

10-1956

## EC56-913 Sandwiches

Ethel Diedrichsen

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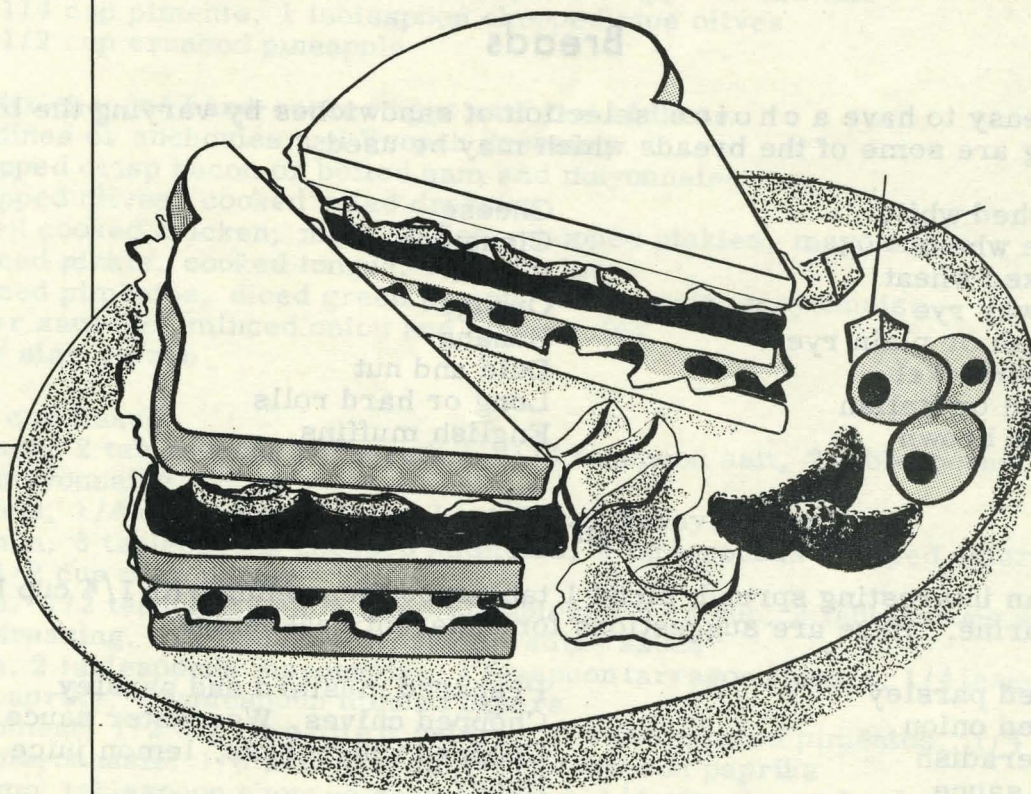
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# Sandwiches



EXTENSION SERVICE  
UNIVERSITY OF NEBRASKA COLLEGE OF AGRICULTURE  
AND U.S. DEPARTMENT OF AGRICULTURE  
COOPERATING  
W. V. LAMBERT, DIRECTOR



# SANDWICHES

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Extension Nutritionist

Sandwiches are often used for the main course of a lunch, picnic, or party. They are designed for easy informal living and are frequently served with soup or salad. Variations may be obtained by using different sizes, shapes, fillings or breads.

Sandwiches eaten for lunch at home, at work or school, should be substantial and satisfying. They are usually made with meat or a meat substitute and some raw food such as tomato or lettuce. Sandwiches served in mid-afternoon or late at night should be small, colorful and tasty.

Keep these points in mind when making sandwiches:

1. Use bread at least 24 hours old.
2. Soften butter at room temperature and cream thoroughly.
3. Spread butter evenly over the entire piece of bread.
4. Use a generous amount of filling.
5. Wrap in waxed paper to keep fresh.
6. For storing, cover with a damp cloth and chill.

