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EC980 Sandwich Suggestions

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Nebraska
COOPERATIVE EXTENSION WORK
IN AGRICULTURE AND HOME ECONOMICS

Extension
Circular
980

U. of N. Agr. College & U. S. Dept. of Agr. Cooperating
W. V. Lambert, Director, Lincoln

SANDWICH SUGGESTIONS

I. Bread (Use variety)

1. Graham, whole wheat, rye, oatmeal, raisin, prune, date, nut steamed brown, tomato, cocoa, orange or cheese
2. Not too fresh (at least 24 hours old)
3. Cut thin (Do not remove crusts except for some of the special sandwiches)

II. Combining

1. Cream butter
2. Spread butter thinly on both slices and well out on edges
3. Use plenty of filling
4. Cut in convenient sizes for handling
5. Occasionally vary the shape of the sandwich
6. Wrap in oiled paper if to be packed in a lunch box
7. By combining butter with just one other ingredient a variety of simple but delicious fillings can be made. For example, try combining creamed butter with any one of the following: Chopped chives, pimiento or parsley, sprigs of watercress, a dash of curry powder, enough paprika to tint the butter, a bit of horse-radish, lemon juice, lemon rind, chopped sweet pickle, chili sauce

III. Fillings

Cottage cheese (especially good with rye, graham, cocoa, tomato or steamed brown bread)

1. Stewed prunes, cottage cheese, seasoning and salad dressing
2. Chopped nuts, stuffed olives, cottage cheese, seasoning and salad dressing
3. Chopped pimiento or pickle or onion, seasoning and cottage cheese, and salad dressing
4. Caraway seed or ground carrots, seasoning and salad dressing
5. Minced green pepper, pimiento, celery, chopped bacon, seasoning, and salad dressing
6. Spread slices of brown bread, cut in round shapes, with butter, mix salad dressing and cottage cheese, spread. Decorate with nuts or stuffed olives and parsley or paprika. Serve open faced
7. Honey, crispies, lettuce

Cream cheese

1. Stewed prunes, seasoning, and grated cheese, salad dressing
2. Soft cream cheese, seasoning, and rye bread, salad dressing
3. Pimiento cheese, seasoning, and lettuce, salad dressing
4. Catsup, seasoning, and cheese, salad dressing
5. Cheese, butter, and seasoning. Put sandwiches in hot toaster or oven and toast on both sides. Serve immediately
6. Shredded pineapple or nuts and cream cheese
7. Mix horse-radish with cheese

Egg

1. Scramble and combine with broiled bacon, shipped dried beef, chopped cooked meat, or onion.

2. Hard cooked egg. Shell egg, cream egg yolk, season and moisten with butter, cream or salad dressing; spread on slices of bread. Decorate with chopped egg white and any of the following: Broiled bacon, sliced stuffed olives, chopped meat. Serve open faced
3. Hard cooked egg chopped and combined with chopped pickles; nuts and salad dressing

Fish

1. Tuna fish or salmon with pickle, celery or nuts, seasoning, and dressing
2. Sardines and dressing

Meat or chicken

1. Celery, salad dressing, seasoning, meat, or chicken
2. Ground ham, pickles, nuts and dressing
3. Ground meat and dressing
4. Fried ham and lettuce leaf, salad dressing. Toast sandwich
5. Chopped or ground crisply cooked bacon, pickle and mayonnaise or catsup
6. One-third each of raisins, walnuts, or peanuts and chipped beef; put thru coarse chopper and mixed with some tart juice. Salad dressing may be added, if desired
7. Cook the giblets from one chicken in salted water until tender. Put thru a food chopper together with a hard cooked egg. Add 1 T. of cream or evaporated milk, $\frac{1}{2}$ t. Worcester sauce, 1 t. tomato catsup and $\frac{1}{2}$ t. salt. Use as a filling for toasted sandwiches

Nuts

1. Peanut butter
2. Peanut butter and jelly or mayonnaise
3. Peanut butter with chopped celery or onion or chopped cooked cherries
4. Nuts chopped and combined with ground dried fruits, orange or lemon juice, and salad dressing
5. Equal portions of chopped salted almonds and candied grape fruit or orange peel. Add enough creamed butter or salad dressing to make right consistency. Spread on raisin bread and toast

