



Hospitality and Catering

Producing hot and cold sandwiches

Lesson 6

Become proficient in preparing, making, storing and serving hot and cold sandwiches by completing this course.





Types of spread

Bread and butter is a classic way to prepare sandwiches. Healthier options include:

Vegetable based spreads – margarine.

Olive oil based spreads.





Why use fat spreads?

Stops excess moisture from the filling soaking into the bread and it softens the bread texture.

It also adds flavour and helps the filling stick to the bread.





Types of fillings

Almost any food type can be prepared as a filling for a sandwich.

They can be mixed with other ingredients, bound with oils and dressings, or simply sliced.





Meat, chicken and poultry

Cooked and chilled meat will usually be thinly sliced or 'pulled'.

Can be mixed with other ingredients – mayonnaise and curry spice.





Cooked meat

Meat which is served hot is usually sliced and served in the sandwich with a dressing.

Served above 63°C.





Cooked fish

Served cold and flaked so that it can be mixed with other ingredients.

Tinned tuna

Smoked salmon and mackerel





Dairy

Cheese is the most popular dairy product used. It can be sliced or grated.

Any cheese can be used, the most popular being:

- Cheddar
- Cottage cheese
- Cream cheese





Eggs

Boiled, cooled, mashed with mayonnaise for cold filling.

Fried, poached for hot sandwiches.



Salad

Used as a garnish or for colour, texture and taste inside the sandwich.

- Green salad leaves, shredded or torn
- Tomatoes are sliced
- Cucumbers are sliced





Raw vegetables

Raw carrots can be grated into fillings.

Peppers is sliced thinly

Onions is sliced thinly

Cabbage is thinly for coleslaw





Cooked vegetables

Usually cooked and then chilled.

- Roasted peppers
- Roasted tomatoes
- Beetroot, boiled and sliced
- Onions are fried and usually served hot





Sauces

Tomato sauce for hot sandwiches.

Mayonnaise for cold sandwiches, it
help to bind fillings together.

Mustard for hot and cold sandwiches.





Dressings

Vinaigrettes are popular with salad based sandwiches as they add flavour and texture to the filling.

Popular dressings include, oils, vinegars, mustard and honey.





Relish

Relishes are cooked vegetables which are mixed and preserved in vinegar and sugar, sometimes called pickles.

Popular to compliment cheese and meat fillings. e.g. 'Branston Pickle'.





Types of filling

Simple fillings involve just one ingredient or a combination of simple filling e.g. cheese, chicken, ham and tomato.





Types of filling

Complex fillings are a combination of different ingredients e.g. coleslaw, Russian salad, coronation chicken.





Revision Activity 6

**List two types of fillings
used in sandwiches?**