## Breads

It is easy to have a choice selection of sandwiches by varying the bread. Following are some of the breads which may be used:

Enriched white  
Whole wheat  
Cracked wheat  
Caraway rye  
Swedish or plain rye  
Pumpernickel  
French or Italian  
Boston brown

Cheese  
Cinnamon  
Raisin  
Orange  
Banana  
Date and nut  
Long or hard rolls  
English muffins

## Spreads

For an interesting spread, blend 1 tablespoon seasoning with 1/4 cup butter or margarine. Here are suggestions for different seasonings:

Minced parsley  
Minced onion  
Horseradish  
Chili sauce  
Chopped chutney  
Minced pimento  
Roquefort cheese  
Anchovy paste

Prepared mustard and parsley  
Chopped chives, Worcester sauce  
Chopped watercress, lemon juice  
Honey  
Ripe or green olives, chopped  
Crushed caraway seeds  
Grated orange rind, nutmeg



## Fillings

The variety in sandwich fillings is endless. Here are some tasty combinations:

Cottage Cheese or Cream Cheese. Use 1 cup cottage cheese or 3 ounces cream cheese with one of the following

- 1 tablespoon chopped cucumber
- 1 tablespoon green pepper, dash cinnamon, 1/4 cup chopped sweet pickles, 1/4 cup salted peanuts
- 1 tablespoon grated onion, 1/2 tablespoon chopped parsley
- 1 tablespoon minced chives
- 1/2 cup chopped ham or bacon, 2 tablespoons sweet pickle relish
- 1/2 cup chopped dried fruit, 1/4 cup chopped nuts, 1 tablespoon cream
- 1 tablespoon grated orange rind, 1 tablespoon orange juice
- 1/2 cup strawberry jam or orange marmalade
- 1 tablespoon chopped stuffed olives, 1/4 teaspoon paprika

### Other Cheese

- Cheese, broiled with bacon and sliced tomato on toast
- Blue-cheese spread, chopped crisp bacon, chili sauce
- Swiss-cheese slices, deviled ham, chopped sweet pickles
- Sharp-cheese spread, sliced salami or liver sausage, prepared mustard
- American cheese, Shred 1/4 pound and blend in 1 tablespoon of hot water.

Add one of the following:

- 1/2 cup chopped celery, 1 tablespoon chopped fresh dill
- 1/4 cup pimento, 1 tablespoon chopped ripe olives
- 1/2 cup crushed pineapple

Eggs Mix chopped hard-cooked eggs with one of these:

- Sardines or anchovies and French dressing
- Chopped crisp bacon or boiled ham and mayonnaise
- Chopped olives, cooked salad dressing
- Diced cooked chicken, meat or fish, chopped pickles, mayonnaise
- Minced pickle, cooked tongue, mayonnaise
- Minced pimentos, diced green pepper, chili sauce, mayonnaise
- Liver sausage, minced onion and mayonnaise
- Cole slaw on rye

Fish, 1 cup flaked

- Salmon, 2 tablespoons horseradish, 1/4 teaspoon salt, 2 tablespoons mayonnaise
- Salmon, 1/4 cup chopped cucumber, 1/2 cup mayonnaise
- Salmon, 3 tablespoons chopped nutmeats, 3 tablespoons chopped celery, 1/2 cup mayonnaise
- Tuna, 1/2 teaspoon lemon juice, 1 tablespoon catsup, 3 tablespoons salad dressing, 1/2 teaspoon Worcestershire sauce
- Tuna, 2 tablespoons mayonnaise, 1 teaspoon tarragon vinegar, 1/4 teaspoon paprika, 1 tablespoon minced capers
- Crabmeat, 1/2 cup chopped celery, 1/4 cup minced pimentos, 1/4 cup mayonnaise, 1/8 teaspoon salt, 1/8 teaspoon paprika
- Shrimp, 1 tablespoon chopped green pepper, 1/4 cup chopped celery, mayonnaise
- Fish, 1/2 cup diced apples, 1 tablespoon salad dressing
- Fish, 1/2 cup shredded carrots, 2 tablespoons chopped sweet pickles
- Fish, 1/2 cup shredded cabbage, 1/2 tablespoon chopped onion, 1 tablespoon mayonnaise
- Fish, 1/2 cup diced hard-cooked eggs, 1/4 cup chopped celery, 1 tablespoon mayonnaise



