwiches. Purées add different flavors and textures to sandwiches, but they usually do not provide a moisture barrier.

If you use a vegetable purée, you may wish to add another spread or a lettuce leaf that will act as a barrier. You may also wish to apply the spread immediately before you serve the sandwich.

**Reading Check List** What types of rolls are used to make sandwiches?



**Nutritional Fillings** Vegetables are a common pita sandwich filling. *What nutritional elements can you spot in this pita sandwich?*

# Sandwich Fillings

Sandwich fillings may include hot or cold meats, poultry, fish, cheeses, vegetables, or a combination of all of these items. The only real limit to the filling of a sandwich is your imagination. The filling is the main attraction of a sandwich, so you must prepare each filling item carefully and make sure that it is of the highest quality. For example, a chicken breast that will be used as a filling must be carefully cooked and sliced. The lettuce for the sandwich must be crisp and completely rinsed and dried. Tomatoes and onions should be evenly sliced. This makes for a better presentation as well as a more appealing sandwich.

Vegetables that are grilled or marinated, such as red and yellow peppers, make elegant, colorful fillings. A pita sandwich that is filled with vegetables and a flavorful dressing is packed with zest and nutrition. Finger sandwiches often contain cream cheese that is topped with finely chopped vegetables that give color and texture to the cream cheese. Vegetarian sandwiches can be made with different vegetables and sprouts to add texture and flavor, as well as nutrition.

## Meats, Poultry, Fish and Seafood

Most sandwiches feature some type of protein food as a filling. Chicken, turkey, beef, pork, ham, eggs, and tuna are common sandwich fillings. Fish is becoming a more common filling. Let your imagination be your guide when you choose a protein for a sandwich.

### Small Bites

**Cut for Appeal** The way a sandwich is cut adds to its visual appeal. The arrangement of sandwich sections on a plate gives the customer a hint of the filling. Avoid pushing down on a sandwich before or during cutting. Cut sandwiches as close to serving time as possible.

## Gourmet Math

### Calculate Food Orders

When you plan a meal for a large number of people, you can prevent overbuying or underbuying of ingredients by using your knowledge of multiplication and division.

For example, imagine you need to purchase ingredients for chicken salad sandwiches for a luncheon buffet with 345 guests. Expect one-third of the guests to eat chicken salad sandwiches. Each sandwich consists of 3 ounces of chicken salad and two tomato slices on a croissant. Chicken salad comes in 32-ounce containers. Croissants are sold 12 in a package. One tomato can be cut into 8 slices. What quantity of each ingredient should you purchase?

**Math Concept Multi-Step Problems** When presented with a complex problem, identify the individual calculations required. If some steps depend on answers from other steps, perform the steps in the appropriate order.

**Starting Hint** First, determine how many sandwiches are needed by multiplying 345 guests by  $\frac{1}{3}$ . Calculate the amount of chicken salad needed by multiplying 3 ounces times the number of sandwiches, then dividing by 32 (to find the number of containers). At each step, if your answer has a remainder, round up to the next whole number (because you cannot purchase fractional containers).

**NCTM Problem Solving** Solve problems that arise in mathematics and in other contexts.

These ingredients can also be combined with other fillings to create a hearty sandwich. Corned beef and sauerkraut ('sau(-ə)r-,kraüt), spicy chicken sausage and red peppers, and broiled crab and cheese are good examples of combined fillings. **Sauerkraut** is finely sliced cabbage that has been fermented in brine.

The key to a flavorful sandwich is understanding which food flavors will work well together. You must also consider which breads, spreads, and vegetables will give the sandwich the correct texture. If flavors do not mix well together, customers will not order the sandwich again, and the restaurant will lose money.

# Prepare Quantities of Sandwiches

- 1** Set up your work station so that 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** Arrange slices of bread or rolls in equal rows on the sheet pan.
- 3** Use a spatula to apply a spread to each slice of bread or portion of the roll. This seals the bread before the filling is added. It helps prevent sandwiches from getting soggy.
- 4** Arrange any base vegetables such as lettuce on top of the spread.



- 5** Add any other vegetables onto the spread. Add the filling.



- 6** Use a spatula to spread the filling evenly.



- 7** Add tomatoes. Using both hands, cover the two middle rows with the remaining slices of bread or half of the roll.



- 8** Either plate the sandwiches immediately or wrap them in plastic wrap and refrigerate until they are served.

