

## The Weekend - Making A Sandwich (C0249)

- A: Welcome to our show! Today, I am going to show you how to make the perfect mouthwatering sandwich! Are you ready? Let's get started !
- A: Let's start with the basics :bread. Bread is an important ingredient here. You need to remember one thing -choose the bread according to the following criteria :freshness, crumb and color. If you want a closed sandwich I recommend you first toast your bread in a toaster or oven, or grill it slightly until it gets a light brown color.
- A: Now that our bread is ready, let's talk about the ingredients ! Of course, each person's palate is different, but I'm going to give you a few tips that you'll be able to use when turning any sandwich into the perfect sandwich. I would strongly recommend you put fresh vegetables in your sandwich.
- A: Do not undervalue them as they play a big role in forming the taste and will make the sandwich more refreshing and light. The best choices here are evident- cucumbers, tomatoes, onions, sweet pepper pepper or chilli, lettuce and, of course, herbs- you can't go wrong with them. As for aubergines, mushrooms and asparagus, I would recommend you first grill them slightly with a little touch of olive oil.

A: Last but not least, we have a wide variety of condiments that we can add to our perfect sandwich. We can be subtle and just add a touch of salt and pepper, or we can combine mustard sauce, mayonnaise, ketchup or even caviar to achieve a stronger flavor! It's always a good idea to cut your sandwich in triangles or manageable pieces to avoid all your ingredients falling out and staining your shirt!

A: That's all the time we have for today, but join us next time where we'll be going over how to make the perfect lasagna! Till next time!

### Key Vocabulary

to under-value	<i>V</i>	to put too low a value on
refreshing	<i>A</i>	to provide new vigor and energy by rest, food, etc.
a touch	<i>N</i>	a slight quantity or degree

subtle	<i>A</i>	so slight as to be difficult to detect or describe
--------	----------	--

manageable	<i>A</i>	that can be managed or controlled
------------	----------	-----------------------------------

### Supplementary Vocabulary

panini	<i>N</i>	originally an italian style sandwich made with a small loaf of bread
--------	----------	--

deli	<i>N</i>	a store where you can buy sandwich meats and bread
------	----------	--

cooking show	<i>N</i>	a show which teaches people how to cook
-----------------	----------	---

wheat bread	<i>N</i>	a dark brown bread considered to be healthier to eat
----------------	----------	--

pickles	<i>N</i>	a cucumber which has been fermented in a vinegar solution
---------	----------	---