



Hospitality and Catering

Producing hot and cold sandwiches

Lesson 5

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





Types of bread

Bread come in different shapes and sizes.

Bread is made with different flours which all have different qualities.





Sliced bread

Any whole loaf can be supplied pre-sliced. This saves time and gives a standard portion.





Un sliced bread

Un sliced bread loafs will require the skills of being able to slice with a bread knife. Keeping the slices even.





Bread rolls

Bread buns come whole unless you order them to be sliced.

Usually, one roll is one portion.





Wraps

These are bread which has been rolled very thinly and baked.

Then the bread is 'wrapped' around the filling.

Can be served whole or sliced in half for easy eating.





Types of bread

White – processed white flour, has little nutritional value.

Wholemeal – healthier with grains included.

Brown – healthier with no grains added.





Gluten free

Gluten is part of wheat flour and can sometimes cause stomach aches and allergic reactions.

Gluten free breads are made from a mix of rice, maize and potato flour.





Slicing bread

Always use a bread knife, it has a serrated edge which helps to cut through the bread.

Hold the bread firmly, with fingers slightly tucked in, to prevent cuts.





Slicing bread

Use a gentle back and forth action with the knife on the bread with a little pressure.

There is no need to press down on the bread. Let the knife do the work.





Revision Activity 5

List two types of bread used in making sandwiches?