# American Grinder

YIELD: 50 SERVINGS  
SERVING SIZE: 1 SANDWICH

## 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.

## Ingredients

50	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	Pickle spears

## Chef Notes

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

## Substitutions

- To lower the fat, use low-fat or nonfat cheeses or vegetable slices, and lean cuts of meat.
- Use mustard instead of mayonnaise to lower cholesterol. Or, replace salami with lean roast beef.

## Cooking Technique

There is no cooking required for this dish.



## International Flavor

In the southern United States, a sandwich served on an elongated roll is called poor boy. In New England, it is called a grinder. Research these other forms of sandwiches, and create a chart to show their similarities and differences.

- panino (Italy)
- gyro (Greece)
- schwarma (Middle East)

## Glossary

**Chiffonade** ribbons of leafy greens

**Crosscut** sliced across the surface

## HACCP

- Keep all ingredients chilled to 41°F (5°C) or below

## Hazardous Foods

- Mayonnaise
- Ham
- Salami
- Turkey
- Provolone and American cheese

## Nutrition

<b>Calories</b> 740	<b>Calories from Fat</b> 400
<b>Total Fat</b> 45g	Saturated Fat 20g
	Trans Fat 0g
<b>Cholesterol</b> 115mg	
<b>Sodium</b> 3070mg	
<b>Total Carbohydrate</b> 43g	
	Fiber 5g
	Sugars 5g
<b>Protein</b> 44g	
• Vitamin A 25%	• Vitamin C 25%
• Calcium 45%	• Iron 20%

## Sanitation Check

### ✓ Handle Cheese

Follow these guidelines when you handle 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.

**CRITICAL THINKING** *How does keeping cheese wrapped prevent it from drying?*

## Cheese

Cheese plays an important part in many sandwiches. It is often used as the main source of protein in vegetarian sandwiches. Cheese is also full of important nutrients. It is high in protein, vitamin A, calcium, and phosphorus.

Cheese can also be high 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. This could create a problem when these cheeses are used for hot sandwiches. Knowing the types and characteristics of cheeses will help you select the best cheese for any particular sandwich.

## Types of Cheese

Many different types of soft, semisoft, semihard, 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 the different types of cheese, see Section 18.3.)

 **Reading Check** **Explain** Why is cheese an important part of a sandwich?

## SECTION 19.1 After You Read

### Review Key Concepts

1. **Compare and contrast** open-face and closed sandwiches.
2. **List** the guidelines for choosing a sandwich bread.
3. **Select** appropriate sandwich accompaniments.

### Practice Culinary Academics



#### English Language Arts

4. Perform research to learn the history of the sandwich. Find out about its origins and how it became a popular meal. Compare an American sandwich with a type of sandwich served in another country. Write an essay about the differences and similarities, using an opening paragraph, a body, and a closing paragraph.

**NCTE 7** Conduct research and gather, evaluate, and synthesize data to communicate discoveries.



### Mathematics

5. Marco is preparing a giant submarine-style sandwich for a luncheon. The entire sandwich is 7 feet long, and must be cut into 32 slices. How long in inches should each slice be?

**Math Concept** **Equivalent Lengths** There are 12 inches in 1 foot. Convert feet to inches by multiplying by 12. Convert inches to feet by dividing by 12.

**Starting Hint** The question asks for the length of each slice in inches, so begin by converting 7 feet into inches. Divide that amount by 32 to find the per-slice measurement. Reduce any fractions to lowest terms.

**NCTM Measurement** Understand measurable attributes of objects and the units, systems, and processes of measurement.



Check your answers at this book's Online Learning Center at [glencoe.com](http://glencoe.com).

# Sandwiches

*Sandwiches are a classic meal for most restaurants.*

## Reading Guide

### Before You Read

**Adjust Reading Speed** Improve your comprehension by adjusting reading speed to match the difficulty of the text. Slow down and, if needed, reread each paragraph. Reading more slowly may take longer, but you will understand and remember more.

### Read to Learn

- **Outline** the steps in making and plating different types of hot sandwiches.
- **Explain** the procedure for making various types of cold sandwiches.