Meat or chicken

- 1 cup cooked ground meat (chicken, beef, lamb, pork, veal), 1/4 cup chopped celery, 2 tablespoons chopped sweet pickles, mayonnaise
- 1 cup cooked ground liver, 2 tablespoons celery, 1/2 tablespoon chopped onion or chives, 1/2 tablespoon chopped parsley
- 1 cup chopped cooked chicken, 1/2 cup crushed pineapple, 1/4 cup mayonnaise
- Sliced roast lamb, mint jelly
- Sliced canned corned beef, green pepper strips
- Chopped calves liver, chopped ripe olives, mayonnaise
- Ground ham, chopped English walnuts

Peanut Butter, 1 cup

- 1/2 cup grated apples or tart apple sauce, dash nutmeg
- 1/2 cup honey or jelly
- 1/2 cup chopped raisins, dates or prunes, 1/2 tablespoon lemon juice
- 2/3 cup mashed banana, 1/2 cup mayonnaise
- 1 cup raspberry jam or orange marmalade, spread separately
- Chopped crisp bacon and catsup
- Minced ham, mustard pickle

Fruit

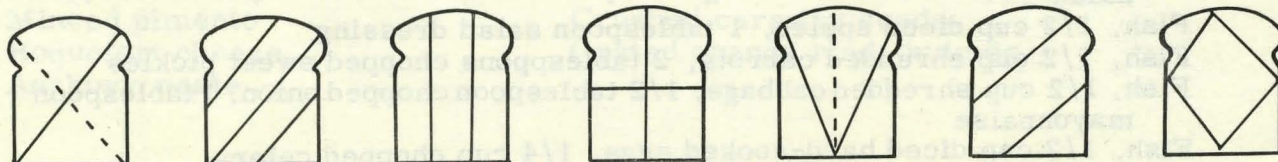
- 1/2 cup pineapple jam, 1/2 cup chopped dates
- 3/4 cup ground dried apricots, 1/4 cup chopped walnuts, 1/3 cup mayonnaise
- 1 cup chopped dates, 1/4 cup orange juice
- Coconut, ground nuts, chopped raisins
- 1 cup crushed pineapple, 1/2 cup ground watermelon rind preserves
- Pecans, honey, chopped whole orange

Vegetable

- 1 cup shredded cabbage, 1/2 cup grated carrots, 1/2 tablespoon chopped onion, 1 tablespoon salad dressing
- 1 cup shredded cabbage, 1/2 cup finely chopped apples, 1 tablespoon mayonnaise
- 1 cup shredded carrots, 1/4 cup raisins, 1/4 cup chopped nuts, salad dressing
- 1 cup shredded carrots, 1/4 cup crushed pineapple, salad dressing
- 1 cup shredded carrots, 1/4 cup chopped peppers, 1/4 cup shredded turnips, 1 tablespoon mayonnaise
- 1 cup shredded lettuce, sliced tomatoes, bacon, mayonnaise
- 1 cup chopped celery, 1/4 cup mayonnaise
- 1 cup chopped fresh spinach, 1/3 cup mayonnaise, 1/4 teaspoon minced onion
- 1 cup baked beans, 4 slices crisp bacon, 1/4 cup mustard pickles
- Chopped radish, cucumbers, and green pepper, mayonnaise

## Ways To Cut Sandwiches

Sandwiches may be cut in a variety of shapes. These diagrams show different ways to cut sliced bread sandwiches.





## Hearty Sandwiches

### Broiled Bacon and Tomato with Cheese

Trim crusts from a slice of bread and toast it on one side. Spread untoasted side with mayonnaise or salad dressing. Top with a tomato slice and sprinkle with salt. Add a generous slice of cheese, then a criss-cross of partially broiled bacon. Broil until cheese melts and bacon is crisp.