Sweet

1. Dried fruits - prunes, dates, raisins or figs. Grind, chop or cook to a paste, combine with orange or lemon juice and a mild salad dressing. Coconut, honey, or nuts may be added, if desired
2. Ground raisins and chopped nuts, moistened with grape juice
3. Dried apricots soaked and drained, orange and lemon juice, nuts and coconut
4. Dates and celery finely chopped. Flavor with lemon juice, add salad dressing
5. Dates, salted peanuts moistened with orange juice, moisten with salad dressing
6. Blend apple butter and peanut butter. Spread between thin slices of bread
7. Spread one slice of buttered white bread with cranberry jelly and another with salted cream cheese. Combine
8. Combine 1 three-ounce package of cream cheese, 2 T. evaporated milk, 2 t. chopped walnuts, and 3 T. raspberry jam. Spread on buttered white bread, top with water cress, and cover with another slice of buttered bread.

9. Fruit-Nut Sandwich filling

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| 1 c. dried figs | 1 c. dates; seeded and ground |
| 1½ c. water | ½ c. nut meats, chopped |
| 3 T. minute tapioca | 1 T. lemon juice |
| 1/8 t. salt | ½ t. cinnamon |

Cook figs in water 5 minutes, or until softened. Drain. To 1 cup. of this liquid add minute tapioca and salt, and cook in double boiler 15 minutes, or until tapioca is clear, stirring frequently. Put cooked figs thru food chopper and mix with dates, nuts, lemon juice, and cinnamon. Combine with tapioca mixture. Cool. Makes 3 cups filling.

Vegetables

1. Raw tomato or pickled beets dipped in French dressing. Spread slice of bread with chopped raisins and salad dressing. Add vegetable and another slice of bread.
2. Sliced tomato with broiled bacon. Add mayonnaise.
3. Carrots and salted peanuts ground or chopped together. Mix with salad dressing.
4. Chopped or ground carrots, cabbage, salted peanuts, onions, and celery. Moisten with mayonnaise.
5. Chopped celery or cabbage with nuts and moistened with mayonnaise.
6. Lettuce and salad dressing.
7. Chopped celery, apples, nuts, and salad dressing.
8. Mash left over beans, add chopped pickle, and catsup.
9. Chopped cooked string beans, beets, carrots or peas, moistened with salad dressing.
10. Green tomato sandwich spread

- | | |
|-------------------------|------------------|
| 1 qt. green tomato pulp | 6 ground mangoes |
| 1 t. salt | 1 c. vinegar |

Grind green tomatoes and mangoes. Add salt and vinegar, then cook for 10 minutes. Mix together 2 T. flour with 1 c. sugar. Add 1 c. sour cream, three beaten eggs, and 1 t. salt. Boil over a slow fire until thick. Add to tomato and mango mixture and seal.

IV. Special sandwiches (for parties, luncheons, and suppers)

1. Canape sandwiches. Use graham, whole wheat, or white bread. Cut into rounds, triangles, half moons, rectangles. Spread some with butter, others saute lightly in butter or toast a light brown on one side. Spread with soft cheese*, then decorate with slices of stuffed olives, pickle, slices of green pepper, chopped nuts, piece of candied fruits, and paprika. Some of the cheese may be pressed thru pastry tube to make rosettes.
2. Hawaiian Club Sandwich. Remove crusts from a slice of white bread; toast on one side. On the untoasted side put leaves of lettuce, and mayonnaise; then slices of meat or fowl, then a slice of canned pineapple over all. Mix mayonnaise with chopped ham and cottage cheese and form a ball which is placed in the center of the pineapple.
3. Supper Sandwich. Toast slices of bread. On one-third of the slice spread mayonnaise, then add a slice of cold chicken and a thin covering of crushed pineapple drained from its juice, add another piece of toast, a slice of ham, thin, crisp pieces of bacon, lettuce and a top slice of toast.

*Cottage cheese and Philadelphia cheese may be colored with vegetable coloring, if desired.