### Content Vocabulary

- grilled sandwich
- Monte Cristo
- au jus
- pastrami
- club sandwich
- salad sandwich

### Academic Vocabulary

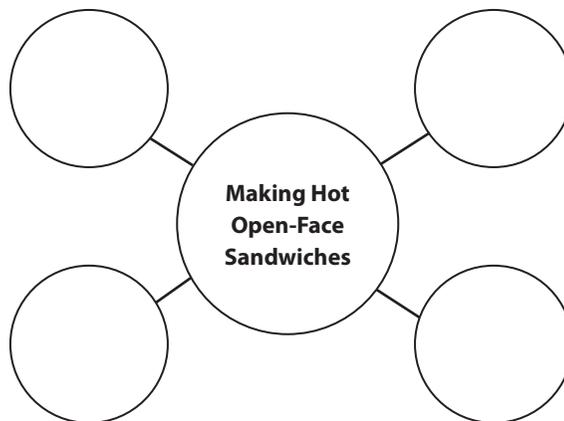
- variation
- obtain

### Main Idea

Sandwiches can be either hot or cold. Many of the same type of ingredients are used in hot or cold sandwiches.

### Graphic Organizer

As you read, use a web diagram like the one below to list the four tips to keep in mind when you make hot open-face sandwiches.



**Graphic Organizer** Go to this book's Online Learning Center at [glencoe.com](http://glencoe.com) for a printable graphic organizer.

## ACADEMIC STANDARDS

### English

**NCTE 8** Use information resources to gather information and create and communicate knowledge.

### Mathematics

#### NCTM Geometry

Analyze characteristics of two- and three-dimensional geometric shapes and develop mathematical arguments about geometric relationships.

### Science

**NSES C** Develop an understanding of the behavior of organisms.

### Social Studies

#### NCSS I E Culture

Demonstrate the value of cultural diversity, as well as cohesion, within and across groups.

**NCTE** National Council of Teachers of English

**NCTM** National Council of Teachers of Mathematics

**NSES** National Science Education Standards

**NCSS** National Council for the Social Studies

# Hot Sandwich Basics

From the all-American hot dog to the elegant Monte Cristo, hot sandwiches are popular with customers of all ages. Cold sandwiches, such as tuna salad or bacon, lettuce, and tomato, 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 hot 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. Pizza can be made with either a thin or a thick crust. There are many pizza topping combinations, such as pepperoni and mushroom. Many restaurants regularly offer individual-size pizzas, and some restaurants offer unusual toppings, such as barbecued chicken.

### Small Bites

**Sandwich-Making Techniques** When you set up a sandwich work station, have these utensils close at hand: sharp knives, serving spoons, a spatula, a toaster, tongs, and a cutting board.

## 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 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.

## Grilled Sandwiches

Grilled cheese sandwiches are a traditional favorite. To make a **grilled sandwich**, you would butter and then brown the outside of each slice of bread on the griddle. You can create an interesting **variation**, or change, such as grilled cheese and avocado or grilled tuna and cheese.



**Combination Fillings** Hot fillings are often combined with cold vegetables such as avocado, lettuce, tomatoes, or onions. *What might you serve with this hot sandwich?*

## Fried Sandwiches

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

A **Monte Cristo** is a closed, shallow-fried or deep-fried sandwich. 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 shallow-fried or deep-fried.

## Hot Sandwich Preparation

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

- When you grill sandwiches, the filling is only heated, not cooked. Make sure all hot meat fillings are thoroughly cooked before you grill them.

- Completely assemble the sandwiches before grilling. Because most of them contain cheese, they cannot be pulled apart to add other fillings after they are heated.
- Make sure that cold fillings, such as lettuce, are crisp and cold. If they are placed underneath hot fillings such as cheese, they may wilt.
- 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, onion, and pickles are placed to the side.
- Do not 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.

## Hot Sandwich Plating

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

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

## Tips for Hot Open-Face Sandwiches

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

- If the sandwich has gravy, sauce, or melted cheese on top, do not 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.
- Do not 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.

## A TASTE OF HISTORY

1762

Earl of Sandwich invents the modern sandwich

1765

The Stamp Act is passed

### The History of the Sandwich

Hoagies, subs, and grinders are all varieties of the popular sandwich. Some historians believe that the very first sandwich was made in ancient times during a Jewish Passover seder. It consisted of chopped nuts and spices between two pieces of matzoh. Centuries later, legends say that the Earl of Sandwich in England created a bread-enclosed food that would eventually evolve into the diet staple that we know today.

### History Application

Imagine that you own a sandwich shop that features sandwiches from around the world. Create a menu board that lists all the varieties of sandwiches you sell and what ingredients they feature.

**NCSS I E Culture** Demonstrate the value of cultural diversity, as well as cohesion, within and across groups.

# Monte Cristo Sandwich

YIELD: 50 SERVINGS  
SERVING SIZE: 5 OZ.

