

# **ANSWER GUIDE**

## **PREPARE AND PRESENT SANDWICHES**

**SITHCCC003**



**HOSPITALITY GROUP TRAINING**

1. Suggest sandwiches for the following 3 customers?  
Vegan – Answers will vary but may include – no animal products, or products derived from animals  
Gluten Free – Answers will vary, but may include mention of no wheat, rye, barley or oat grains. Bread made from rice flour, corn flour or spelt  
Lactose Free – Answers will vary, but may include no butter, cheese or any products made from milk
2. Sandwiches and remaining fillings must be stored correctly to maintain optimum quality of ingredients. Name 3 different things you can do to make sure that sandwiches/fillings will store for a few hours without spoiling:
  - 1 Store at correct temperature (perishable goods)
  - 2 Don't store for too long in refrigerator
  - 3 Cover well away from air to prevent bread drying out

Other answers might include – no cross contamination, serve as fresh as possible, don't use wet ingredients if storing too long, practice good hygiene standards storage of sandwiches depend on bread type; ingredients, nature and consistency of fillings; need for chilling; use of plastic wrap or foil; use of bulk-storage containers; and the use of customised containers for display/presentation/sale.
- 3a. Identify 2 types of equipment you could use to either toast or heat a sandwich
  - 1 Sandwich press
  - 2 Salamander
- 3b. Choose 1 and write a safe operational practise to follow while using this piece of equipment  
Answers will vary, as per organisational procedures
4. What is the meaning and role of mise en place in the process of preparing sandwiches?  
Mise en place means everything in its place, this is important in the process of preparing sandwiches as you will have everything you need prepared and ready before service. It is also a chance to check for spoilage and contamination of perishable supplies
5. Name 2 reasons why it is essential to be completely organised before you begin sandwich preparation:
  - 1 So that customers do not have to wait
  - 2 To ensure a smooth and efficient service
6. Why is it important to cut ingredients and sandwiches to standard recipe guidelines?  
To ensure uniformity of presentation, and consistent presentation

7. Name 3 garnishes that are suitable for presentation on a sandwich:
- 1 Lettuce
  - 2 Watercress
  - 3 Mustard seeds
- 8a. Which of the following must you take into consideration when preparing, displaying and serving a sandwich: (tick the appropriate answer(s))
- a. Neatness of presentation/creativity
  - b. Appropriate ingredient combination
  - c. Uniform size and shape
  - d. Attractive service ware and garnishes
  - e. All of the above
- 8b. If any of the above did not meet organisational standards what would need to be done?
- Refer to standard recipe and adjust the presentation accordingly
9. Name 6 safe food handling practices that must you follow in the preparation and presentation of sandwiches?
- 1 Washing hands regularly
  - 2 Wearing Clean uniform
  - 3 Use of disposable gloves (if in organisational standards)
  - 4 Wear Hair tied back and hair nets if required
  - 5 Use Blue Band-aids
  - 6 Clean as you go
10. Presenting the sandwich is important. What sort of service ware (crookery or packaging) would you use for the following prepared sandwiches?
- Multiple sandwiches for a function:  
Platter for variety and volume of sandwiches
- Sandwiches pre-prepared for storage in a refrigerated cabinet:  
Single use food storage container/packaging
- Order for a single customer eating in the cafe/restaurant:  
Appropriate crookery, plate as per workplace/school guidelines
11. Why is it important to label stored ingredients/leftovers from sandwich making?  
What does the term FIFO mean in relation to stock rotation?
- Labels not only allow you to identify what the product is, but they also allow you to record information such as use by dates and supplier details. 'First In, First Out' method of stock rotation
12. List the contents of stock date codes and rotation labels and their implication for food quality standards
- What the food is, who made it (Initials) date/day produced. By following these dates it helps with FIFO, and the oldest food gets used first. Any food past these dates should be discarded as it could contain food spoilage bacteria and could cause a customer to become ill. It will also help to minimise wastage if these dates are adhered to.

13. List 6 areas of preparation and presentation to keep in mind when creating sandwiches.
- 1 Selection of breads and filling
  - 2 Appearance
  - 3 Combination of ingredients
  - 4 Service ware, neat and clean presentation
  - 5 Garnishes
  - 6 Temperature
  - 7 Appropriate shape
  - 8 Size (portion control)
  - 9 Taste
  - 10 Texture
  - 11 Platters thoroughly wrapped to prevent drying out
  - 12 Correctly storing sandwiches for later service
14. Name a classical and contemporary sandwich and give an example of a trend for each
- Answers will vary
15. Below is a list of different culinary terms and trade names for different types of sandwiches and breads, suggest appropriate fillings and spreads and describe how produced, (if a traditional sandwich please ensure the traditional ingredients are included)

| Sandwiches and breads | Description   |
|-----------------------|---|
| Club                  | 3 slices of toasted bread with Chicken, bacon, lettuce and mayonnaise, held together with tooth picks |
| Filled rolls          | Answers will vary   |
| Focaccia              | Answers will vary   |
| Open                  | Answers will vary   |
| Pullman               | Answers will vary   |
| Wraps                 | Answers will vary   |
| White                 | Answers will vary   |
| Grain                 | Answers will vary   |
| Wholemeal             | Answers will vary   |
| Wraps                 | Answers will vary   |
| Sourdough             | Answers will vary   |
| Flatbreads            | Answers will vary   |

16. Write a description under the following headings for methods used in sandwich preparation

**Cutting:** This involves cutting sandwiches into uniform shapes, some businesses use Sandwich cutting templates in order to ensure that all the sandwiches are uniform size and consistency.

**Garnishing:** Can add to the overall taste experience and also creates eye appeal, many different garnishes can be used - herbs, cress, radish, gherkins etc.

**Layering:** Some sandwiches are made of layers of bread and filling e.g. Club

**Moulding:** A method used for making novelty sandwiches e.g. for children's parties

**Portioning:** Is important in the production of sandwiches so that each customer gets the same size, also costing will have been worked out to ensure a decent profit is made

**Spreading:** A spread is used before adding the filling; the spread will prevent the filling soaking into the bread, and will also add flavour.

17. When storing prepared sandwiches pay attention to the humidity and lighting and ensure there is adequate ventilation.

18. How many portions does this recipe make?

4

How much chicken breast would you need if you were making 12 portions?

960g

How could you adapt this recipe for a coeliac?

Use gluten free bread

What is the total time required to make these sandwiches, according to the recipe?

25 mins