4. Take $\frac{1}{2}$ lb. soft cheese and $\frac{1}{2}$ lb. butter. Cream butter, add cheese and cream. Add 2T. cream and continue creaming. Blend in 1 egg white beaten stiff. Cut a nest in a cube of bread. Spread generously with the cheese mixture, then place in oven and toast. Serve hot.
5. Hot meat Sandwich. Cut crusty rolls lengthwise, scoop out the pulp and fill each half with hot creamed chicken, or cubes of broiled liver with bacon, or broiled mushrooms with tomato pulp. Heat sandwiches in oven after being filled.
6. Ham and Tomato Sandwiches. Toast one side of a piece of bread. Butter the side not toasted, then place a slice of ham, then a piece of cheese and a slice of tomato on the top. Place in hot oven until cheese is melted and tomato is browned.
7. French Toasted Sandwiches. Make a plain bread and cheese sandwich, dip it in a mixture of egg and milk (1 egg to a cup of milk), and brown it slowly on both sides in fat. Serve piping hot, on a hot plate. Any sandwich filling may be used instead of cheese - chopped meat, or mixtures made from left-over vegetables or meats.
8. Club Sandwiches. Bread may or may not be toasted. Number of layers may vary from two to five. The filling may vary. The filling for the layers may be sweet filling or chicken, meat, or fish; cheese, eggs with pickles or vegetables. The following is frequently used: Use three slices toasted bread, spread one side of each with butter. Between the first layer, put crisp lettuce leaf, hot broiled bacon, 2 slices of dill pickle, 1 T. mayonnaise dressing. On top of the second layer of toast arrange lettuce, slices of chicken or veal, 1 T. mayonnaise and a slice of tomato (or pickle). Cover with third slice of toast. Cut diagonally. Garnish plate with olives, or radishes. Serve hot.
9. Loaf Sandwich. Remove crust from loaf of sandwich bread. Cut in three or four slices. Spread each with butter and then with well seasoned mayonnaise. On the first layer place chopped nuts or a mixture of nuts and fish, moistened with mayonnaise. On the second layer spread chopped celery, green peppers and mayonnaise. On the top layer spread with mixture of the bottom layer or slice of tomatoes seasoned with onion juice. Hold sandwich together with toothpicks. Cover top and sides with a frosting made of soft cheese and mayonnaise. Decorate with nuts and olives. This may be made of any desired fillings, such as cheese, or peanut butter and tart jellies.
10. Open faced. Only one thickness of bread is used. It may or may not be toasted. The filling may be a hot creamed meat or vegetable or a cold salad mixture. Cheese or finely chopped eggs decorated with parsley, nuts, sliced olives, pimiento, and dates make attractive open faced sandwiches.
11. Ribbon Sandwich. Remove crust of bread from a loaf, cut lengthwise into slices about $\frac{3}{4}$ inch thick. Spread each layer with butter, then a cheese or peanut butter filling. Place layer together so as to form a loaf, wrap in damp cloth and press under weight for about an hour and then cut in slices. This is more attractive if one layer of white bread is used between two layers of whole wheat bread.

12. Rolled Sandwiches. Remove crust from bread, cut fresh soft bread lengthwise of loaf in as thin slices as possible. Spread with soft creamed butter. Roll as a jelly roll, cut crosswise into one-half inch slices. Thin slices of bread may be rolled if desired. Fillings may be used if desired. A little grated orange rind adds color and flavor to sandwiches.
13. Checkerboard Sandwiches. Cut graham and white bread into crosswise slices about $1/3$ inch thick. Spread with creamed butter, then with a mixture of $2/3$ c. cream cheese, 2 T. cream, $\frac{1}{2}$ c. finely chopped nuts or $1/3$ c. well drained crushed pineapple. Beginning with a slice of white bread and alternating the white and graham slices, lay together six slices spread with the mixture. Press together firmly. Trim crusts from edges neatly so as to form a perfect sandwich cube. Cut the sandwich cube into $1/3$ inch slices. Have ready another sandwich cube in which the bottom layer is a slice of graham bread. Cut this into $1/3$ inch slices. Alternate layers from first and second cube. Wrap firmly in a slightly dampened cloth and keep in a cool place. Cut in $\frac{1}{2}$ inch slices to produce checkerboard effect. Yield: One loaf, 12 sandwiches.
14. Cake Sandwich. Spread strawberry or apricot jam between slices of angel food or sponge cake. Cut in finger strips. Dust with powdered sugar.

V. Accompaniments to Sandwiches

Hot beverages	Fruit pickles
Cider - either hot or cold	Watermelon pickles
Grape juice, either hot or cold	Raw carrots
Fruit punches	Raw celery
Milk drinks	Olives
Cucumber pickles	Potato chips
Mixed pickles	

(Prepared by Florence J. Atwood, State Extension Agent, Foods and Nutrition)