## Ingredients

6.25 lbs.	Turkey breast, cooked and sliced thin
6.25 lbs.	Virginia ham, sliced
50 oz.	Swiss cheese, sliced
150 slices	White bread
25 each	Whole eggs, slightly beaten
1 lb.	Butter or oil

## Method of Preparation

1. Place a slice of bread on a sheet pan; place one slice of turkey on the bread, and then place a second slice of bread on the turkey.
2. Place one slice of ham and one slice of Swiss cheese on top of the second slice of bread. Cover with a third slice of bread.
3. Dip the sandwich in egg. Cook on both sides to a golden brown on a well-buttered griddle. Cut in half on the diagonal. Hold at 135°F (57°C).

## Cooking Technique

### Grill

1. Clean and heat the grill.
2. To prevent sticking, brush the food product with oil.

## Chef Notes

In some regions, this sandwich is fried. Do not prepare the sandwiches too far in advance, because they will become soggy.

### Substitutions

- To lower the fat, use low-fat or nonfat cheese, or vegetable slices.
- Use whole-grain bread to increase fiber content.
- Spread mustard on the inside of the sandwich to add flavor.

## International Flavor

Grilled sandwiches are popular in many cultures. Research the history of these grilled sandwiches, and write a one-page paper on their similarities and differences.

- Reuben (United States)
- Croque monsieur (France)
- Panini (Italy)

## Glossary

**Assembly line** system of organized steps to do a lot in little time

## HACCP

- Hold at 135°F (57°C) or above

## Hazardous Foods

- Ham
- Cheese
- Turkey
- Eggs

## Nutrition

<b>Calories</b> 540	<b>Calories from Fat</b> 230
<b>Total Fat</b> 25g	
Saturated Fat 11g	
Trans Fat 0g	
<b>Cholesterol</b> 200mg	
<b>Sodium</b> 1790mg	
<b>Total Carbohydrate</b> 44g	
Fiber 0g	
Sugars 10g	
<b>Protein</b> 35g	
• Vitamin A 10%	• Vitamin C 15%
• Calcium 35%	• Iron 20%

**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.

**Au Jus** Open-face sandwiches are sometimes served **au jus** (ō-'zhü(s)), or accompanied by the juices that a chef will **obtain**, or get, from roasting meat. A barbecued chicken sandwich might be accompanied by a cup of barbecue sauce. A French dip sandwich is served with a cup of jus on the side of the plate. The sandwich is dipped into the jus before it is eaten.



**List** What are three types of hot sandwiches?



**Salad Sandwiches** Prepare salad sandwiches, such as this one, immediately before serving. *Why should this be done?*

## Cold Sandwich Basics

Some cold sandwiches are made with pre-cooked poultry, fish, or meat. Roast beef, pastrami (pə-'strä-mē), or turkey deli sandwiches, for example, are typically served cold. **Pastrami** is a seasoned smoked meat. The vegetables added to cold sandwiches, such as onions or pickles, are also served cold.

Some cold sandwiches are nutritionally balanced and need no accompaniment, such as a spicy lentil pita sandwich with yogurt sauce.

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.

## Preparation and Plating

When you prepare cold sandwiches, there are several guidelines to keep in mind. Use the freshest bread possible. If the bread is toasted, you can use day-old bread. However, butter the bread quickly after toasting it to preserve moisture and keep it from drying out.

Do not prepare salad sandwiches in advance. A **salad sandwich** is a sandwich that has a salad made with a fatty dressing, such as mayonnaise, as the filling. The moisture from a salad such as chicken salad or egg salad will soak into the bread. If the sandwich is prepared ahead of time, it will be soggy by the time it is served. Use moisture barriers such as lettuce to help keep the bread dry.

Plate hot sandwiches on hot plates, and cold sandwiches on cold plates. Garnish the plates as appropriate for the type of sandwich. Many sandwiches are cut in half diagonally to show the fillings and to create a dramatic presentation. Frilled toothpicks are often used to keep sandwich halves from falling apart.

## Cold Sandwich Plating

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. Make sure that cold sandwiches are served on cold plates. Otherwise, the sandwich may become warm.