### Hawaiian Turkey

Arrange 8 slices of toast on a baking sheet. Place 2 slices of turkey and a pineapple slice on each toast slice. Brown in the broiler, about 3 minutes. Heat a can of condensed mushroom soup with 1 cup milk. Serve hot mushroom soup over each sandwich.

### Kraut Cheeseburger

Brown 2 tablespoons chopped onion and 2 tablespoons chopped green pepper in 1 tablespoon shortening. Add 1 cup chopped sauerkraut and 1 cup chopped bologna sausage and cook for 5 minutes longer. Stir in 1 cup grated American cheese. Cut 6 hamburger buns in half and place 1/3 cup of the kraut mixture on each bun. Toast on a baking sheet in the broiler about 5 minutes.

### Cheese-Tomato Burgers

Split hamburger buns and toast lightly in broiler. Place a hot hamburger on each half. Top with tomato and cheese slices. Broil till cheese melts.

### Creamed Shrimp and Cheese

Add 1 1/2 cups chopped cooked shrimp to 2 cups medium white sauce. Butter 12 pieces of toast and place a slice of American cheese over each piece. Toast on a baking sheet in the broiler until the cheese melts. Pour shrimp mixture over 6 slices of cheese toast. Top with a second slice of cheese toast. Makes 6 sandwiches.

### Waffle Sandwich

Combine 1/2 cup cream cheese with 1/2 cup ground boiled ham. Spread one slice of bread with softened butter and another slice with the ham mixture. Put sandwich together and brown in a hot waffle iron.

### French Toasted

Make a sandwich using any desired filling with 2 slices of bread. Dip it in a mixture of 1 egg and 1/3 cup of milk. Brown it slowly on both sides in melted butter. Serve piping hot.

### Barbecued Hamburger

Combine 1 1/2 pounds hamburger, 1 1/2 teaspoons salt, 3/8 cup finely chopped onion and 3/4 cup chopped celery. Brown in a hot skillet. Add 1 1/2 tablespoons barbecue sauce and 1 1/2 cups chili sauce and simmer for 30 minutes. Cut 6 hamburger buns in half and place 1/3 cup barbecued hamburger in each bun. Makes 6 sandwiches.

### Reuben

Spread 2 slices of Russian rye with Thousand Island dressing. On each, arrange 1 slice of Swiss cheese, 2 teaspoons sauerkraut and 2 slices corned beef. Stack these slices and cover with a third slice of bread. Fasten with toothpick and cut diagonally into 3 pieces. This sandwich may be grilled if desired.



### Club Sandwich

Toast bread and spread with butter. Cover one slice with chicken, spread with mayonnaise and cover with another slice of toast. Spread with mayonnaise, place 2 strips of crisp bacon and 2 slices of tomato on top and cover with a third piece of toast. Fasten securely with toothpicks, cut each sandwich diagonally into 4 triangles and stand them upright on a plate.

### Sandwich Pizzas

3/4 pound ground beef	1 package refrigerated pan-ready biscuits
1/4 teaspoon Worcestershire sauce	1/4 cup catsup
1/8 teaspoon garlic salt	5 tomato slices
1/8 teaspoon salt	5 onion slices
Dash pepper	5 slices process cheese

Mix beef, Worcestershire sauce, salt and pepper. On a baking sheet flatten out each biscuit to make 3-inch circle. Spread each of 5 biscuits with catsup, top with beef mixture, a tomato and an onion slice.

Allow biscuits to stand at room temperature for 20 minutes. Bake at 425° for 10 to 15 minutes. Top each filled biscuit with a plain biscuit, then with a cheese slice. Bake 5 minutes longer or until cheese is melted. English muffins may be substituted for the biscuits.