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

**Garnishing** Garnishes for cold sandwiches should be selected carefully. They will impact the appearance of the plate and the texture and flavor of the sandwich. Choose garnishing items whose shape, color, and texture add interest to the sandwich. Some popular garnishes include fruit, radishes, celery and carrots, lettuce, and parsley. Some garnishes are meant to be eaten with the sandwich, such as the lettuce, tomato, and onion that are presented on the plate with a hamburger. Others, such as a beautifully carved radish, are meant to bring color and texture to the plate, although they are edible.

 **Reading Check** **Identify** What are three accompaniments for cold sandwiches?

## SECTION 19.2 After You Read

### Review Key Concepts

1. **Describe** how to plate hot sandwiches.
2. **Explain** how to choose a garnish for a cold sandwich.

### Practice Culinary Academics

#### English Language Arts

3. The word sandwich comes from the fourth Earl of Sandwich. Many words are derived from people's names. These words are called eponyms. Can you find other examples of eponyms? Write a list, and discuss your list with the class.

**NCTE 8** Use information resources to gather information and create and communicate knowledge.

#### Science

4. **Procedure** Obtain some mustard seeds or other sprouting seeds, and follow the directions on the package to grow the sprouts.  
**Analysis** Once the sprouts have grown, add them to a sandwich. Do they make a good sandwich ingredient? Write an evaluation of how the sprouts added interest to the sandwich.

**NSESC** Develop an understanding of the behavior of organisms.

### Mathematics

5. Liam slices a pizza into 10 equal slices. In degrees, what is the measure of the angle of each slice? If, on a second pizza, Liam makes his cuts at  $45^\circ$  angles, how many slices will he cut?

**Math Concept** **Central Angles** In a circle, when two lines extend inward from the circle's outer edge and come together in the center, they form a central angle. The sum of all central angles in a circle is  $360^\circ$ .

**Starting Hint** Think of the point of each pizza slice as a central angle. Because the first pizza was divided into 10 equal sections, the angle of each section must be  $360^\circ \div 10$ . The second pizza calculation would follow this equation:  $360^\circ \div 45^\circ =$  the number of slices.

**NCTM Geometry** Analyze characteristics of two- and three-dimensional geometric shapes and develop mathematical arguments about geometric relationships.



Check your answers at this book's Online Learning Center at [glencoe.com](http://glencoe.com).

# Hot Appetizers

*Enticing hot appetizers can make a meal special.*

## Reading Guide

### Before You Read

**What You Want to Know** Write a list of what you want to know about hot appetizers. As you read, write down the heads in this section that provide that information.

### Read to Learn

#### Key Concepts

- **Give examples** of various types of hot appetizers.
- **Categorize** methods for serving hot appetizers.

### Content Vocabulary

- brochette
- bouchée
- barquette
- Swedish meatball
- rumaki

### Academic Vocabulary

- emphasize
- proportional

### Main Idea

Appetizers are designed to stimulate the appetite. A variety of advanced food preparation techniques are used to prepare and arrange hot appetizers.

### Graphic Organizer

There are three types of service for hot appetizers. Use a chart like this one to list the services, give the reason for using that type of service, and give an example of a setting where that type of service may be used.

Service	Reason	Example

 **Graphic Organizer** Go to this book's Online Learning Center at [glencoe.com](http://glencoe.com) for a printable graphic organizer.

### ACADEMIC STANDARDS



#### English Language Arts

**NCTE 12** Use language to accomplish individual purposes.



#### Mathematics

**NCTM Measurement** Apply appropriate techniques, tools, and formulas to determine measurements.



#### Science

**NSES A** Develop abilities necessary to do scientific inquiry.

- NCTE** National Council of Teachers of English
- NCTM** National Council of Teachers of Mathematics
- NSES** National Science Education Standards
- NCSS** National Council for the Social Studies

# Make Hot Appetizers

Appetizers are served as the first course of a meal, while hors d'oeuvres are small bites of food served before the meal or at a separate reception. Many people use the word appetizer to mean a wide range of foods served before the main course. This could even include items such as soups and salads. Appetizers are designed to stimulate the appetite. Ingredients can come from every food group. This section will **emphasize**, or point out, how to prepare and arrange hot appetizers.

Appetizers can be passed, plated, or part of a buffet line, such as Swedish meatballs or cocktail sausages. It is important to include a variety of foods and flavors. Make sure that they complement the taste of the main dish.

Presentation is key in serving appetizers. If appetizers are served buffet-style, arrange them so that they seem to flow toward guests. If plated, use plates and trays with interesting shapes and sizes. Notice how the appetizers look on the plate. Do not pack them in. Be sure to leave some open space on the plate. Add a small garnish for presentation.

## Types of Hot Appetizers

Appetizers are often served before the soup. At a classical dinner, hot appetizers are served after the soup. Hot appetizers can be created from almost any ingredient.

### Brochettes

A combination of meat, poultry, fish, and vegetables served on a small skewer is called a **brochette** (brō-'shet). The items are marinated, then baked, broiled, or grilled. Brochettes, sometimes called kebabs (kə-'bäbs), often come with a dipping sauce, such as teriyaki or peanut.

To make brochettes, cut all items into consistent shapes and sizes so that they are **proportional**, or about the same size, when skewered. Before assembling, soak the bamboo skewers in water to help keep them from burning.

### Filled Pastry Shells

This appetizer uses shells made from puff pastry, called a **bouchée** (bü-'shā). It may also use dough formed into a small boat-shaped shell, called a **barquette** (bär-ket) or tartlet.



**Appetizer Presentation** Appetizers such as shrimp can be presented in many attractive ways. *What other garnishes could be used to present this appetizer?*

The shells are baked ahead of time, then filled before serving so that they do not become soggy. Fillings can include cheeses, stews, meat, poultry, and vegetables.

### Meatballs

Meatballs can be made from ground beef, poultry, veal, or pork. They are usually served with a sweet and sour, mushroom, tomato, or cream sauce. Swedish meatballs are always a crowd pleaser. A **Swedish meatball** is made with ground beef or pork and onions, and is served with a gravy.

### Rumaki

Appetizers that are made of blanched bacon that is then wrapped around vegetables, seafood, chicken liver, meat, poultry, or fruits are called **rumaki** (rə-ˈmä-kē). Sometimes rumaki are brushed with a marinade or sauce before they are cooked. The rumaki are then fried, baked, or broiled.

### Stuffed Potato Skins

Stuffed potato skins are made from hollowed out potatoes that are filled with a combination of ingredients such as cheese, bacon, and chives. They are then baked or broiled. Sour cream and onion are often added to stuffed potato skins before serving. Salsa is often served on the side.

### Chicken Wings

Chicken wings are dipped in a spicy coating of seasonings and then deep-fried. Their spicy flavor ranges from mild to extra hot. Chicken wings can also be served sweet, baked, or roasted in a honey barbecue or deviled sauce.

Sometimes, only the meatier section of the wing is served in place of full chicken wings. These portions have more meat on them, but may still be called chicken wings on the menu.

 **Reading Check** **Define** What is a brochette?

## Plate and Serve Hot Appetizers

Appetizers should be presented in an attractive, functional way. Appetizers served at the table, in a buffet, or at a cocktail party provide a chance for creative plating.

### Table Service

The art of serving hot appetizers to each individual at the table depends on the appetizer. For example, brochettes could be served on a small plate, with a garnish to the side. When you serve appetizers at the table, take the opportunity to make each plate or bowl a special presentation.



 **A Hot Idea** Hot appetizers can be arranged and served on attractive plates or trays and taken to individual tables. *What are two other ways that hot appetizers may be served?*

## Buffet Service

For buffet service, food is presented all together on one or more tables. The individual presentation depends on how the appetizers are grouped on each serving plate. Place a garnish on each plate that holds appetizers. Arrange appetizers and garnishes in a manner that is visually pleasing. Allow space between each one so that they can be picked up easily.

## Butler Service

Appetizers that are carried on a serving plate at a standing event, such as a party or reception, are passed according to what is called butler service. When appetizers are passed, people must be able to choose them and eat them easily while standing. Items on the plate should flow toward the customer. Be sure each item can be eaten in one or two bites and without a knife and fork. They should be given a napkin on which to hold the appetizer.

## Holding and Storage

For hot appetizers to taste their best, they should be served hot. This often means cooking and assembling them just prior to serving.

Some appetizers, such as Swedish meatballs, may be baked and then kept warm for a short period of time. Other appetizers, such as bouchées, need to be assembled just before serving because they do not keep well. Chafing dishes are the best option for holding appetizers on a buffet line.

A polysulfone container can be used to hold appetizers on the steam table or to store appetizers in the refrigerator. These containers range in size from 6 inches by 12 inches, to 12 inches by 20 inches. They can be as deep as 6 inches. In other words, they can hold a large supply of food.



### Reading Check

**Describe** How should you hold appetizers on a buffet line?

## SECTION 19.3



### After You Read

#### Review Key Concepts

1. **Describe** what a meatball is.
2. **Compare and contrast** table service and butler service.