### Jumbo Pizza Sandwich

1 loaf French or Vienna bread	1/2 pound ground beef
1/4 cup sliced or chopped ripe olives	1/4 cup grated Parmesan cheese
1/8 teaspoon pepper	1 (6 ounce) can tomato paste
1/4 teaspoon ground oregano	14 thin slices tomato
3/4 teaspoon salt	1 (8 ounce) package ready-sliced process cheese
2 tablespoons finely chopped green onion tops or chives	

Cut French bread in half, lengthwise. Combine olives, pepper, oregano, salt, green onion tops, beef, Parmesan cheese and tomato paste. Divide meat mixture equally and spread over cut sides of bread. Arrange tomato slices over meat on each loaf. Place on baking sheet, spread side up, and bake at 400° for fifteen minutes. Remove from oven. Cut cheese slices in half, diagonally. Cover tomato slices with overlapping slices of cheese. Return to oven for 5 minutes. Slice each sandwich into 12 sections and serve hot.

## Garnishes

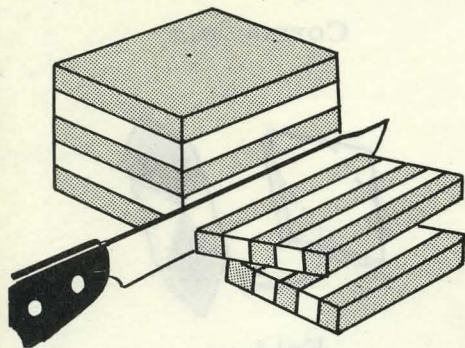
Add color contrast and a touch of glamour to your sandwich with one of these garnishes

Stuffed dates and prunes	Sieved hard-cooked eggs
Cheese balls rolled in nuts	Potato chips or pretzels
Ripe, green or stuffed olives	Dried apricots or figs
Cauliflowerets	Lettuce, romaine or watercress
Scallions	Sliced sweet or dill pickles
Carrot strips and curls	Pickled beets
Strips of red or green peppers	Pickled peaches or onions
Cucumber, tomato or onion slices	Canned cranberry sauce
Stuffed celery or celery curls	Walnut, pecan or peanut halves
Hard-cooked egg wedges	Radishes, cut into thin slices



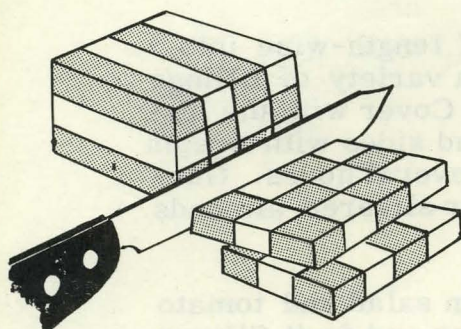
## Sandwiches For Special Occasions

For these sandwiches use spreads or fillings which will become firm when chilled to hold the pieces of bread together. Savory butters of all kinds and cream cheese mixtures are good for this purpose.



### Ribbon

Remove crusts from sliced whole wheat and white bread. Put 3 slices together with any desired spread using a whole wheat slice between two white slices for some and a white slice between two whole wheat slices for others. Arrange stacks in a shallow pan, cover with waxed paper and moist cloth. Chill for several hours. Then cut in 1/2-inch slices.



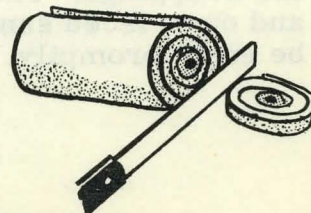
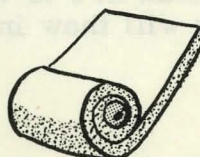
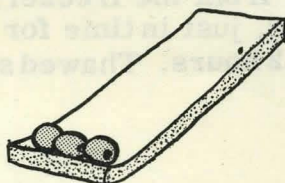
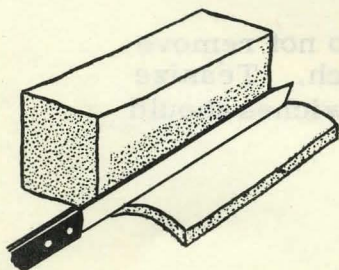
### Checkerboard

Trim crusts from thinly sliced white and whole wheat bread. Put 4 slices together with butter and filling alternating white and whole wheat bread. Cut into 1/2-inch slices and spread again with butter and filling. Pile 4 of these slices one above the other with dark strips above light strips and light strips above dark in checkerboard design. The strips of bread should all go in the same direction. Place the top slice buttered side down. Press stack together firmly. Wrap in waxed paper, cover with a damp cloth and refrigerate well. Serve in thin slices.