#### Practice Culinary Academics



#### English Language Arts

3. Create a public service announcement to promote healthy appetizer choices. Include examples of healthy appetizers as suggestions. Present your announcement to the class.

**NCTE 12** Use language to accomplish individual purposes.



#### Science

4. **Procedure** Make an appetizer before dinner for the next two to three days.

**Analysis** Track the sensory qualities and how the appetizer affects your appetite. What do you observe about what makes a good appetizer? Create a chart that records your observations.

**NSES A** Develop abilities necessary to do scientific inquiry.



#### Mathematics

5. Carlo has been instructed to make 200 meatballs, each an inch in diameter. Approximately how many cups of meatball mixture (consisting of ground beef and other ingredients) must he prepare to form all 200 meatballs?

**Math Concept Spherical Volume** The volume ( $V$ ) of a sphere (or ball) is calculated using the formula  $V = 4/3\pi r^3$ , where  $r$  is the radius of the sphere. Use 3.14 for  $\pi$ .

**Starting Hint** Find the volume in cubic inches of one meatball, and multiply by 200 to find the total volume needed for all meatballs. Convert to cups by dividing cubic inches by 14.4. Round to the nearest cup.

**NCTM Measurement** Apply appropriate techniques, tools, and formulas to determine measurements.



Check your answers at this book's Online Learning Center at [glencoe.com](http://glencoe.com).

**Chapter Summary**

There are five types of sandwiches: closed, open-face, triple-decker, finger, and wraps. Utensils needed at a sandwich work station include sharp knives, serving spoons or scoops, and a toaster. Guidelines for preparing hot sandwiches include completely assembling grilled sandwiches before cooking. Guidelines for preparing cold sandwiches include using the freshest bread possible.

Appetizers are served as the first course of a meal. They are often served before the soup. They are served after the soup in a classical dinner. Appetizers may be prepared ahead of time and assembled just before serving, or may be prepared and cooked just prior to serving. Appetizer service depends on what, where, and when the appetizers are being served. The type of appetizer and occasion determine the presentation.

**Content and Academic Vocabulary Review**

1. Use each of these vocabulary words in a sentence.

**Content Vocabulary**

- Pullman loaf (p. 488)
- croissant (p. 488)
- focaccia (p. 489)
- kaiser roll (p. 489)
- torpedo roll (p. 489)
- pita (p. 489)
- tortilla (p. 489)
- chapatti (p. 489)
- phyllo (p. 489)
- crêpe (p. 489)

- mayonnaise (p. 490)
- pesto (p. 490)
- sauerkraut (p. 491)
- grilled sandwich (p. 496)
- Monte Cristo (p. 497)
- au jus (p. 499)
- pastrami (p. 499)
- club sandwich (p. 499)
- salad sandwich (p. 499)
- brochette (p. 502)
- bouchée (p. 502)

- barquette (p. 502)
- Swedish meatball (p. 503)
- rumaki (p. 503)

**Academic Vocabulary**

- foundation (p. 488)
- maintain (p. 489)
- variation (p. 496)
- obtain (p. 499)
- emphasize (p. 502)
- proportional (p. 502)

**Review Key Concepts**

2. **Identify** different types of sandwiches.
3. **Distinguish** between various breads and spreads for sandwiches.
4. **Select** appropriate sandwich fillings.
5. **Outline** the steps in making and plating different types of hot sandwiches.
6. **Explain** the procedure for making various types of cold sandwiches.
7. **Give examples** of various types of hot appetizers.
8. **Categorize** methods for serving hot appetizers.

**Critical Thinking**

9. **Explain** how cost-control and portion-control techniques might be used when making sandwiches.
10. **Imagine** that you must provide appetizers. The items you have on hand are potatoes, fish, bacon, bell peppers, onions, and cheese. What would you make?

## Academic Skills

**English Language Arts**

- 11. Give Directions** As a class, think of names of sandwiches that you know. Write the names down on cards. Place all of the cards into a hat, and draw a card out of a container at the instruction of your teacher. Follow your teacher's instructions to pair up into partners. Take turns giving each other instructions on how to prepare your sandwich. Do research if necessary.

**NCTE 4** Use written language to communicate effectively.

**Social Studies**

- 12. Global Appetizers** Many cultures have traditional recipes that make small-size dishes that would be appropriate served as hot appetizers. Research and locate five dishes from different countries around the world that could also be prepared as a hot appetizer. Write a short summary of the ingredients and preparation for each dish. You may include photos or illustrations with your summaries, if you wish.