### Pinwheel

Remove bottom, side and end crusts from unsliced loaf of white or whole-wheat bread. Cut into lengthwise slices 1/4 inch thick. Roll each slice lengthwise with a rolling pin. This makes the bread easy to handle and less likely to crack.

Spread each slice with softened butter or filling. If desired, place 3 stuffed olives or gherkins, or 2 Vienna sausages across one end. Starting at this end roll up each slice as you do a jelly roll, being careful to keep sides in line. Roll tightly for neat pinwheels that are easier to slice. Wrap rolls in waxed paper and chill several hours. Cut into 1/4 to 1/2 inch slices. These are delicious when toasted.

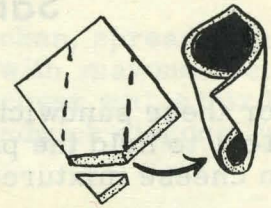


Steps in making pinwheel sandwiches.



### Open-faced Sandwiches

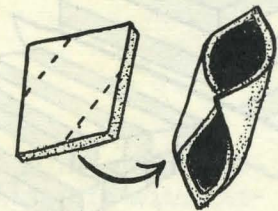
Remove crusts from thin slices of bread. Cut into fancy shapes--rounds, stars, squares, diamonds, crescents, horseshoes or triangles with cookie cutters. Spread with butter and desired filling and decorate with sliced olives, pickles, maraschino cherries or other garnish.



Cornucopia

### Cornucopia and Fold-ups

Trim crusts off white or whole wheat bread. Spread with butter and desired filling. For the cornucopia, cut off one corner, roll as shown in the diagram, and fasten with a toothpick. For the fold-up, bring two opposite corners to the center and press points down firmly. Place in a shallow pan and cover with a damp cloth until used.



Fold-up

### Party Loaf

Trim crusts from unsliced loaf of white bread. Slice loaf length-wise into 5 even slices about 1/2 inch thick. Spread 4 slices with a variety of fillings which will go well together and stack one above the other. Cover with the last slice and gently shape loaf so sides are even. Frost top and sides with cream cheese thinned to spread easily. Chill in refrigerator for several hours. Garnish with sliced radishes and minced parsley, salted nuts or slivered almonds. Serve in slices.

Suggested fillings include: Sharp cheese spread, chicken salad and tomato slices, egg salad, and ham salad or a variety of peanut butter and fruit fillings.

## **Sandwiches From The Freezer**

Sandwiches may be frozen for the lunch box or picnic, for parties and special occasions. They can be made ahead of time to avoid the last minute rush. Spread each slice of bread with butter or margarine. Avoid using mayonnaise, salad dressing or jelly as these may soak into the bread.

Sandwich fillings suitable for freezing are meat, poultry and cheese spreads and peanut butter. Hard-cooked egg yolks may be used but the whites tend to toughen in freezing. Lettuce, celery, carrots and tomatoes should not be used because they lose crispness. They can be added when the sandwiches are eaten.

Wrap sandwiches well in moisture-vapor-resistant material. Label with the date and kind of filling. Place a number of wrapped sandwiches together in a box to prevent crushing. This will also make them easier to find in the freezer.

Pack sandwiches in the lunchbox directly from the freezer. Do not remove the wrappings. They will thaw in 3 to 4 hours, just in time for lunch. Teasize and open-faced sandwiches will thaw in 1 to 2 hours. Thawed sandwiches should be eaten promptly.