**NCSSE Culture** Demonstrate the value of cultural diversity, as well as cohesion, within and across groups.

**Mathematics**

- 13. Make Cheeseburgers** The diner where Tak works purchases pre-sliced cheddar cheese for burgers, but Tak must form the ground beef patties by hand. The patties must be wide enough that the cheese does not overlap the edges. If each cheese slice is a uniform 3 inches by 4 inches, what is the minimum diameter of the hamburger patties that Tak must make?

**Math Concept Pythagorean Theorem** The Pythagorean Theorem states that, for right triangles,  $a^2 + b^2 = c^2$  (where  $c$  is the length of the hypotenuse, or side opposite the right angle, and  $a$  and  $b$  represent the other two sides).

**Starting Hint** Draw a rectangle representing the cheese slice, labeling two opposing sides as 3 inches and the others as 4 inches. Draw a circle around (but bigger than) the rectangle, representing the hamburger patty. The smallest possible circle you can draw would just barely touch the four corners of the rectangle. If you were to draw a diagonal line connecting two of the corners, this line would also be the diameter of the circle. Use the Pythagorean Theorem to find the length of this line.

**NCTM Geometry** Use visualization, spatial reasoning, and geometric modeling to solve problems.

## Certification Prep

**Directions** Read the questions. Then, read the answer choices and choose the best possible answer for each.

- 14.** What type of sandwich classification is pizza?
- closed sandwich
  - open-face sandwich
  - triple-decker sandwich
  - finger sandwich
- 15.** What is the consistent ingredient in all rumaki?
- blanched bacon
  - vegetables
  - meat
  - fruit

*Sharpen your test-taking skills to improve your kitchen certification program score.*

**Test-Taking Tip**

Start studying for tests early and review the material a little at a time. Do not wait until the night before and try to review everything at once.

## Real-World Skills and Applications

## Management Skills

- 16. Revamp a Menu** Imagine that you have reviewed your establishment's lunch menu and determined that more items from the Milk, Vegetables, and Fruits Groups are needed. You decide to add some sandwiches to provide these groups. Write descriptions of five sandwiches that will provide items from these groups.

## Interpersonal and Collaborative Skills

- 17. Reinvent an Appetizer** Divide into groups at the direction of your teacher. Imagine that you are caterers who have been hired to cater an event for vegetarians. As a group, reinvent some of the appetizers described in the chapter so that they would be an appropriate choice for vegetarians.

## Technology Applications

- 18. Design a Database** Design a nutrition database for 10 sandwiches using a spreadsheet or database program. Make sure to include both sandwiches with meat and some without. Research and provide nutritional information for each sandwich as one of the columns in your spreadsheet or fields in your database.

## Financial Literacy

- 19. Compare Costs** You want to make a ham and cheese sandwich and are looking at your ingredient options. You need 4 ounces of cheese, 4 ounces of meat, and 2 slices of bread for each sandwich. Ham costs \$5 per  $\frac{1}{2}$  pound. Cheese costs \$4 per  $\frac{1}{2}$  pound. Bread costs \$4.50 for 18 slices. How much will each sandwich cost to make?

## Culinary Lab



*Use the culinary skills you have learned in this chapter.*

## Quantity Sandwich Production

- 20. Cater a Picnic** Imagine that your class has received an order to cater an outdoor picnic. You will need to provide 25 cold meat sandwiches using whole-wheat, rye, sourdough, and white bread.

- A. Choose a sandwich.** Follow your teacher's instructions to form teams. As a team choose one type of sandwich to make. Create a chart to show the sandwich type, bread, filling, spread, cheese, garnish, and accompaniments.
- B. Arrange your workspace.** Draw a diagram of how you will arrange your workspace, with all ingredients and utensils in place.
- C. List sandwich-making steps.** Write out detailed guidelines for each step of the sandwich-making process.
- D. Evaluate your processes.** Share your team's sandwich production plan and work space guide with the other teams.

## Create Your Evaluation

Evaluate each team's production plan as a group discussion. Discuss the advantages and disadvantages of using each plan to make the sandwiches. Then, as a group, decide on which team has created the most workable plan. Prepare all of the sandwiches according to the chosen plan. Then, discuss what you learned about sandwich production from the experience of planning and then making sandwiches in quantity.